

# A Thanksgiving to Remember

Bridges CAP-C program and Hilltop Home Collaborate with "Money Follows the Person" to make a child's dream come true



Pictured above: Maria (left) with twin sister Nicole (right)

A child living with complex medical needs will be moving from her current residential placement back to her family's home by Thanksgiving due to the collaborative efforts of RHA Howell's Bridges Community Alternative Program for Children (CAP-C), Hilltop Home, and the North Carolina "Money Follows the Person" (MFP) project.

This marks the first time that MFP has assisted in transitioning a child with complex medical needs back to her home through CAP-C. Many thanks go to Holly Lemieux, Executive Director of Hilltop Home, for recognizing that this child was ready to return home and for getting the ball rolling for CAP-C to assist in helping this family to re-unite. Holly Lemieux said, "This 18 month partnership with Hilltop Home and RHA Howell CAP/C has been a true labor of love. After nine years, this family is realizing their dream of having their child, Maria, at home where she belongs. Many thanks to Lena Robertson, RHA Howell CAP/C case manager, for her advocacy in making this happen."

The RHA Bridges staff has been working closely for months with Trish Farnham, Project Director, and Christy Blevins, Assistant Director for the MFP project, to make this child and family's dream a reality. "Our CAP-C professional team has been working diligently to identify the needs this child will have upon her discharge to ensure a seamless and successful transition back to home," according to John Gibbons, Director of Bridges CAP-C Case Management. "Our case managers also helped to organize home and vehicle modifications to make the environment ready for the child's return home." Doorways had to be widened, a ceiling lift had to be installed to move her safely into the home. The house

needed an entry ramp, and the family van needed to be equipped to accommodate her wheelchair. "It has been quite an undertaking for our case managers, said Gibbons, but one that has also been rewarding for all of us."

MFP provided funding of \$23,000 to help make this dream a reality. These funds were approved in advance to ensure that the needed modifications could be installed, completed, and in working order prior to discharge and before the effective date for CAP-C services even began. As a result of everyone working together, this child is expected to be discharged to her home on Thanksgiving Day.

For more information on the Bridges CAP-C Case Management program, visit our website at: [www.rhabridges.com](http://www.rhabridges.com) or call 919-803-2960. RHA Bridges, a program within RHA Howell, Inc., serves as a "bridge" between families, needed services, the Department of Social Services, the Division of Medical Assistance, physicians, and therapists. CAP-C Bridges helps to coordinate the work of home health professionals who provide care for children with medically complex needs through age 21. Bridges is the go-to source for families of children who need help in navigating the system of care and support. ■



# RHA & Affiliated Companies

Defining Quality and Setting the PACE for Excellence in Healthcare

FALL 2011 ISSUE  
VOLUME 1 | ISSUE 1

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Would you like to submit an article?

Email your newsletter submissions and photos to:  
Rashelle Brooks  
[rbrooks@rhanet.org](mailto:rbrooks@rhanet.org)

## THE WHITE HOUSE RECOGNIZES RHA SUPPORTED EMPLOYMENT PROGRAM



The White House has listed RHA Howell, Inc, as an important resource in North Carolina for people with disabilities on its dedicated website: [www.Disability.gov](http://www.Disability.gov)

RHA Howell, Inc is recognized for its array of vocational services, including supported employment, Ticket to Work under the Social Security Act ([www.rhasenet.org](http://www.rhasenet.org)), and transitional services for young adults from high school to work. The executive branch website also acknowledges Howell's work in supporting

children with complex medical conditions through CAP-C Case Management ([www.rhabridges.com](http://www.rhabridges.com), See back page story for more on our CAP-C program), and for the residential supports that it offers to adults and children with intellectual and physical disabilities ([www.rhahowell.org](http://www.rhahowell.org)).

[www.Disability.gov](http://www.Disability.gov) is an invaluable tool offering a wealth of information on important topics that include employment, financial aid, housing, and laws that protect the rights of people with disabilities. We are so very proud of our team of professionals who are committed to excellence and the pursuit of "opening the world for people with disabilities." We also want to thank the numerous companies throughout our North Carolina communities that have recognized the valuable resource that people with disabilities bring to the workplace as employees, as consumers, and as friends. ■

ACCORDING TO  
DEPARTMENT OF LABOR,  
OFFICE OF  
DISABILITY EMPLOYMENT  
POLICY, OCTOBER 2011:

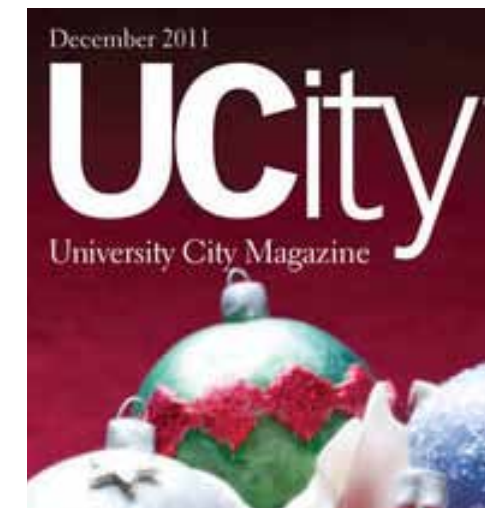
Labor Force Participation  
People with disabilities: 21.3%  
People without disabilities: 69.6%

Unemployment Rate  
People with disabilities: 13.2%  
People without disabilities: 10.5%  
(per NC Economic Development report,  
Department of Commerce)  
<http://www.dol.gov/odep/>

For more specific statistics on unemployment for people with disabilities,  
Go to <http://www.bls.gov/news.release/empsit.t06.htm>

### MORE COOL NEWS...

Our Charlotte, NC-based Clear Creek facility will be featured in an upcoming issue of University City Magazine. Be sure to pick up a copy!



## Save the Date!

Join us at...



### Ruby Tuesday and RHA Bridges Program to Host Fundraiser

Ruby Tuesday is holding a "Dining Makes a Difference" fundraiser for the RHA Howell CAP/C program on Wednesday December 14th. The restaurant is located at 210 NC Highway 54 near Southpoint mall in Durham and managed by Mark Gibbons.

Ruby Tuesday will give back 20% of RHA Howell dining receipts to grant a special wish to the children in the program. To participate, check inside this issue for a coupon flyer or contact Debbie Valentine [dvalentine@rhanet.org](mailto:dvalentine@rhanet.org).

### RHA HOWELL NEWSLETTER

EDITOR IN CHIEF  
• SAM HEDRICK

LAYOUT & CREATIVE DIRECTOR  
• RASHELLE BROOKS

### FEATURE WRITERS

- DEBBIE VALENTINE
- RICHELLE MITCHELL
- JEFF GALLAGHER

### Questions or Comments?

Send Letters to:  
RHA Howell, Inc.  
Attn: Newsletter Editor  
4700 Homewood Court, Suite 300  
Raleigh, NC 27609

# An Initiative of Wellness

RHA Is "Raising Health Awareness" for Employees

For the past few years RHA's Human Resources Department has been on a very important mission; a mission to create a foundation of health and wellness within our company.

Everyone knows healthcare costs are ever increasing and there seems to be no perceivable end on the horizon. So what is a non-profit company to do? Easy! Create a culture of awareness with the goal that it will be a catalyst for action and change.

The "Raising Health Awareness" Wellness Initiative is an ever-evolving program with a focus on using every fiscally responsible resource available to improve the health, wellness and quality of life of our employees, their families and the individuals for whom they provide support.

Here are just a few of the many opportunities the "Raising Health Awareness" Wellness Initiative is already providing:

### Diabetes Drug & Monitoring Product Program

- this exciting program allows medical plan participants who have been diagnosed with diabetes to receive their blood glucose monitoring products and generic diabetes medications absolutely free!

### Annual "Know Your Numbers"

Health Screening Event - a free, convenient, onsite health screening that gives employees a "snap shot" of the current status of their health



### Medical Plan Participant \$1,000 Wellness Benefit

Every calendar year each medical plan participant has \$1,000 available to them that they can use to attend a licensed weight loss clinic or to purchase FDA approved smoking cessation products and/or services

### Discounted Medical Premium Program

All medical plan participants are eligible for a deeply discounted medical premium if they can certify they and their covered dependents do not use nicotine containing products and they participate in the annual Know Your Numbers Health Screening

### Employee Assistance Program

This program is available for free to all employees and their immediate family members. The program is strictly confidential and provides unlimited professional counseling via telephone, as well as 3 face-to-face counseling sessions per issue

As we continue on our quest to improve the health and wellbeing of our RHA family, rest assured many new and exciting programs are on the horizon! ■

**New!**

### Diabetes Drug & Monitoring Product Program

Be sure to take advantage of this exciting program which allows medical plan participants who have been diagnosed with diabetes to receive their blood glucose monitoring products and generic diabetes medications absolutely free!

To order a FREE ACCU-CHEK meter, call:  
(888) 823-0226 Order Code: ESIAC 10

To order a FREE OneTouch meter, call:  
(877) 949-5433 Order Code: 239 ESI 555



Ryan King  
a testimony of success

cialist. After receiving all the necessary information, I applied for the position and was later hired in July of this year as an Employment Specialist. The position at RHA seemed like a golden opportunity for me to turn my talents in a different direction while still making people happy. I love the job I am doing now. It allows me to work with people and to

I became unemployed in April of 2008. I hurt my back shortly thereafter, and without insurance or a source of income, I was unable to get the treatment I needed. Vocational Rehabilitation became involved in the middle of 2009, and by February 2010 I was scheduled for surgery. Spinal fusion with instrumentation, connecting seven vertebrae together in my middle back. After recovery and physical therapy, I was informed that I could no longer lift over forty pounds, and would have to find a new career. I was devastated. I love to cook and use it to make people happy. It has been my passion for the past 18 years. Working with vocational rehabilitation in hopes of securing employment, I was informed by my VR counselor of a potential position at RHA Howell, Inc. as an Employment Spe-

*"Ryan is very much a team player. He often goes above and beyond the call of duty. Ryan is very passionate about his job and a very vital part of our team."*

*--Cynthia Stevens, SENET Program Manager*

make a difference in their lives. Being a VR consumer myself, I have a great passion for working with individuals with disabilities. Since July, I have placed a number of consumers on various jobs within the community. I have enjoyed working with my consumers, helping them learn their jobs and duties. I love the enthusiasm they bring to their tasks. I enjoy the personal connections we have made and look forward to many more. Thank you RHA for giving me the opportunity to sow into the lives of so many.■

Ryan has helped 7 people find competitive employment in just 4 months! Ryan has also developed roughly 15 new business relationships with area businesses in Wayne, Lenoir and Wilson counties.

Check out where SENET is opening the doors of opportunity for people with disabilities all over North Carolina:

#### Office Locations:

Charlotte	Raleigh
Greensboro	Henderson
	Goldsboro

#### Counties Served:

Gaston	Halifax
Cabarrus	Iredell
Lenoir	Mecklenburg
Pitt	Nash
Wayne	North Hampton
Wilson	Person
Wayne	Vance
Alamance	Warren
Forsyth	Johnston
Guilford	Wake
Edgecombe	Rockingham
Franklin	Rowan



### More Awesome Stats...

Check out how many people with disabilities all over North Carolina are getting jobs through SENET.

#### Job Placements this Quarter

- Charlotte 51
- Goldsboro 45
- Henderson 44
- Raleigh 13
- Greensboro 33

And counting...

#### Job Placement Statistics

#### Average entry wage of placed workers:

- \$12/hr

#### Job seekers served through SENET:

- 43% Female
- 56.9% Male

#### SENET Diversity Stats:

- 62.7% African American
- 31% Caucasian
- 2.4% Hispanic
- .8% Native American
- .34% Asian



# Get Online with RHA

If you haven't visited us online lately, be sure to do so. We've revamped all of our websites and even added a new one!

MH/SA/DD  
www.rhabebehavioralhealth.org



Addiction & Recovery  
www.arpcnc.org



Developmental Disabilities  
www.rhahealthservices.org



Developmental Disabilities  
www.rhahowell.org



Supported Employment  
www.rhasenet.org



CAP-C Services  
www.rhabridges.com



Locate RHA Services in NC  
www.ncdisabilityservices.org



## Seeing Is Believing (continued)



she was diagnosed with breast cancer and had to be placed in a nursing home. When she returned to her RHA Howell home, she needed more nursing support due to her fragile health. Sherry did not let this stop her from moving forward. Many treatments and doctor visits later, Sherry overcame her cancer and, to her admirers around her, seemed to be more optimistic about moving into her own home than ever before. No matter what obstacles came her

way Sherry always kept hope, even when policies and regulations seemed to want to keep her right where she was. RHA Howell Inc., other providers, community supporters and friends, worked very hard to ensure that Sherry would indeed be able to say she was going home, to her own home! A special thanks goes to Sylvanglade Homes, Inc, Alberta Professionals, Seeing is Believing, Gatewood staff and all the other people in Sherry's life that worked together to help make this possible. Sherry is very happy in her one-bedroom apartment. She utilizes public transportation to keep up with all her engagements. She makes her own decisions about her daily routine.

Now that Sherry is settled into her new home she plans to continue her advocacy work, and help others that wish to make their personal goals a reality. She volunteers with all the agencies that provided her with love

and support and wants to lead a successful career as a paralegal, with the goal of taking classes at the local community college. Sherry is a role model to show all of us that dreams, no matter how big or small, can come true. Gatewood and the Greensboro group homes will never forget the story of Ms. Sherry Durant. She will be greatly missed, but helping individuals reach their full potential is what our role in the RHA Howell family is all about.

If you would like to send Sherry a word of praise or encouragement or would like to know more about her courageous story please contact Anna Simanovich at: [annas@rhanet.org](mailto:annas@rhanet.org)

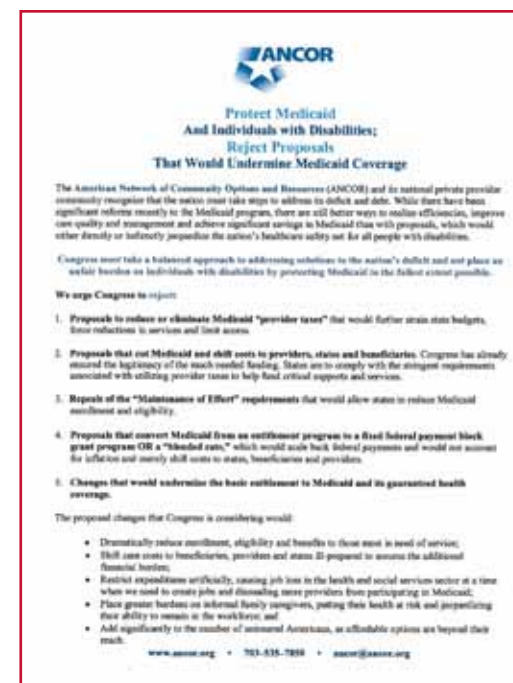
## BE VISIBLE BE BOLD BE HEARD



and the Super Committee hear from us now. Please let your representatives know that Medicaid funding provides a vital lifeline to millions of people with disabilities. Urge them not to authorize cuts that would cripple supports and services and cost DSPs their jobs.

We need to have as many contacts as possible to get Congress' attention, so please urge your staff, the people you serve and their family members, and your allies in your community to send a letter to Congress. Please don't wait to start making contact. Time is short.

Not sure what to say? Visit [ANCOR.org](http://ANCOR.org) for talking points pages just like this one ▶▶▶



## RHA PARTNERS WITH SHAW UNIVERSITY TO GIVE STUDENTS SOCIAL WORK INTERNSHIPS

November 13, 2011 (Raleigh, NC) -- Bridges, RHA Howell's Community Alternative Program for Children (CAP/C), has announced its new partnership with the Shaw University Department of Social Work's internship program.

"Bridges is honored to partner with such an outstanding university and looks forward to continuing this relationship into future," said John Gibbons, Director of Case Management.

The program allows Social Work students to interact with clients of the agency or organization where they're placed, conduct assessments and interventions, learn about community resources, and other duties of a case manager.

Students in the program work a minimum of 16 hours per week in the field agency to which they're assigned, 240 hours per semester for a total of 480 hours.

The first intern from Shaw, Salima Hines, began at the Bridges

program in September. Manina McNeil, assistant professor and coordinator of field education at Shaw, worked with the RHA Bridges staff to get Hines the internship opportunity.

RHA Howell is a statewide, non-profit organization that has been working with children and adults with disabilities for nearly 40 years. The RHA Bridges program provides the "bridge" between families and the services they needed, the Department of Social Services, the Division of Medical Assistance, physicians, and therapists.

Bridges also provides CAP/C services for children with medically complex needs through age 21.



For more information, visit [www.rhabridges.com](http://www.rhabridges.com).



Pictured Above: Scotty Baker, Fiscal/QI Coordinator for CAP-C (left) and Salima Hines, Social Work Intern

# WHAT'S HAPPENING AT RHA AROUND THE STATE?

## PIEDMONT REGION



### Behavioral Health PSRs Celebrate National Wellness Week

On Friday, Sept. 23 nearly fifty members and staff of the RHA Behavioral Health Psychosocial Rehabilitation (PSR) programs participated in an event to celebrate National Wellness Week (Sept. 18 – 25), part of the National Recovery Month Initiative.

The “Connecting to Our Community” Consumer Affairs Wellness Morning was hosted in Kannapolis, NC by Piedmont Behavioral Healthcare (PBH) and featured a panel of speakers that included mental health and substance abuse professionals and individuals in recovery. The theme of the event was “Recovery Benefits Everyone” and focused not only on the need for treatment and recovery support services but also on the accomplishments of individuals in recovery and those who help them live healthier, more fulfilling lives.

Overall, it was a day of raising awareness, recognizing the empowerment of people in recovery, and celebrating total mind/body wellness.



### Piedmont House PSR Woodshop Program Adds the “Perfect Touch”

Members of the Piedmont House PSR (Psychosocial Rehabilitation) program are now taking orders for wooden furniture, custom pieces, and toys through their Woodshop Program. Each item is cut, carved and assembled by members of the Piedmont House.

The Woodshop Program helps PSR members develop better business and prevocational skills and also provides a productive outlet for creative expression. As a way to give back to the community,

Piedmont House members also build and donate holiday toys for children in need. PSR programs are designed help adults in recovery from mental illness live more independently and better manage their daily lives. If you would like to place an order or discuss a custom project, please call Piedmont House at 704-983-4157.



### RHA Gastonia Enjoys its 2nd Annual 5K Run

This year’s 5K run, certified by Strider Events and sponsored by Center Street Tavern & Restaurant and the Town of Cramerton, raised \$450.00 and had even more participants than last year’s event. The people supported by the Gastonia unit were a big part of the success of the event – they helped hand out water bottles to participants and acted as a “cheering section” to keep people motivated and energetic. Proceeds from the event benefited the people with disabilities who reside with RHA Health Services. The money raised by the 5K will help residents enjoy enriching activities like attending camp, going to concerts or amusement parks or taking other fun day/overnight trips. The 5K’s organizer, Administrator Mary Corey, said “everyone had a blast...[we’ve] already started working on next year’s [event]!” To find out more or to make a donation, please contact Mary Corey at 704-864-3450.

## RHA NOW OFFERING DEAF AND HARD OF HEARING SERVICES ACROSS THE STATE



To learn more about RHA Deaf and Hard of Hearing Services, please contact Molly Daughtry at 910-632-2191.

Please also visit:  
[www.rhabebehavioralhealth.org](http://www.rhabebehavioralhealth.org)

RHA Behavioral Health is now offering mental health and substance abuse services specifically tailored to meet the unique needs of people who are deaf or hard of hearing (DHHS). “Service providers must be sensitive to the diversity found within deaf culture and be able to adapt to meet the needs of deaf individuals if they want to create confidence and develop the best therapeutic environment,” says Mike Rhoades, COO of RHA Behavioral Health. As a way to help meet this goal, individuals who use sign language as a primary mode of communication can now receive many services directly from providers who are fluent in sign language. This helps to preserve the privacy, confidentiality, and one-on-

one environment expected in a therapeutic setting and allows deaf and hard of hearing individuals to receive services in their own first language or preferred communication method. Also, certified DHHS professionals make use of both in-person services and telemedicine (in the form of HIPAA-compliant Polycom video technology) to ensure that everyone has access to needed services, especially individuals who live in more remote areas of the state. All case coordinators are sign proficient and can meet with people in-person, in their homes, or in the community. Services offered range from clinical assessments and case coordination to individual and family counseling and therapy, crisis services, services for substance abuse/addiction, education, and referrals.

Meet RHA’s

## Corporate Communications & Marketing Team

The RHA Corporate Communications & Marketing Team is here to support the marketing, grassroots advocacy and business development needs of all RHA programs and services. Please contact a member of our team to request marketing and communications assistance. We’re here to support you!

Contact us for: brochures • flyers • website • design • press releases and more...



Richelle Mitchell  
Communications &  
Marketing Manager  
[richelle.mitchell@rhanet.org](mailto:richelle.mitchell@rhanet.org)



Debbie Valentine  
Marketing, PR &  
Special Events  
[dvalentine@rhanet.org](mailto:dvalentine@rhanet.org)



Rashelle Brooks  
Communications &  
Marketing Manager  
[rbrooks@rhanet.org](mailto:rbrooks@rhanet.org)

The RHA Corporate Communications & Marketing Team is located at:

RHA  
4700 Homewood Court  
Suite 300  
Raleigh, NC 27609  
Ph: (919) 803-2960  
Fax: (919) 803-2963



WIN is still helping people climb career ladders in healthcare! Congratulations to the program’s most recent graduates.

Sue Meier, Bachelors degree

Crystal Garman, MSW

Janice Vanscoy, BA in Psychology

Canessia Jackson, LPN

Michelle Stevens,  
Associates degree

Tonya Sheppard, CNA

Niyoko Green, LPN

Lakeisa Terry, LPN

For information on the WIN Program, contact:  
Jeffrey Gallagher, WIN Manager  
[jgallagher@rhanet.org](mailto:jgallagher@rhanet.org)

For the latest news and updates visit: [rhowell.org](http://rhowell.org) • [rhabebehavioralhealth.org](http://rhabebehavioralhealth.org) • [rhahealthservices.org](http://rhahealthservices.org)

## COASTAL REGION



### People with Disabilities in Wilmington Have a New Place to Call Home

In early December, RHA will open Greenville Trace, a new eight unit apartment complex in Wilmington that will provide permanent supported housing for people with disabilities who might otherwise be homeless. Individuals with mental illness, developmental disabilities and/or physical disabilities are eligible to become residents.

RHA began planning and raising funds for the apartment complex in 2008, with major funding for construction coming from the North Carolina Housing Finance Agency and the City of Wilmington. Construction began in spring of 2011. The complex has 6 one-bedroom and 2 two-bedroom units, and each unit has a screened-in porch. All units are 100% handicap accessible and the complex meets Advanced Energy requirements. Greenville Trace is located in a wonderful neighborhood that is accessible to public transit.

People living in the units will have some form of supported service such as case management or an outpatient service. Scott Little, Vice President for Housing & Asset Management for RHA, says, "we are very pleased to expand our array of supports in the Wilmington area, and to help address the challenge of ensuring adequate housing in the Cape Fear region."

To learn more about these new apartments, please call Scott Little at 336-314-3531.



### RHA Howell River Bend Golf Tournament is a Success

October 14, 2011 was a beautiful day for golf at STAR HILL GOLF CLUB. RHA Howell River Bend held it's annual golf tournament to raise Christmas funds for 125 people living at the River Bend facility. Ninety-six golfers participated in the tournament. The entire day was filled with fun activities including a putting contest, 50/50 drawing, a silent auction and plenty of good food. We are most appreciative of the businesses in New Bern and surrounding areas, the Star Hill golfers and vendors who participated. Their contributions helped us to reach our goal so that each person living at the River Bend facility may have a joyful Christmas, and for that we are truly thankful!

**GROSS WINNERS** 1st Place: Rick Wilson Team, 2nd Sue Rice Team, 3rd Ivey Spring Farms, 4th Bill Parker Sertoma Club, 5th The Golf Farm  
**NET WINNERS** 1st Place: Tandemloc, 2nd ARC of Craven County, 3rd Trent River Builders, 4th Bottom Feeders, 5th Wang & Orkin

The 2012 Tournament will be held at Star Hill Golf Club in Cape Carteret, NC on October 19th, if you would like to join us contact Tina Stewart, 252.638.3118 or visit our website: [www.rhahowell.org](http://www.rhahowell.org) for more information.



### River Bend Waterfront home and garden tour sponsored by the River Bend Garden Club raises over \$1,500.00

A special tour of five waterfront homes and gardens, along with a memorial tour of murals by the late North Carolina artist Chick Wooten, was held in River Bend, NC on September 17, 2011. The homes on the tour featured a variety of architectural styles at different locations along the waterways of River Bend, including the Trent River, Plantation Canal and Island Lake. Interior designs range from contemporary to traditional. One of the homes featured artifacts from all over the world.

The River Bend Garden Club, The Epiphany School, the Girls Scouts Troops 279 & 1184, and the New Bern Woman's Club sponsored the home and garden tour. All proceeds were donated to the RHA Howell River Bend Center and the Rhems First Responders.



## PIEDMONT REGION



### RHA Clear Creek 2nd Annual Motorcycle Charity Ride

On September 10, 2011, Clear Creek hosted its 2nd annual Motorcycle Charity Ride. The weather was perfect and the fellowship was uplifting and at times, joyous beyond words. Participants played games and had a fun filled safe day. Tears were shed as Angie McCord, the mother of Jonathon L of green wing, read a poem to the staff, giving them thanks for all that they do. We had a total of 4 police motorcycles, 1 police car, 80 motorcycles, 1 rail car, ambulance, fire truck, and 8 vehicles to complete the convoy.

This ride was started as a community awareness fundraiser in 2010 and since then, we have made some amazing community relationships. Vulcan Materials has become a great neighbor to us. They were a major contributor to this ride. They furnished t-shirts for all the riders and donated money from many of their vendors. Hooter's of Concord was gracious enough to allow us to end the ride at their restaurant. They donated wings and sodas for all the riders who participated.

Missy Jones, Chief Operating Officer for RHA Howell Inc. spoke and gave them all the ingenious idea that they are now a part of our "clear creek biker club". Sherry Basso, one of our riders came up with the "CCBC" idea. Clear Creek Biker Club, but with the acronym of CCBC being "Citizens Caring Beyond Charity." We think this is the beginning of something great.



### Anson Children's Center Approved for Shape NC

Anson Children's Center has been approved to be a part of the Shape NC project!

The Shape NC Project is an initiative funded by Blue Cross Blue Shield to prevent childhood obesity. Anson will receive \$3000 to help with improving physical activity, nutrition and outdoor space for the children.

Administrator, Ginny Johnson is also pursuing additional funding through, Eat Smart Move More, to help fund improvements to our outdoor environment.

Efforts will continue in the areas of improving nutrition and physical activity for children.



## NORTH CENTRAL REGION



### Tis The Season at Gatewood!

RHA Howell is proud to announce our famous lighted ceramic Christmas trees are now available for purchase online. Each tree is made by a person with a disability in our Greensboro day and community programs.

Trees are available in white and green at \$25 each plus shipping and handling. All proceeds will benefit the developing arts immersion program. You can order online at [www.rhahowell.org](http://www.rhahowell.org). Or just pick up the phone and call Kandy John at 336-273-6105 or Roger Jones at 252-521-1131.

Make it a great Christmas for everyone in the Greensboro program. Order your ceramic Christmas tree today!



NORTH CENTRAL REGION



Seeing is Believing

A dream ten years in the making has come true for one of our very own, Ms. Sherry Durant. Most well known for her advocacy work across the state of North Carolina, Sherry has motivated others by telling her story, and can proudly say that her voice has not gone unheard. Sherry, now 40 years young, has lived the majority of her life with RHA Howells. Since she was a young girl, she saw herself living in her own home and today, we are all happy to say she has accomplished just that. Seeing Is Believing is a project sponsored by the North Carolina Council on Developmental Disabilities (NCCDD). The project was a 3-year initiative, running from 2008-2010. The purpose of the initiative was to promote organizational change toward individualized supports within provider agencies in North Carolina. There is a special focus on helping people realize their dreams.

Sherry started her journey bringing her goals to life with the help of a therapeutic and natural supports team. Developing what is called a "Path (Planning Alternative Tomorrows with Hope) Plan where she could navigate her dreams through illustrations. This laid the road map of what became a time of struggles, tears, hope and joy. Shortly after Sherry began the process of moving into the community,

Story Continued on page 8

CENTRAL REGION



Baileys Fine Jewelry partners with RHA Howell Tar River for "A Time To Give Program"

Baileys Fine Jewelry donated \$400 to RHA Howell Tar River with their "A Time To Give Program" in October. For every watch battery replaced, Baileys Fine Jewelry donated \$10 to the nonprofit selected for that month. Many thanks to the Crystal Corbett and the folks at Baileys Fine Jewelry located at 511 Red Banks Road Greenville, NC.



*Plant the seeds of expectation in your mind; cultivate thoughts that anticipate achievement. Believe in yourself as being capable of overcoming all obstacles and weaknesses.*

--Norman Vincent Peale



RHA Howell Bear Creek Raises \$5,000 at the 5th Annual Reverse Drawing

A great steak dinner and tons of fun was had by all at Jack's Clubhouse in LaGrange, NC on October 15 at the 5th Annual Reverse Drawing. All proceeds will be used to purchase Christmas gifts for the 125 people who call Bear Creek home.

We are especially grateful to all our community partners for this event: Piggly Wiggly Grocery Stores/Kinston, Food Lion stores/Kinston/LaGrange/Goldsboro, Golden Corral/Kinston, Murray's Restaurant/LaGrange, Bannister's Florist & Fine gifts, Long's Plant Farms/Goldsboro, Andy's/LaGrange, Sandpiper Restaurant/LaGrange, The Barn Steak House/Kinston, Village Steak House/Goldsboro and US Foodservice.

Kudos to our staff and parents that donated their time and dollars to the event! Special thanks to Bear Creek nurse Kelly Edwins, who donated 31 tote bags, Bear Creek teacher Margit Roberson who donated her hand crafted jewelry, and Bear Creek teacher Angel Harrell's company, "Whining and Designing" donated her beautiful hand crafted products.



CENTRAL REGION



Magnolia Place Cooks!

Pat Walston, Corporate Chef for House-Autry Mills volunteered her time recently to conduct a cooking class at RHA Howell's Magnolia Place in Goldsboro, NC.

Seventeen Magnolia Place guests attended the hands-on cooking class to learn how to prepare an Italian menu.

With assistance from Magnolia Place staff members, Chef Pat demonstrated techniques of cooking as the group prepared Caprese salad skewers (appetizers), two hand-made deep-dish pizzas, hand-made meatball subs (the students prepared the meatballs one by one), and a chocolate brownie trifle for dessert. Chef Pat Walston, who lives in Goldsboro, is a regular participant in RHA Howell's annual "Epicurious Vino Challenge" fundraiser held each summer at Hinnant Family Vineyards in Pine Level, NC.

Thank you to House -Autry Mills for giving back to the community!

Be sure to visit [www.house-autry.com](http://www.house-autry.com) for information about our community partner and for some delicious holiday recipes.



COASTAL REGION



Beach Ball Volleyball Tournament in Wrightsville Beach raises over \$3,500 for RHA Howell River Bend

*The following is a letter from Hayden Fuss, the twin brother of Grant, who lives at River Bend in New Bern.*

"Dear Tina,  
My dad told me that he has already talked to you about the success of my fundraiser but I thought I'd let you know myself. I raised \$3520 in donations and team entry fees! It was a great time and having Grant and his classmates was awesome, it meant so much to my family and it was incredible to have my friends meet Grant. I cannot thank you enough for sending them and all the help you've been. ....Also I'll be faxing the mentor evaluation of product form which is where you basically grade my performance and product during this process..... Again thank you so much!"

Sincerely,  
Hayden Fuss



RHA Behavioral Health opens new offices on Trent Road

RHA Behavioral Health has a brand new location at 1917 Trent Road in New Bern. Fire and smoke damage forced them to move from their former location on Neuse Blvd. Program Director, Carol Villarreal said, "We are committed to serving our community and never stopped operating during or after the fire." A Chamber of Commerce ribbon cutting ceremony and open house will be held on Thursday December 8th at 4:30. The public is invited to attend.

In addition to the open house, we will be appearing on two community service radio segments that week: Good news Friday with Donna Kelly on V103.3, and the morning show with Mike Miller on 107.9 WNCT-FM.

The new BH office will be offering the following services: Mobile Crisis Management, Assertive Community Treatment Team, Intensive In-Home, Community Support Team, NC START along with its Crisis Respite Home, Services for Intellectual/Developmental Disabilities, Outpatient Therapy for Substance Abuse and Mental Health, Outpatient Mental Health Therapy for Ocracoke Island, Tele-psychiatry on and off site and medication management locally.

For more information about RHA Behavioral Health please contact: Carol Villarreal at 252-638-9091 or 252-638-7875 or [cvillarreal@rhanet.org](mailto:cvillarreal@rhanet.org).

You can also visit the website: [www.rhabebehavioralhealth.org](http://www.rhabebehavioralhealth.org) or just stop by and say hello.