



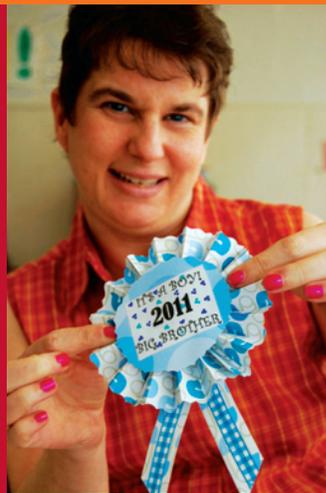
Reaching Dreams

A Monarch publication for the community,
people we support, and their families



a Dream Fulfilled

Monarch to open
a Creative Arts &
Community Center
in Sandhills





STRAIGHT FROM PEGGY

As I'm writing this I am listening to an old Carpenters album (*yes, vinyl!*) hearing "Rainy days and Mondays always get me down." I remember as a young adult hearing that Karen Carpenter, the singer, had suffered from heart complications from depression and anorexia in her early 30s. The recent news on her health had been good, that she was recovering, and then quickly she was gone. It was a huge loss for my generation, and since I loved her upbeat music I thought about her a lot in the years that followed. What could have helped her? Why had her mental illness been a secret? What a tough life, to appear before fans as this together, beautiful woman, and to be struggling so much with hidden internal torment!

Sometimes I think our state seems that way. We live in a beautiful state with gorgeous natural beauty. But inside, the illness festers. Our mental health system is in disarray. The federal government is suing the state for its poor care of people with mental illness, who have been put into rest homes where their needs aren't met. We are in the process of moving from our old systems of waivers and funding to new Managed Care Organizations, and no one seems to really know exactly how to do this. Funding cuts have once again arrived, for us to the tune of about \$2.5 million.

But Monarch's role in this chaos is to remain stable, solid, and to continue to provide exceptional services to the people we support with intellectual/developmental disabilities, mental illness, and substance abuse challenges. Our staff are the best in the state, and we understand that our mission is to help people achieve what *they* want in their lives, not what professionals think they should have. Monarch is active at the local LME (Local Management Entity) and state levels, working collaboratively to move the system forward. We are forming partnerships, ensuring we are up to date on changes, and preparing for the President's health reform, coming in 2014. Monarch continues to weather this storm as we have weathered all of those in over 50 years of service.

What does that mean for you? It means you can continue to expect outstanding supports and services. Of course, we have to be flexible as the state modifies service definitions and eligibility of services. But our commitment to you is to continue to be creative and innovative and to do more with less. We will stay strong and stable and move quickly to change as the state implements new concepts and ideas. We are here for you.

Dr. Peggy S. Terhune, PhD
CEO, Monarch

CONGRATULATIONS!

All the people we support, families, and staff would like to congratulate Dr. Peggy Terhune on being the first ever two-time winner of **the Carey Fendley Award** for Executive Excellence!

This award is given to an executive who has provided outstanding leadership in their chapter of the Arc as a leader and visionary who makes a difference every day in the lives of people with I/DD in North Carolina.

YOU DESERVE IT!



Dave Richard, Executive Director of the Arc of NC, presents the award to Dr. Terhune.



Reaching Dreams

Reaching Dreams is the official agency publication for the community, people we support, and their families.

Our Mission

We are committed to supporting, educating, and empowering people with developmental and intellectual disabilities, mental illness, and substance abuse challenges to choose and achieve what is important to them.

Our Vision

We will lead the way in the state to creatively support people with disabilities in growing toward their potential, reaching their dreams, and making their own informed choices about where they live, learn, work, play, and worship. Through partnerships and relationships with our community, we will offer a variety of innovative quality services and supports and will promote advocacy, awareness, education, training, employment, and residential opportunities.

EDITOR

Peggy S. Terhune, PhD
CEO, Monarch

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*Pictured on the cover:
Barrett Ross, (holding badge
/ribbon), attends Monarch's
Vocational Opportunities
in Asheboro.*



■ At Monarch, we are inspired by the very people we support. Like them, we will always try harder, think bigger, and attempt new things. With each new day comes new opportunity, new learning, and the promise of a better future. We promise to learn, grow, and find ways to embrace change and to constantly improve the way we do things. This is our promise to you and the people we support.

*Robert Hayes attends
Monarch's Vocational
Opportunities in Asheboro.*

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Monarch
Helping Dreams Take Flight

a Dream Fulfilled

Monarch Reveals
Plans for a New
Creative Arts &
Community Center

It won't be long before those in Monarch's day program in Southern Pines will be living a dream. The people we support will soon be joined by local artists, Sandhills Community College faculty, students, and community members at the Monarch Creative Arts & Community Center. This new building and creative program will allow the people we support to explore and realize their creative abilities like never before.

They will have a new place to call their own in January 2012. The Monarch Creative Arts & Community Center (MCACC), formerly Vocational LINKS, is near completion. Monarch was presented with the opportunity to relocate the program to a brand-new state-of-the-art facility nearly eighteen months ago.

People we support and their families were asked what they envisioned for the program's new space. The response was unanimous—they wanted a place where they could express their creative abilities.

Monarch is excited to have this opportunity to partner with the communities of Aberdeen, Southern Pines, Pinehurst, and Sandhills Community College, as well as many local artists to make the dream of a new creative arts and community center a reality.

MCACC will provide opportunities for the people we support to grow and improve their creative abilities and share them with the community. Through visual art, painting, pottery, needlepoint, quilting, and performing arts like interpretive dance and stage performances, people who attend this program will be able to share their talents and love of the arts with the surrounding communities. A cutting-edge computer lab with the latest adaptive technology is also planned for the center.

Professional artists, local community college interns and faculty, and community volunteers will work alongside Monarch staff to teach people each day.



Monarch's
Creative Arts &
Community Center Southern Pines, NC

Amy Chavis, Program Director, feels the center will provide an incredible opportunity for the community to engage with the people we support and that it will help integrate learning and serving with people of all abilities.

Dr. Peggy Terhune, CEO of Monarch hopes that the new center will be a model that others in the state will desire as well.



Monarch will use the new center during the day and offer the opportunity for local community members to join in the offered classes alongside the people we support. In the evening and on weekends, the space will be open for distance learning classes offered by Sandhills Community College and for civic, church, and community organizations meeting and hosting activities. Local group homes will also have access to the space in the evenings. An official open house will be hosted later in 2012.



Creative Arts
& Community Center

Rendering courtesy of Pease Engineering & Architecture, P.C.



OPENING
Spring 2012

A Sweet Interruption

By Blake Martin

Sara Smoak (pictured above right, with Blake Martin) was one of the first people I met when I came to Monarch. I walked out of my office at about noon on a Wednesday, a little stressed and quickly rushing off to a meeting, thinking about all of the important things I had scheduled that day.

Little did I know that one of the most important events of the day was not on my schedule. It was meeting Sara Smoak.

Like clockwork at noon every Wednesday she walked through our office selling the best brownies—still warm! But while the brownies were good, it was the conversation and Sara's ear-to-ear smile, followed by a laugh and hug, that helped me realize my true mission at Monarch.

Now I look forward to Sara's visit each week. She slows me down long enough to talk about how she swims at the Y and volunteers with the kids at the elementary school library.

My mission at Monarch is to help the important individuals we support, like Sara, get the things they need and to help their dreams take flight. The brownies are just a bonus.

a new face



Sara Smoak and Blake Martin

Have you seen this smiling face yet?

If not, you soon will.

As Monarch's new Chief Development Officer Blake Martin is busy traveling across the state meeting with the people we support, their families, and community members to connect resources and relationships to help support Monarch. If you haven't seen him yet, you will soon. He is making his way from Murphy to Mateo.

Martin is responsible for Monarch's North Carolina statewide development and fundraising efforts. Prior to this position, Martin served as Director for Annual Giving at Wingate University and as Associate Director for Major Gifts at Pfeiffer University.

Martin's role is new to the organization and vital at a time when governmental financial aid for human services has been cut significantly. He will be seeking much-needed support from individual donors, community partners, corporate partners, and foundations to ensure that the over 4,000 people Monarch supports receive more than just the basics.

This is an exciting time for Monarch. By linking new and established relationships we are opening doors for maintaining existing services and offering new services for the people we support. Now, more than ever, we need you to help dreams take flight.

If you are interested in making a gift or discussing how you can help, contact Blake Martin at 704.986.1584 or by e-mail at Blake.Martin@MonarchNC.org.



Every year Monarch helps hundreds of people with disabilities become successfully employed.

At Monarch, we meet many people with disabilities who are either unemployed or underemployed, despite their ability, desire, and willingness to engage in meaningful work in the community. People with disabilities are underrepresented in our workforce. Although typically about 80% of adults over 18 are employed, only 37% of people over 18 who have disabilities are employed.

Achieving a good and steady job is a dream for many of the people we support. Our vocational services and job training coaches provide the extra tools and training that are needed for success in the workplace. A job allows the people we support to become more independent and helps make their dreams a reality.

243

During the last fiscal year, Monarch's Employment Services Programs placed **243** people in community employment.

This is an incredible number especially when compared to the statewide and national unemployment figures.

Thank you to our many employers including Walmart, T.J. Maxx, Cracker Barrel, ServiceMaster, Big Lots, Communities In Schools, LifeCare Pregnancy Center and Lowes Foods.



A rewarding job and a successful young man



Victor Baldwin

Victor was hired at Walmart this summer after working at a previous job for 12 hours a week. He is now averaging 32+ hours a week at Walmart. As a result of his gainful employment and with the support of his family and assistance from his Monarch counselor Kim Auman, he submitted an application for an apartment close to where he works and is currently on the waiting list.

In September, Victor was nominated and awarded the honor of being selected the Associate of the Month in

his department. He received a beautiful plaque of his own, and his name will be engraved on the permanent plaque located in the store.

Michael Gillespie, Victor's Monarch job coach, reported that Victor was very moved during the presentation and that he commented that he had never previously been recognized for anything. He immediately called his parents and shared his joyous news. We are looking forward to seeing Victor's new apartment soon.

For more information on Monarch Employment Services, please contact Amy Chavis at 910.276.9664 x123 or by e-mail at Amy.Chavis@MonarchNC.org.

A very special Olympian takes the Monarch spirit to Greece.



Commander carries the torch in Athens, Greece

Zack Commander, a local North Carolina athlete who receives services from Monarch, has long dreamed of the chance to represent his community and his nation in an elite competition.

Commander is an enthusiastic participant in a variety of Special Olympics sports. His steadfast devotion to the pursuit of excellence in these events caught the attention of the North Carolina Special Olympics Board, which selected Zack as one of only ten athletes to join the important ceremonial "Flame of Hope Torch Run" in Athens, Greece.

His selection is also a significant source of pride for the employees of Monarch, who extend services to the young athlete.

"Zack is an outgoing young man and athlete and I am very proud of all his accomplishments with the Special Olympics program and other community committees that he is involved in."

– Wanda Spence
Zack's supported-living coach

But of course, no one was prouder than Commander himself. "The Special Olympics in Greece were incredible," he says. "It was wonderful touring all parts of Greece. Thanks for all the support from Monarch and Special Olympics North Carolina, and all who made my trip successful."

Monarch is launching a new volunteer program that will focus on bringing people from the community into the daily lives of the people we support.



The Dream Revolution needs you! We have many unique opportunities that will allow you to help dreams take flight and build friendships to last a lifetime.

Dream Team members may: be artists or like to dabble in arts and crafts; be musically inclined or simply like to have fun with a group of people and a kazoo to create their own special sounds; like to work with seniors or prefer working with younger ages; be gardeners willing to help us determine what's a weed and what will grow to be a beautiful flower; like to create culinary delights in the kitchen or play games; or have other gifts to share—we *need you*.

To find out how you can be a Monarch Dream Team member, log on to www.MonarchNC.org or contact Eileen Bress at 252.634.1715 x305 or by e-mail at Eileen.Bress@MonarchNC.org.

Leaving a Safe Haven to “Enlighten” Others

Members of the Monarch Beach Club selected to present at the Arc National Convention in Denver, Colorado

On Friday September 16, 2011, Monarch Beach Club members Billy Marzano and Charlene Mabine, along with Renate Macchirole, Beach Club Operations Director, boarded a flight to Denver, Colorado, to share their experiences with thousands of people at the Arc National Convention.

The Monarch Beach Club is an innovative community-based “program without walls” located in North Carolina’s Outer Banks that supports people with intellectual and developmental disabilities to become empowered, active members of their community. Those involved with the Beach Club were honored to have the Club selected from among hundreds of programs across the nation to present at the convention. The Club creates opportunities for its members to make an enormous impact in their community, whether volunteering in disaster relief efforts or participating in other community programs throughout the Outer Banks. At the convention, the Beach Club’s creator and two of its members would be able to share the positive effects of the Club with people from all over the US.

Attending the conference was a life-changing event for both Billy and Charlene.

Making the trip to Denver not only took Billy and Charlene far beyond their comfort zones, but they were able to inspire many people at the convention as well. Facing a standing-room-only crowd, they each expressed their passion and appreciation for the Monarch Beach Club. Charlene shared

her story through song and dance. Her graceful moves and beautiful voice painted a picture for the audience of how much more full her life has been since she came to the Club. Charlene was shy and withdrawn when she first arrived at the Club, barely able to maintain eye contact with others. But through Charlene’s involvement in the community, the Club has allowed her to open up and meet new friends, expanding her social network.



Charlene Mabine and Renate Macchirole, Beach Club Operations Director, fly to Denver.

Billy also painted a picture for the audience of his experience in the program through reading a powerful poem he had written. The poem outlined Billy’s valuable Club experiences and touched on how enlightened people could be if they would see past labels of disability to what he can achieve. In the poem’s final lines, he expressed his passion for reaching his potential and reminded the audience of the many gifts he has to share: “Remember, anything you cannot learn from me is irrelevant.”

Join the
Dream Revolution
and be a part of
the movement.

www.MonarchNC.org



Billy Marzano



"Irrelevant"

Meanwhile, Renate Macchirole and Dr. Peggy Terhune, Monarch CEO, passed out ribbons to the audience—one ribbon with the word "irrelevant" and the other with "enlightened."

"You have given me hope...I knew there was more we could be doing but up until now, I didn't know what it was."

Macchirole and Terhune described to the audience the valuable community-based program and its "whole person" approach.

After the presentation, when the two were finished fielding questions, Dr. Terhune was glad to observe that people were showing off their ribbons to each other, announcing that they had been "enlightened." In fact, after the presentation, one attendee, inspired by the promise and impact of the Beach Club program, approached the presenters with tears in her eyes and said, "You have given me hope...I knew there was more we could be doing but up until now, I didn't know what it was."

The Monarch Beach Club is not only a nationally recognized program of distinction. It is a program that embraces the critical concept that disabilities are irrelevant and that every individual has strengths and gifts waiting to be discovered and shared. The Beach Club has already begun to spin off similar programs around eastern NC. Monarch envisions growing the successful program statewide.

In Billy's Words...

I have a lot to share with you
I can teach you, I can enlighten you

I am a member of the Monarch Beach Club
I have great friends at the Beach Club
I do volunteer work at the garden and animal shelter
I like to read to my friends
I love riding horses and taking care of them

I have a really great job
I work at the Kill Devil Grill
My boss is very helpful and loves my work
I get a paycheck every two weeks
Now I can buy presents for myself
My job makes me very happy

I finished high school last spring
I am a whiz on the computer
I want to start college this year
College would make me extremely happy
I want to learn and experience everything...
just like you

Remember
anything you cannot learn from me
is irrelevant

—Billy Marzano



A Father's LOVE



Al Craven, a dedicated Energizer employee for 34 years at their Energizer Plant 1 in Asheboro, was recently recognized and awarded the first ever "Energizer Keep Going" Hall of Fame Award by baseball legend Cal Ripken Jr. at their headquarters in St. Louis.

Nominated out of 50 colleagues, he was chosen for his continued dedication to his daughter Amanda, who has Down syndrome. Amanda attends Monarch's Vocational Opportunities in the Community program, which supports people with developmental disabilities to create meaningful lives. Craven says it is Amanda's healthy outlook and can-do spirit that inspire his own "positive energy."

Craven dedicated the Energizer honor to Amanda, who he calls "the reason for everything that [I] do." As for what to do with the accompanying prize money—a donation of \$2,000, to be given to the charity of Craven's choice—it proved to be a no-brainer. He happily designated the sum to Monarch, an organization he says means the world to him and his daughter alike.

"Amanda loves to go there and participate in arts and crafts," says Craven, who notes that the organization, which affords Amanda the opportunity to make cards and other craft items, volunteer in the community, and plan fulfilling days, has given his daughter a sense of purpose, an increase in self-esteem, and a regular paycheck.

According to Craven, Amanda loves the program so much that she was disappointed to have to take time off for the July 4th holiday!



Al Craven accepts his award from Energizer



Amanda Craven



Members of the Beach Club show off their latest Goofy Gills creation.

The Goofy Gills name and designs are copyright protected. © 2011 by Wendi Willoughby. All rights reserved.

The Goofy Gills Project

The Beach Club's Creative Collaboration Is Touching Lives

The Monarch Beach Club, with the help of Wendi Willoughby, artist extraordinaire and staff member, are creating works of art around the Outer Banks.

Wendi designs and draws these amazing, crazy, beautiful, one-of-a-kind "goofy gill" sea critters, and the members of the Beach Club paint them. This creative and rewarding collaboration is giving the members of the Club useful skills and a valuable learning opportunity.

To learn more about the Monarch Beach Club, or Goofy Gills, contact Renate Macchirole at 252.634.1715 or by e-mail at Renate.Macchirole@MonarchNC.org.



Give a Gift Leave a Legacy

Now more than ever we need you to join with Monarch to help dreams take flight. Giving your time and resources to Monarch will ensure that over 4,000 people supported will have the chance to reach their full potential. And their ability to make a difference in your life in return will be greater than anything you have experienced.

Give a Gift

Through the Monarch Society, parents, family members, friends, and corporate partners will have the opportunity to make gifts to help people pursue their dreams. This unrestricted giving society will provide funding for needs that are not covered by federal and state funding.

Leave a Legacy

The Monarch Development team will begin to help family members and friends of Monarch leave a legacy for generations to come. By making a planned gift through an estate bequest or charitable gift annuity arrangement, individuals can ensure that loved ones and others are well cared for for many years. This is one of the best ways to honor and remember someone you love.

■ *Call the Office of Development at 704.986.1584 or e-mail Blake.Martin@MonarchNC.org to find out how you can get involved or to make a gift.*

You may also make gifts at our secure online giving page, www.MonarchNC.org/givenow.

MonarchNC.org/givenow

everybody dreams

www.MonarchNC.org

Join the **Dream Revolution**
and be a part of the movement.



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