

Revenue Funding Cuts Requires Cuts in PI Services

For the past year, rumors of budget cuts have been looming over the heads of PI budget planners as they try to make it through a very difficult financial year. Finally, the last ax has fallen and all cuts have become a reality. For Fiscal Year 2010, PI will sustain 23.56% in cuts. Here's how they break down.

Our Developmental Disabilities allocation has been cut a whopping 15.5% in the form of rate cuts. ADVP or Adult Developmental Vocational Program is our largest developmental disabilities service since it offers programming for adults with mental retardation, PI's largest disability group.

Medicaid funding for the CAP-MR/DD Program has been cut 5%. The CAP Program at PI serves adults

with more severe disabilities and although the quantitative amount of people served is smaller, the reimbursement rate for service is greater than ADVP. CAP funding therefore runs a close second to ADVP in total funding dollars at PI.

Vocational Rehabilitation (VR) has also cut funds by decreasing reimbursement rates for people served in their programs through PI—3.06%.

What do so many rate cuts mean for PI? For an answer, think of what happens in the American family when someone loses a job and the family income goes down. It means that the

family can no longer afford all the things it formerly did. Unfortunately, cuts of this magnitude mean the same for PI. We can no longer serve the same amount of people as formerly, nor can we serve them the same amount of hours each day.

So in January 2010, PI will cut the

employee work day to 7 hours—8:30 a.m. to 3:30 p.m. PI will also reduce the number of people served by four in the short term more announced later.

Employees who will lose services have already been contacted by their program managers.

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The Arc of Person Offers Guardianship Training

On Tuesday, November 17, 2009, the Arc of Person will offer free training on Guardianship. The training will be conducted by Benita Purcell, President Elect of the NC Guardianship Association and Human Resources Manager with Per-

son County Group Homes. The training will be held at the regular meeting of the Arc at 7:00 p.m. at the Person County Group Home Office at 202 N. Main Street.

Arc members strongly encourage family members of

people with special needs to attend to learn when guardianship is needed and how it can be of benefit during times when medical or care decisions need to be made. For additional information, contact Benita Purcell at 336-599-9421, ext. 116.

Special points of interest:

- **Bee-Line Designs will accept Christmas orders until 12/09/09.**
- **On Tuesday, November 10, 2009, PI will participate in Career Day at Person High School.**
- **PI will participate in the “Going Green in Person County” Seminar on November 5, 2009. This is an educational seminar for the residents of Person County.**

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PI Events

Words of Wellness



*Leigh Ann Creson,
Health Promotion
Coordinator
Person County*

Last month's Words of Wellness focused on the seasonal flu. This month we will divert our attention to the H1N1 flu (formerly referred to as the swine flu). My focus in this article will be about what H1N1 is, how it differs from the seasonal flu, and the H1N1 vaccines.

What is the H1N1 Flu? The H1N1 flu is caused by a new strain of the flu virus. It has spread to many countries. Like other flu viruses, H1N1 spreads from person to person through coughing, sneezing, and sometimes touching objects contaminated with the virus. Signs of H1N1 can include: fatigue, fever, sore throat, muscle aches, chills, coughing, and sneezing. Some people also have diarrhea and vomiting. Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

How is H1N1 different from the seasonal flu? Seasonal flu viruses change from year to year, but they are closely related to each other. People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses). The H1N1 flu is a new flu virus. It is very different from seasonal flu viruses. Most people have little or no immunity to H1N1 flu (their bodies are not prepared to fight off the virus).

What do people need to know about the H1N1 vaccines? Vaccines are available to protect against H1N1 flu. These vaccines are made just like seasonal flu vaccines. They are expected to be as safe and effective as seasonal flu vaccines. They will not prevent "flu-like" illnesses caused by other viruses and will not prevent seasonal flu. (You should also get a seasonal flu vaccine.) The H1N1 vaccines come in 2 different forms which are explained below:

1. **Nasal Spray.** This is a live, attenuated intranasal vaccine. The vaccine virus is attenuated (weakened) so it will not cause illness. This type of H1N1 vaccine is not recommended for some groups of people.
2. **Shot.** This is an inactivated vaccine (vaccine that has killed virus in it) that is injected into the muscle, like the annual flu shot.

Who should get a H1N1 flu vaccine? Groups recommended to receive a H1N1 vaccine first are:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months of age through 24 years of age

Anyone from 25 – 64 years of age with certain chronic medical conditions or a weakened immune system

Other populations may become eligible for vaccination after these priority groups have been vaccinated and if more vaccines become available.

When should these groups get vaccinated? People in the recommended groups should get vaccinated as soon as the vaccine is available. Children through 9 years of age should get two doses of vaccine, about a month apart. Older children and adults only need one dose.

How do you find out about the availability of the H1N1 vaccines? To find out about the availability of the H1N1 vaccines you can:

- Call your health care provider
- Call the Person County Health Department at (336) 597-2204 and press 5
- Watch for information to be published in the Courier-Times
- Listen for information on WRXO 96.7

Carla Stone Takes Next Step



Carla Stone, PI Production Assistant

PI regretfully accepted the resignation of Carla Stone, Production Assistant. Carla came to PI in September

2007 and promptly became a reliable force on the PI workflow. She most recently was the onsite supervisor for the PI workgroup at Eaton Corporation.

Carla has accepted a position as Intake Worker at Person County Department of Social Services. Since she will be moving from one county department to another, we wish her a smooth transition into her new job.

PI Holds Quarterly Safety Addresses

On Thursday, November 18, 2009, PI will hold Quarterly Safety Addresses at all work-sites. The Quarterly Safety Address is a time for PI health and safety issues to be addressed before all employees and staff.

The Quarterly Safety Address normally occurs at PI work sites only. However, with renewed focus on safety at our community work sites,

PI Director Wanda Rogers will host an address at each site.

PI is experiencing a higher than normal occurrence of accidents. Employees are encouraged to be very careful in the workplace and report any safety hazards they notice. Employees should also promptly report any workplace accidents.

PI Observes Dress Down Friday

Never a dress to impress work-site, PI is becoming a little more casual on Fridays. You may have noticed that starting this past October, each Friday, PI staff and employees are dressed in t-shirts



PI staff and employees donned for recycling.

that promote recycling.

So if you work for PI, please join in the spirit by dressing for recycling. T-shirts are designed and

screen-printed at Bee-Line Designs.

Got a Recycling Question? Just Ask Miss Rhi Cycle

Dear Miss Rhi,

I am confused- I know plastic bottles have been banned from landfills as of October 1, 2009, but what about the tops that come with the bottles? Can they be recycled?

Signed—Too Many Tops

Dear Tops,

First of all—yes, yes! Please recycle those bottle

tops. They are #5 plastic and Person County Recycling Center accepts Plastics # 1-7. What we would like for you to do is to make sure the bottle top is either separated from the bottle or screwed on very loosely. And you can even go a step farther and get the air out of the bottle.

The reason we request this is for the safety of our recycling

workers. When the bottles are compressed in the baler, the tops can shoot off if they are screwed on tightly. When they are loose, the air is released from the bottle safely.

Got questions about recycling? Send them to Miss Rhi Cycle at 601 N. Madison Blvd, Roxboro 27573 or email them to recycling@personcounty.net.



Miss Rhi Cycle is a renowned recycling expert for Person County Recycling Center. Please e-mail your recycling questions to her at: recycling@personcounty.net. You will receive a response to your question immediately and representative questions may be published in her monthly column in PI Events.

Bolster Your Immunity to H1N1

Several weeks ago, the CDC (Center for Disease Control) featured recommendations for preventing H1N1 flu infection that are simple, effective and easy for almost anyone to do. While you are still healthy and not showing any symptoms of H1N1 infection, some very simple steps can be practiced:

1. Frequent hand-washing

2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless while eating, bathing, etc).

3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation.

In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. This can be done by using a neti pot to pour water through the sinuses. Many people do this to help alleviate allergies as well. If you are not comfortable with this procedure, blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.

5. Boost your natural immunity with foods that

are rich in Vitamin C. If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption. Vitamin D3 supplementation is also recommended to boost immunity as most people are Vitamin D deficient.

6. Drink as much of warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

All these are simple ways to prevent, within means of most households, and certainly much less painful than waiting at the doctor's office or emergency room.

Recyclers Encouraged to Get Tetanus Booster Shot

Even though recycling helps the environment, it can be a source for minor workplace injuries. Employees at the recycling center handle an assortment of metals, glass and other materials that can cause scrapes and bruises.

To prevent any serious infections, PI encourages all recycling workers to have a current tetanus shot. Tetanus shots and tetanus booster shots are offered at the Person County Health Department without charge.

People investing in people

Person Industries

Give us Your Comment _____

601 N. Madison Boulevard
 Roxboro, NC 27573
 Phone: 336-599-7571
 Fax: 336-597-2834
 E-mail: vwilkerson@personcounty.net

"It's marvelous to have recycling available on this level for residents and businesses. I am amazed at how it compares to larger cities in which I've lived; it is definitely a point of pride for this community. I can't thank you enough for the efforts that came together, providing all of us with such a truly fine facility.

I'm usually there every two weeks with my personal recycling and feel a keen sense of gratitude each time someone assists me. The folks who assist are always pleasant. It is much appreciated."

*Sharon Stewart
 Roxboro Police Department*

www.personindustries.com

PI Changes Date for Stew Sale

The PI Stew Sale, originally scheduled for November 20, 2009, has changed to November 13, 2009—one week earlier.

All other information reported in last month's issue of PI Events about the stew remain unchanged:

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Date: November ~~20~~, 2009

Time: 11:30 am—4:00 pm

Location: PCRC, 741 Martin St.

Price: \$6.00 per quart

~~—\$3.50 per bowl.~~

Stew will NOT be sold by the bowl—only by the quart.

November 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 PC Going Green Seminar See page 1 for details	6	7
8	9	10	11 Veterans Day PI & PCRC Closed	12	13 Stew Sale See left for details	14
15	16	17 Arc Meeting See page 1 for details	18 Quarterly Safety Address See page 3 for details	19	20	21
22	23	24	25	26 Thanksgiving PI & PCRC Closed	27	28
29	30					