

**Special Point of Interest**

The rate for dental insurance for PI employees enrolled in the worksite benefits plan will increase effective July 1, 2008.

Employee—\$39.27

1 Dependent—\$39.22

2+ Dependents—\$94.20

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## PI Loses Several Within the PI Family

April began as a month of hope for Spring and all the wonderful changes that come with it. By month's end, the hopes and plans for the new season had

been pushed to the side in light of the tremendous loss within the PI Family.

On April 3rd, Tom Bryan, PI's first Supported Employment Coordinator and

Job Coach lost his battle with cancer and died at age 79 (see article on page 4). Although very sad, Tom's death was not a surprise as his cancer was a reoccurrence from years earlier and came after a sustained period of illness.

### James Ernest Boudwin

November 5, 1952—April 13, 2008

When news of his death hit PI on Monday, April 14th, our immediate thoughts were of our own loss. What would we do without Jim? How could we break this news to our employees who loved him so much? Then those selfish thoughts turned to those of his family, since everyone who knew Jim, knew that he was extremely devoted to his family.



When Jim, as he was known at PI, passed away on Sunday, April 13th, he left behind a family that loved him dearly, respected him highly and will mourn him greatly. Jim and his wife Angie had been married nearly 30 years and had three children: Jeffrey, Jade and Dawn.

He also left behind a mother and father. His mother, Ruth Boudwin lives in Waldorf, MD and father, Jean, lives in Brooklyn, NY. He also left behind two sisters, Pat of New York, NY and Lorraine of Waldorf, MD and one brother, Brandon of Brooklyn, NY. There were many others whose life had been touched by Jim—nieces, nephews, and many, many friends and coworkers.

Jim was known as a master storyteller. All of the staff at PI has been regaled at one time or another about his life growing up in Jamaica Queens, New York and his move to North Carolina. He spoke often of his different experiences running group homes and investigating child abuse and neglect in New York as well as working in the school system in Orange County and then his early days at Orange Enterprises. We are certain that had his life not stopped way earlier than he planned, he would have many stories of PI and Implus to tell to his grandchildren. We will miss him and his stories.

Later in the month, on April 13th, news of the death of Jim Boudwin came as a complete surprise. Jim, who had been prominently featured in the previous two issues of PI Events, died after complications with gall bladder surgery. News of his death, left many reeling, given Jim's liveliness and seemingly good health (see box to the left).

News of Jim's death came just as staff and employees were supporting Evelyn Moore through the death of her mother, Ms. Mary Allen. Evelyn, PI Habilitation Assistant, had lost her mother on April 9th after a long battle with cancer.

Tracey Humphrey, PI Truck Driver, lost his

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## Words of Wellness



**Leigh Ann Creson,**

*Health Promotion Coordinator for Person County Health Dept.*

These are not my traditional “words of wellness” as I usually focus on healthy eating and physical activity. However, I was recently reading a newsletter article and learned that April is National Humor Month. I realize that by the time you read this it will be May but who says we can’t make every month “humor month”?

What interested me about this article was that it linked laughter to possible weight loss. I did a little web surfing to learn more about this. New research published in the International Journal of Obesity has discovered that laughter really is the best medicine for weight loss. A small study of 45 pairs of adult friends involved showing some of them funny clips while the others saw serious clips. This took place in a room that was set up with equipment to measure the amount of calories burned and to monitor the rate, duration and type of laughter. Participants also wore heart monitors to measure their heart rate. Researchers discovered that laughing increased both heart rate and calorie expenditure by up to 20 percent. The scientists calculated the results and found that just 15 minutes of laughter a day will burn 10-40 calories, depending on a person’s weight and the intensity of the laughter. That’s enough to shift between 1 – 4 pounds a year.

Another study that I read about pointed out that we change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up, and we breathe faster, sending more oxygen to our tissues. A researcher in this study found results similar to the aforementioned study. This study revealed that as many as 50 calories were burned after 10-15 minutes of laughing.

Obviously, a good outburst of laughter doesn’t burn lots of calories but remember it’s little changes over time that make big differences. Plus, laughing usually makes us feel more positive about life and ultimately this can help us feel better about ourselves and make us more motivated to lose those extra pounds.

This is a lesson to us all that we need to laugh more! However, don’t be too hasty and ditch the treadmills. We still need those 30 minutes of physical activity most days of the week.

## PC Gov’t to Hold Insurance Meetings

It’s Open Enrollment Season for Person County Government. May 20th and 22nd have been designated as days for employees to meet with the benefits representatives to have the 2009 benefits explained. These are mandatory meetings for all County employees and are set for 10:00 and 2:00 each day at the PC Office Building Auditorium.

Of particular note for PI staff is the change from Cigna to Wellpath Health Insurance. The change staves off a 20% rate increase for the County. Premiums with Wellpath will represent only a 3% increase. Angie Warren, HR Director for Person County will publish the new rates for individuals, children and family coverage as soon as she receives them from Wellpath.

## Coalition Rally Day Slated for May 21st

The Coalition (formerly Coalition 2001) will hold its Legislative Rally Day in Raleigh, NC on Wednesday, May 21, 2008. The Coalition represents individuals and organizations statewide, that advocate for

persons needing services and supports for mental health, developmental disabilities, and addictive diseases. The rally will take place at noon on the steps of the Legislative Building at 16 W. Jones Street.

## PI Staff to Serve NCARF



Becky Clayton



Veronica Wilkerson

Becky Clayton, PI Program Manager,

has been elected as Vice President Elect for the NC Association of Rehabilitation Facilities Central Region for 2009. Becky is not sure of what her new duties will involve but says she is

ready to serve the professional organization as needed.

Meanwhile, Veronica Wilkerson, PI Business Officer will serve on the organization’s Communication Committee. This is a committee convened to improve the ongoing functionality and direction of the website.

## Person Industries Receives 9th Consecutive Safety Award

On Tuesday, April 22, Person Industries, along with 32 other public agencies and private firms, was presented with a safety award from the NC Department of Labor. Labor Commissioner Cherie Berry was on hand at the Roxboro Area Chamber of Commerce sponsored event to hand out awards to those organizations that managed to sustain a year of opera-

tions while maintaining a good safety record. For PI, this is the 9th consecutive safety award.

Another purpose of the Safety Awards Program is to stimulate accident prevention and promote safety in the workplace by providing an incentive to employees to give attention to safety. To that end, PI established the Quarterly Safety Ad-

dress. This year's second quarter address will be held on May 15, 2008 at both PI locations. Among the topics discussed will be the need for employees to report accidents immediately.

Vernon Dowdall, PI Health and Safety Coordinator and Yvette Farmer, Committee Member, represented PI at the banquet.



**Vernon Dowdall (left) poses for the camera after receiving the award from Labor Commissioner Cherie Berry.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15 Quarterly Safety Address See above for details	16	17
18	19	20 Insurance Meetings See page 2 for details	21 Coalition Rally Day See page 2 for details	22 Insurance Meetings See page 2 for details	23	24
25	26 Memorial Day PI closed to staff and employees	27	28	29	30	31

In our upcoming issue

### PI Works With Project AWESM

PI has been tapped to work with the NC Office on Disability and Health on Project AWESM: All Women: Educate, Screen Mammograms. For more details of the project, see next month's issue.



#### Up Close at Person

Congratulations to Brittni Clayton, daughter of PI Job Coach Tina Wilkerson. Brittni graduates in May from Piedmont Community College with a degree in Science and has been accepted into the Wake Technical School of Radiology for the Fall of 2008. We can check that off as another goal accomplished by the young Miss Clayton.



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## PI Events Turns 11!

The first issue of PI events went out in May of 1997. It began as a monthly calendar circulated to the employees of PI. It gradually began to include stories of upcoming events and in June of 2000 became a full-fledged, colorized newsletter with digital photos. By then the circulation included program contacts and other interested parties. This month PI Events turns 11 and has acquired a large monthly readership and continues to provide our news and views to an ever expanding audience.

The Editor

## PI Loses Several Within the PI Family

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mother, Ms. Edna Humphrey on April 14th. She too had battled a lengthy illness.

As if to seal this month as one of greatest loss for PI, Merriell Jay, PI Production Assistant, lost a sister-in-law on April 19th. Brenda Wright, who we remember as “the twin” as well as our caterer, died after a brief illness. Her death likewise touched many at PI and we strongly feel for her family.

We at PI extend our deepest sympathy to each of our family members who lost someone in death. We resolve to show our ongoing support long past the funeral or memorial day because we realize that each person or family is beginning a new life without a husband, mother, sister-in-law and friend.

### Thomas Sherman Bryan

October 10, 1928—April 3, 2008



“Tom” as we called him, was one of the PI “ole timers”. He came to PI during the first year of operation and he was responsible for getting the Supported Employment Program up and running. And as all of the “ole timers” know, your job meant much more than what was in the official job description. Tom did his job and much more for PI as he set the standard for placing people in employment and truly supporting them. During his early years of Supported Employment, in addition to placing consumers on jobs, Tom provided transportation to those he placed until they were able to work out transportation on their

own. At one time Tom had three new placements needing transportation on three different shifts. This was challenging in itself without adding the fact that Tom lived in Chapel Hill and was transporting people to jobs in Roxboro!

He was sorely missed when he retired from PI in 1990. This was his 2nd retirement. His first was from the US Navy as a Lt. Commander where he served as a naval aviator. Tom was also a “family man”, the husband of Kathy Bryan, Director of Orange Enterprises and the father of three daughters from his first marriage: Betsy, Kelly and Maggie. He also left behind a brother, John, one stepson, Wilson, and two stepdaughters, Karla and Judi. There were many others who loved Tom, like his 10 grandchildren, and one great grandchild, his sister-in-law, sons-in-law and the many other friends he made during his very rich life.

On Monday, April 7th, rather than a funeral service for Tom, there was a memorial service celebrating his life at the Binkley Memorial Baptist Church in Chapel Hill. The celebration embraced all of the things that were important to Tom—his family, the navy and his love of flying, his many good friends, his music, arts and of course, the UNC Tarheels.

Tom once bragged about how good he was at raising girls, saying, “all you have to do is love them and give them everything they want”. Evidently, he applied that philosophy to all he met. We certainly felt that way at PI.