

# PEvents

A monthly publication of news and views at Person Industries

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## Christmas Plans in the Making

### Special points of interest:

- County Employees are reminded that the Fitness Center at the Person County Senior Center is available at a low rate. The center is open Monday–Thursday from 8:00 a.m.–4:00 p.m.
- Bee-Line Designs will have a blowout clearance sale starting Monday January 5th. T-shirts will be marked as low as \$1.00

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It's that time of the year where thoughts turn to Christmas, and for the employees of PI, thoughts turn more specifically to the annual Employee Christmas Party. The party for this year is scheduled for Tuesday, December 23, 2008 from 8:30 a.m. until 2:30 p.m.

Plans for this year's party are in the making, and we stress "in the making" because quite frankly, much about the annual Christmas Party is still in the air. Tentatively, the party will be held at Fogie's, the same place that it has been for the past several years. That venue, however, may change to the Dug-out located on Highway 158 West, depending on other factors currently in play. PI will certainly keep you informed.

Other plans for the party are moving along very well. Catering will be done again this year by Linda Wright. Linda will prepare the traditional holiday meal. PI is also pleased to have John Williford as deejay again this year. John has been at every Christmas Party PI has hosted since the party moved offsite. And back by popular demand is Santa. Yes, Carlton Batten will return as Jolly Saint Nick this year after a scheduling conflict prevented him from coming last year.

The employee talent show will return this year as well as the gift exchange. Employees interested in competing in the show should complete the enclosed form. Forms must be completed and submitted to Vernon Dowdall before Friday,



Employees who will participate in gift exchange should have gifts turned in by Friday, December 12th.

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PI looks forward to seeing old and new faces at the party.

## Dana Faulkner Accepts Directorship of EIFS

Congratulations to Dana Faulkner on her appointment to the position of Director of Early Intervention Family Services. Dana, who worked as a case manager with OPC Area Program until the divestiture and then with the Arc of North Carolina, has been a very familiar face at PI for many years. Dana serves as case manager for several program participants in the PI ADVP and CAP Programs.

News of her leaving brought audible groans from PI program management staff since Dana is known to be a top notch case manager. The groaning was echoed by the staff at Person County Group Homes where Dana serves as case manager for several residents. She was known as a person who made things happen.

Dana's thorough knowledge of state standards and regulations and

the people on her caseload have contributed to her outstanding performance. Those qualities, coupled with her affable personality will make her a formidable director of EIFS as well.

Dana, we congratulate you and the children who will be entrusted to your care.

Dana will be replaced by Elizabeth Hicks.

## Good Health Empowers Individuals to Reach their Goals



Ashley Hatcher gets blood drawn as part of Heart Health Study.

The North Carolina Office on Disability and Health, UNC-CH Women's Heart Program and the Center for Women's Health Research are conducting a pilot study of the risk of cardiovascular disease (CVD) in people with intellectual disabilities. People with developmental disabilities are living longer and consequently experiencing an increase in the health problems that occur with aging in the general population, including heart disease. People with developmental disabilities are an understudied

population and there is a need to learn more about their risks of CVD and needed treatment interventions.

In October, Person Industries was pleased to serve as the first pilot site for this important study. The study involved two visits for recruitment, informed consent and health screenings. The project team measured blood pressure, weight, height, and waist measurements and then drew a small blood sample. This information was used to get an ATP III (adult treatment

panel) score for each person. ATP III is considered the best measure to use for the detection, evaluation and treatment for risk of heart disease in adults. Each individual was given his/her results at the end of the screening visit. Twenty clients participated in the pilot study. The project team also offered these basic health screenings to PI employees.

This pilot study will help UNC-CH develop a larger study proposal that will be submitted to

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## Training Offered to Families Coping with Mental Illness

*"If your family member lives with major depression, bipolar disorder, schizophrenia and schizoaffective disorder, panic disorder and obsessive compulsive disorder or borderline personality disorder, you may get assistance from this series of trainings."*

The National Alliance on Mental Illness (NAMI) is offering a series of 12 weekly classes to help family members understand and support relatives with mental illness while maintaining their own well being. The training is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family.

If your family member lives with major depression, bipolar disorder, schizophrenia and schizoaffective

disorder, panic disorder and obsessive compulsive disorder or borderline personality disorder, you may get assistance from this series of trainings.

Classes will be offered in Durham and Chapel Hill during the months of January and February 2009. While registration is required, each class is free of charge and limited to 25 persons. Over 175,000 family members in the U.S. and Canada have completed this course.

### Durham Classes:

**1st: Thursday, Jan 8, 2009, 7—9:30 p.m.** at the Westminster Presbyterian Church, 3639 Old Chapel Hill Road, Durham, NC. Contact: Violette Blumenthal (919-490-5236)

**2nd: Thursday, Jan 22, 2009 7—9:30 p.m.** at the Durham, VA Medical Center, 508 Fulton St, Durham, NC. Contact: Julie McCormick (919-286-0411, ext 5111)

For confidential inquiries for Durham classes via email: f2fdurham@yahoo.com

For information on Chapel Hill Classes and the training in general, please contact Lisa Hamill, President of NAMI of Orange County (919-933-8941).



### Up Close At Person



Congratulations to Ashley Rogers, daughter of PI Director Wanda Rogers. Ashley graduates from UNC-G on December 18th with a BS Degree in Special Education. Ashley will also start a new job as living skills teacher at Person High School in January.



LtR Clem Goodman, Wanda Rogers & Beryl Hall

PI sends condolences to the family of Beryl Hall who died on Sunday November 23rd after an extended illness. Beryl was a former member of the PI family, going back to the days of Bushy Fork. She had worked as a one-on-one CAP worker and then VR Instructor. She leaves behind two daughters, Tina and Jackie and one son, Kevin.

## Wellness Committee Sponsors Holiday Stew

Each year Person County hosts a holiday luncheon to show appreciation to employees for what they do all year.

The Person County Employee Holiday lunch this year will be a stew, sponsored by the Wellness Committee. The stew will be

held on Thursday, December 11th at the Person County Office Building Auditorium from 11:30 a.m.—1:30 p.m.

County employees are encouraged to come by during their lunch period and have a delicious lunch.

## PI Announces Staff Training Day

In order to keep abreast of state laws, internal policies, and safety practices, PI staff must participate in trainings on an on-going basis. While some of the training may be new and involve best practices, some may be reminders for veteran staff.

January 9, 2009 has been designated as a Training Day for all staff. The training will begin at 8:30 a.m. and run through 4:00 p.m. at the Person County Training Room.

The training will center on the topics of workplace violence and ethical reporting, client rights and confidentiality, health and safety practices, and safe driving techniques. The training will feature presenters from within the PI Staff and guest presenters from the community.

PI will be closed to all employees with the exception of those in the production department who are specifically asked to work.

## Employees Asked to Update Emergency Information

In emergency situations, the need for accurate information is critical. Employees who attend PI on a daily basis are therefore asked to provide PI with up-to-date emergency contact information.

Emergencies may range from large scale situations such as accident or illness that may make a person incapacitated to the need to arrive home early due to inclement weather or

equipment malfunction. One may be less serious than the other but both are equally important in the need to contact the family.

To ensure that the information in our records is the most up-to-date, PI is requesting that all employees complete the enclosed Emergency Information Contact Form. All forms should be returned by Friday, December 12, 2008.

## PI Seeks Fourth CARF Accreditation

On February 2—4, 2009, PI will undergo a fourth CARF Accreditation Survey. The survey is the process PI must undergo to receive state and federal funding.

CARF, the accrediting body, is an international, not-for-profit organization that accredits human service providers. It is known for high standards that

are both innovative and pragmatic. CARF looks at every aspect of service delivery at PI—services, finance, health and safety, community involvement, leadership, etc.

PI is seeking a three year accreditation which will demonstrate that we have met the rigorous standards set forth by CARF.

## Words of Wellness



Leigh Ann Creson,  
Health Promotion  
Coordinator  
Person County  
Health Department

The mercury is dropping and with it the motivation for many to stay active during the colder months. The weather in North Carolina can be unpredictable, especially during the autumn months with some days warm and sunny and others gray and chilly. Heading outdoors for activities can be fun if you know how to dress to stay warm or cool. Here are some tips to help you.

**1. Wear layers.** *With layers, if you get too warm you can always take something off but you can't grab an extra jacket halfway through your walk. Your first layer should be made from a material that pulls moisture away from your body to keep you comfortable. Your next layer should be thicker, such as fleece, for warmth. If the weather is damp, add a waterproof, breathable outer layer to keep you dry.*

**2. Cover your extremities.** *Your ears, hands and feet are most vulnerable to the cold. If you are doing vigorous exercise, such as running, a headband that covers your ears but lets some warmth escape will keep you comfortable. Heat escapes quickly from your head so if you are doing more moderate activities, wear a hat to keep warm. Wear gloves or mittens to protect your fingers. Keep your toes toasty with thick socks. Look for socks with moisture wicking fibers if your feet tend to sweat – this will prevent blisters.*

**3. Be active during the day.** *There are fewer daylight hours during the cooler months and doing your workout during the light hours will keep you safe. If you go when the light is poor, wear reflective clothing, take a flashlight or headlamp and be sure your shoes have enough traction to prevent slips and falls.*

**4. Drink plenty of fluids.** *Staying hydrated during your workout is just as important in the cooler months as it is in the warmer months.*

**5. If it is too cold, do your workout inside.** *On days when it is just too frosty to be outside, hit the gym, walk around a store, put on your favorite exercise DVD, or turn on some music and dance!*

601 N. Madison Boulevard  
Roxboro, NC 27573

Phone: 336-599-7571  
Fax: 336-597-2834  
E-mail: [vwilkerson@personcounty.net](mailto:vwilkerson@personcounty.net)



## Good Health Empowers Individuals to Reach their Goals

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the National Institutes of Health. PI is proud to have been a part of this pilot study and looks forward to working with the North Carolina Office on Disability and Health to develop a variety of work site health activities. Good health empowers individuals to achieve their vocational and personal goals.

People investing in people

[www.personindustries.com](http://www.personindustries.com)

### PATS Will Not Run After 23rd

Due to production demands, PI will be open the first three days of the week after Christmas, December 29—31. However, there will be no transportation services provided. Employees are encouraged to make their own arrangements to and from work each day.

### Looking Ahead into January 09

**January 1, 2009 (New Year's Day)** —PI will be closed to employees and staff.

**January 2, 2009**— Employees should not report to work unless requested by supervisor.

**January 9, 2009**—PI will be closed for Staff Training Day. (See page 3 for details.)

## December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				11		
7	8	9	10	County Employee Holiday Stew (see page 2 for details)	12	13
14	15	16	17	18	19	20
		23	24	25	26	
21	22	Employee Christmas Party (see page 1 for details)	Christmas Eve PI Closed	Christmas Day PI Closed	PI Closed (Employees should not report to work unless requested by supervisor)	27
28	29	30	31 New Year's Eve			