



March 2014

HEADLINES

Developmental Disabilities Awareness Month

**MARCH
IS OUR
MONTH**

**DEVELOPMENTAL DISABILITIES
AWARENESS STARTS NOW**

March is national Developmental Disabilities Awareness Month and Monarch is joining in a grassroots initiative to help raise awareness about people

with intellectual and developmental disabilities (I/DD). It is also why we decided to dedicate our entire News & Notes this month to Developmental Disabilities stories.

The goal of Developmental Disabilities Month is to allow local communities to see that individuals with I/DD are really no different than everyone else. People with disabilities enjoy evenings out with their friends and families, trips to the movies, fun on the playground, and volunteering in their communities.

On top of the many activities and events during the month, The Arc, an advocacy organization for those with I/DD, has chosen March 29 as a day for individuals with I/DD to be out in their community to engage with people and raise public awareness about the issues facing individuals with disabilities. Monarch day programs and homes across the state are planning activities to promote inclusion and to raise awareness. We can't wait to share some of those stories with you.

In 1987 President Ronald Reagan proclaimed March "Developmental Disabilities Awareness Month." In his proclamation he invited "all individual, agencies and organizations concerned with the problem of developmental disabilities to observe this month with appropriate observances and activities directed toward increasing public awareness of the needs and the potential of Americans with developmental disabilities."

He also urged the nation to join him "in according to our fellow citizens with such disabilities both encouragement and the opportunities they need to lead productive lives and to achieve their full potential."

So what are some things you can do this month? Simply make plans to go out somewhere in public on Saturday, March 29. Look for additional opportunities to volunteer or work with someone who has an I/DD and, in the process, help raise awareness and generate conversations. This movement will serve to harness our collective power to gain allies, foster understanding, dispel myths and encourage people without disabilities to recognize that we're not so different after all.

Visit The Arc's website at www.thearc.org and find out more about this campaign and things you can do to join in. And spread the word using the hashtag #DDAware on social media during the month of March.

DD Awareness Month: What is People-First Language?



People with disabilities are – first and foremost – people who have individual abilities, interests and needs.

They are moms, dads, sons, daughters, sisters, brothers, friends, neighbors and coworkers. According to the U.S. Department of Health & Human Services, about 54 million Americans -- one out of every five individuals -- have a disability. People with disabilities comprise our nation's largest minority group, which is simultaneously the most inclusive and the most diverse.

One of the major improvements in communicating with and about people with disabilities has been the rise in the use of "People-First Language." People-First Language emphasizes the person, not the disability. By placing the person first, the disability is no longer the primary, defining characteristic of an individual, but one of several aspects of the whole person.

People-First Language eliminates generalizations and stereotypes, which is why at Monarch we always refer to people first, saying things like "a person who is developmentally disabled" or "a person who is living with Down Syndrome." Similarly, a person who uses a wheelchair doesn't say, "I have a problem walking," they say, "I use/need a wheelchair."

Jim Kelley, chief operating officer at Monarch, said "People-First language puts the person before the disability."

"At Monarch, we constantly focus on who the person is, rather than what they have, through our language," Kelley explained. "Using a diagnosis as a defining characteristic reflects

prejudice, and also robs the person of the opportunity to define him/herself."

The language a society uses to refer to persons with disabilities shapes its beliefs and ideas about them. When we describe people by their labels of medical diagnoses, we devalue and disrespect them as individuals. In contrast, using thoughtful terminology can help foster positive attitudes about persons living with disabilities.

Ronald Reagan's proclamation to declare National Developmental Disabilities Awareness Month



On Feb. 26, 1987, President Ronald Reagan officially declared Proclamation 5613 making March National Developmental Disabilities Awareness Month. He urged Americans to increase public awareness of the needs and the potential of Americans with developmental disabilities. Below you will find the complete proclamation; it's short and worth the read.

Proclamation 5613 -By the President of the United States of America Ronald Reagan

Nearly four million Americans have grown up with severe physical or mental impairments that have slowed their learning, limited their mobility, inhibited their expression, and rendered them dependent on others for care and assistance.

For many of these people with developmental disabilities there is now the prospect of a brighter future and greater opportunity. Americans are becoming increasingly aware that such disabilities need not keep individuals from realizing their full potential in school, at

work or at home, as members of their families and of their communities.

New opportunities have been created through the efforts of those with developmental disabilities and their family members, along with professionals and officials at all levels of government.

Working together, they have brought about significant changes in the public perception of young people and adults with developmental disabilities, opening new doors to independent and productive lives.

One important new milestone is the fruitful partnership between government and the private sector in finding productive employment for people with developmental disabilities, people who might otherwise have been destined to a lifetime of dependency. In the past 2 years, the Administration's Employment Initiative has resulted in finding job opportunities for more than 87,000 people with developmental disabilities.

The Congress, by Public Law 99 - 483, has designated the month of March 1987 as "National Developmental Disabilities Awareness Month" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the month of March 1987 as National Developmental Disabilities Awareness Month. I invite all individuals, agencies, and organizations concerned with the problem of developmental disabilities to observe this month with appropriate observances and activities directed toward increasing public awareness of the needs and the potential of Americans with developmental disabilities. I urge all Americans to join me in according to our fellow citizens with such disabilities both encouragement and

the opportunities they need to lead productive lives and to achieve their full potential.

In Witness Whereof, I have hereunto set my hand this twenty-sixth day of February, in the year of our Lord nineteen hundred and eighty-seven, and of the Independence of the United States of America the two hundred and eleventh.

Ronald Reagan
[Filed with the Office of the Federal Register, 11:58 a.m., February 27, 1987]

Spread the Word to End the Word



The R-word. Sadly, we've all heard it; and even worse, some of us have used the hurtful slur. The word has

become so socially accepted we often forget how harmful it really is to people who live with intellectual and developmental disabilities, and those who love and care for them.

The Spread the Word to End the Word campaign is an ongoing effort by Special Olympics, Best Buddies and local organizations, like Monarch, to raise the consciousness of society about the derogatory use of the R-word and to discourage its use by asking people to pledge to stop saying it.

"Respectful and inclusive language is essential to the movement for the dignity and humanity of people with intellectual disabilities. However, much of society does not recognize the hurtful, dehumanizing and exclusive effects of the R-word," said Monarch CEO Dr. Peggy Terhune.

Founded in 2009 by college students Soeren Palumbo, who attended Notre Dame, and Tim Shriver, a Yale student and son of Timothy Shriver, chairman of Special Olympics, the

purpose of the campaign is to engage schools, organizations and communities to rally and pledge their support to promote the inclusion and acceptance of people with intellectual and developmental disabilities.

While it is an ongoing, year-round effort, each year on the first Wednesday of March the campaign holds an annual day of awareness. People supported and staff at Monarch are either planning or attending Spread the Word to End the Word rallies and events to raise awareness about the harmful use of the word and to pledge their support to no longer use it.

You can make your pledge to choose respectful people-first language today at www.R-word.org.

Spread the Word: Ideas to help your community become more aware during DD Month

Do you want to participate in Developmental Disabilities Month but don't know how? We've compiled a few ideas of how you can get involved in your local community and make a difference during the month of March:

- Contact producers of local public affairs radio and television programs, inviting them to devote a program to Intellectual and Developmental Disabilities (I/DD).
- Invite the community to attend an open house at a Monarch home or during an outing with the people we support.
- Stage an awards ceremony or banquet to honor outstanding community leaders or volunteers who work with your organization. Even if the event is after March, use March as I/DD Month to create the reason for the ceremony. Or, honor a member of the local media for reporting on issues affecting people with

I/DD and be sure to alert all of the local media about the award.

- Contact civic clubs such as Lions, Kiwanis, Civitan, Rotary International, Jaycees, or Junior League and offer to provide them with a speaker for their March meetings. Self-advocates are some of the most effective communicators of Monarch's mission and are sure to inspire their members.
- Offer your local newspapers some creative stories about people with intellectual and developmental disabilities who are contributing to the community in ways that people may not realize. Be sure to include quotes and photos (or offers to have photos taken) of the subjects of the stories to make them more compelling.
- Submit an op-ed column or letter to the editor (explaining DD Awareness Month and inviting the community to learn more about Monarch and our mission).
- Devote a section of your Website or put daily posts on your Facebook and Twitter pages giving the community suggestions for what they can do to raise awareness.
- Contact your local Business Roundtable, Chamber of Commerce or Board of Trade – explaining that March as DD Awareness Month may provide the perfect impetus to encourage business to learn more about the opportunities to hire individuals with I/DD and that they tend to be some of the best, most loyal employee most companies ever hire.

Monarch is now on Twitter!



Monarch has joined the Twitterverse and we would love it if you followed us! If you do, you'll be entered to win a gift basket filled with goodies and gift cards. The drawing will be held on March 31.

Our Twitter feed is committed to getting you the latest information on Monarch happenings, interesting mental health and developmental disabilities news, and exclusive tips from our experts.

Follow us [@MonarchNC](https://twitter.com/MonarchNC), you'll be glad you did!

New research says those with mental illness more likely to be victims of violence

New research shows that almost one-third of adults with mental illness are likely to be victims of violence within a six-month period, and that adults with mental illness who commit violence are most likely to do so in residential settings.

The study also finds a strong correlation between being a victim of violence and committing a violent act. The study was conducted by researchers at North Carolina State University; RTI International; the University of California, Davis; Simon Fraser University; and Duke University.

[Read more.](#)

PEOPLE WHO CARE

Maryann Vinay and her students help make COTJ's annual dance a success each year



Maryann Vinay is all about making connections. She is heavily involved in her Randolph County community as a teacher, coach and volunteer. One of Vinay's favorite things to do is bring together her students at Wheatmore High School with the people supported at Monarch. She just completed her ninth year helping to plan Companions on the Journey's (COTJ) annual dance where more than 120 people from the community attended.

"I always want to provide opportunities for individuals, with and without disabilities, to come together. It is a learning experience and there are a lot of people who never get outside of their box. Events like this [COTJ dance] help to show another side, an entertainment and social side, that neither group would have had the experience without it," Vinay said.

Vinay first heard about the COTJ dance when she was a swim coach for Special Olympics. Later, while serving as a camp director at Camp Ann, a summer program for school age children and adults with developmental disabilities, she heard participants reference it again and decided to check it out. A short time later, she became a volunteer.

A few years later, Vinay became a teacher for students with severe intellectually disabilities – and started recruiting all students at her school to also serve as volunteers for the COTJ dance.

“I have the students do everything,” she jokes. “They help set up, decorate, serve food and drinks and they also get a chance to dance too. And when it’s all over they help clean up.”

Vinay said the first thing student volunteers always ask at the end of the dance is, “When is the next one?” This question motivates her to continue. She and her students also help at other dances throughout the year in and around High Point, even hosting one in November where more than 1,500 people attend. These events create a tight-knit community of people and that is something she loves about being a volunteer.

"The dances assist everyone in being more aware and to see that how much the special needs population can do. A lot of people limit them with assumptions that they can't do things," Vinay said. "I push my students and peer helpers, I don't want them to limit themselves or anyone else because of assumptions they have had."

NEWS AND NOTES

Senceria Cruse works to keep children safe



Meet Senceria Cruse. She is a crossing guard and a security officer in Winston Salem.

Through Monarch’s Supported Employment Program, her job coach helped her get training,

learn important skills for employment and develop a plan for her dream job.

Cruse started her current role last year. During the week she is Brunson Elementary School’s crossing guard and she often fills in as a security officer with Langford Security.

Cruse said at first she was afraid because she had never worked in a security/safety position before, but after meeting the students on her first day all the worry disappeared and she started to love the job.

Her favorite part of being a crossing guard is meeting people. “I have to look out for their safety and I like to talk to the parents and kids and have a nice relationship with them,” Cruse said. "It makes me feel good that I have a job to do and a responsibility to make sure people are safe and that the cars stop so I can let people cross.”

Students partner with Monarch to help raise awareness for DD Month



The Epiphany School of Global Studies in New Bern, N.C. is partnering with Monarch to help raise awareness during Developmental Disabilities Month. Their 5k team, “Footprints for a Change,” has organized a program for chapel on March 14 where Laura Shumate, a participant of Monarch’s Day program at Health Drive, will speak to students about her life and interests.

Their presentation will allow the students to highlight the Spread the Word to End the Word campaign through Special Olympics Project Unify, an education-based project that uses sports and educational programs to advocate for

those living with disabilities. After chapel, the Epiphany students will have the chance to sign a banner pledging to stop using the R-word.

The Footprints for a Change team started last September when a group of sixth grade students approached Epiphany's Director of Community Engagement, Cille Griffith after hearing a derogatory comment made about a child with a disability. The comment bothered them so much they decided to channel their response in a positive direction.

Together Griffith and the students decided to host a 5k race to benefit RHA Howell, an organization that provides residential services for those living with disabilities, in New Bern. Through the race they raised \$11,000 and were able to donate a technology table, a device similar to a smart board but on legs, to RHA Howell for their residents to use. The students were so encouraged by the community support they have another 5k scheduled on Sept. 20, and the funds raised from it will go towards creating a sensory room for participants at Monarch's Health Drive and new playground equipment for RHA Howell.

Savannah Sparks, a student and member of the Footprints for a Change club, said DD Awareness is an important issue for her and her fellow club members and she hopes through the chapel people will learn to stop using the R-word. "There are many people in this world who are different from our standards of 'normal,' and we want to end the judgment and help people learn more about their situations," Sparks said.

Griffith echoed Sparks, noting that the students of the club want to connect with those living with disabilities "in a way that is open and accepting and to be able to pass that on to others." This acceptance is also something Griffith hopes will hit home for the rest of the student body. "We just want people to see those living with disabilities as human beings with

similar interests as theirs. I think this opportunity for connection and interaction will help create new attitudes," she said.

Presidential encounters



Kevin Powell receives Innovation Day Supports in Whiteville, N.C. through Monarch. He has always dreamed of meeting the President of the United States. When program manager, Michael Lee, found

out he started to brainstorm ways to make that happen.

First he contacted his sister who lives in Washington, D.C. and works for the federal government. After several days, and reaching out to various friends, she was able to get a large photo of the president and bring it to North Carolina when she came for a visit. The staff at Columbus Industries framed the photo and presented it to Powell who was very excited to receive the gift, and has proudly hung the photo up for friends and family to see.

After seeing the joy the photo brought Powell, Lee decided to contact President Obama himself. In his email he told Obama about Monarch and the people we support. A few weeks ago he received a signed letter back from the president.

Obama thanked him for writing and said: "Of course, we still have more to do to get our health care system where it needs to be and to make sure this law works for everyone. While it will not be easy, hearing from people like you fills me with resolve to get that job done once and for all."

Region 3's Shanita Jackson graduates from leadership program



This month, Shanita Jackson, a qualified professional from Region 3, graduated from the North Carolina Advancing Strong Leadership Program.

The goal of the year-long course is to offer participants the opportunity to come together and learn from a faculty of national experts on progressive supports for people with disabilities.

The lectures and presentations during the program emphasized innovation and collaboration, and offered assessments of leadership strengths and needs. There was also a small group component Jackson participated in aimed at helping her set personal and organizational goals, and enhance her leadership skills.

Jackson said she would like to thank Monarch for the opportunity to go through the program and the support throughout.

Monarch to offer Mental Health First Aid training in Albemarle March 20

National training offered to the public to assist people experiencing mental health emergencies



Last fall, Monarch partnered with Mental Health First Aid (MHFA) USA to teach a select group of community and school leaders how to properly respond in crisis situations involving individuals with mental illness or substance use disorders. Now, this important training is being offered to anyone in Stanly County who is interested.

To learn more and to register for the training, go here: <http://monarchnc.org/news-events/news/663-monarch-to-offer-mental-health-first-aid-program-in-stanly-county-march-20>

Monarch relocates Companions on the Journey day program

Agency to share facility with The Arc of High Point on E. Bellevue Drive

On March 1, Monarch relocated its Companions on the Journey (COTJ) day program to The Arc of High Point building located at 153 E. Bellevue Dr.

Monarch's COTJ currently provides a range of services and supports that incorporate socialization, cultural arts, recreation, volunteerism and community involvement for people with intellectual and developmental disabilities. The relocation will support COTJ's need to accommodate potential growth and expansion of its programs in Guilford County.

"This move is a positive one for our program in High Point and for the people we support there," said Monarch's Chief Operations Officer Jim Kelley. "It will allow us to move into a larger facility, where we hope to grow and expand. It also gives us better access to our longtime partner The Arc of High Point. We are grateful and appreciate their willingness to accommodate our program."

MONARCH SPOTLIGHT

Q&A

Pat McDonald



As we observe March as Developmental Disabilities Month, we wanted to have a conversation with Pat McDonald, operations manager at Mallard Lane in Rockingham, who has

worked with people living with intellectual and developmental disabilities (I/DD) at Monarch for 28 years.

Q: Why is raising awareness for issues surrounding developmental disabilities important?

A: In the 28 years that I have been here we have made leaps and bounds in raising awareness concerning developmental disabilities, but we have a long way to go. In my opinion, our job will not be done until everyone looks at people with disabilities and just sees "people," not disabilities. That is why community involvement is so critical. We must remember that we are all people with the same needs and desires, and we all have dreams.

Q: What does a typical workday look like?

A: I often say that in a residential setting you do what comes next. A typical day would involve spending time with the people we support and staff-- checking to see what their needs are, doctors' appointments, volunteer activities and any issues that need to be addressed. Once those we support leave for the day program, I check to see if there are any household needs, whether it is supplies or maintenance. Often I speak with the guardians of those who live in the home. The rest of my day is spent doing my operational duties and handling anything that may come up with staff or the people we support.

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

A: To be a positive role model for the staff and support them, as well as ensure the needs of the people we support are met. In doing so we achieve the most important part of our jobs by helping those supported reach their highest potential and dreams.

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

A: That is very hard to pinpoint; in 28 years I've had many. One that always comes to mind is the look on the faces' of the people supported who were huge Elvis fans when we were able to take them to Graceland years ago. Another was when we were able to fly one of the ladies we supported to her home in New York to visit family she had not seen for years.

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

A: I love to dance, golf, and watch Panther football, as well as attend games when possible. While I no longer play golf, I love to watch golf on television, and do so frequently. Also, most people do not know that I went to school to be an RN but chose this career and I have found it to be very rewarding and challenging.

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

A: I enjoy reading and spending time with my family, especially my grandchildren.

Q: Favorite place to visit?

A: My favorite place to visit is Smithfield, N.C., which is my hometown.

Q: Movie or song that best describes you?

A: The movie that would best describe me would be "Steel Magnolias," and the song that would describe me would be "I Hope You Dance;" according to my friends. Another thing my friends tell me I say a lot, and is my life

motto is the quote: "Life is short. Laugh until your sides hurt, dance like no one is watching, work like you don't need the money and love like it's never gonna hurt."

Calendar Highlights

Spread the Word to End the Word Day of Awareness

March 5, 2014

The Spread the Word to End the Word campaign is an ongoing effort by Special Olympics, Best Buddies and local organizations, like Monarch, to raise the consciousness of society about the derogatory use of the R-word and to discourage the use by asking people to pledge to stop saying it.

The campaign's annual day of awareness is the first Wednesday of every March. For more information and to take the pledge go here:

<http://www.r-word.org/>

The Epiphany School of Global Studies Chapel

March 14, 2014

Region 6 is collaborating with The Epiphany School of Global Studies to participate in a chapel service where students will present a program to raise awareness during Developmental Disabilities Month. For more information, contact Eileen Bress at (252) 634-1715 x3305, or Eileen.bress@monarchnc.org.

Mental Health First Aid Training (MHFA)

March 20, 2014

MHFA training will be open to the public on March 20 at Stanly County Community College for \$25/person. Space is limited and registration is required by March 18. To RSVP, contact

Whitleigh Pinion at (704) 986-1578 or whitleigh.pinion@monarchnc.org.

Developmental Disabilities Awareness Parade

March 28, 2014

Monarch's Vocational Opportunities in the Community (VOC) along with the Asheboro Mayor's Committee and other agencies in the area will host a parade and balloon release at Bicentennial Park in downtown Asheboro for Developmental Disabilities Awareness Month. The parade will start at 10 a.m. at the First Baptist Church in Asheboro.

For more information, contact Bunny Schoolcraft at (336) 633-7268 or bunny.schoolcraft@monarchnc.org.

Developmental Disabilities Awareness

March 29, 2014

March is national Developmental Disabilities Awareness Month and The Arc is calling for a grassroots initiative on March 29 to help raise awareness about people with intellectual and developmental disabilities (I/DD).

Visit The Arc's web site at www.thearc.org and find out more about this campaign and things you can do to join in.

Special Olympics Swimming

Athletes in Stanly County can attend swim practice Tuesdays and Thursdays at 5 p.m. at the Stanly Family YMCA.

For details, check out their [Facebook page](#).

**Sixth Annual Dreams Take Flight Golf
Tournament**

May 2, 2014

Tillery Tradition Country Club

241 Tradition Drive, Mt. Gilead, N.C.

27306

Join Monarch for the Sixth Annual Dreams Take Flight Golf Tournament and help us to continue to make the dreams of the people we support a reality. Proceeds from this year's tournament will be used to purchase adaptive technology for people supported and our staff. Register here: <http://monarchnc.org/news-events/golf-tournament/23-news-and-events/golf-tournament/405-golf-tournament-registration-form>.