

## Happy Twentieth Anniversary

Twenty years ago this month, in Lenoir, North Carolina, HEMOCARE Management Corporation opened its doors for business. It only seemed fitting that we begin our twentieth year recognizing the services that gave us our start.

HEMOCARE's In Home Aide services began with a key employee who continues to work with HEMOCARE today. **Mary Ellen Moore**, BSN, RN, Program Supervisor, is one of HEMOCARE's first employees. Mary Ellen started with HEMOCARE twenty years ago in 1994. Mary Ellen, along with Assistant Supervisor **Vanessa Laws**, manage services in multiple counties in western NC. Mary Ellen also provides medication administration and nursing supervision for our I/DD consumers in the Asheville, Boone and Forest City offices.

**Karen Gertz**, BSN, RN, QP, Regional Manager in our Wilmington office has been with HEMOCARE since 1999. Karen started as a Behavioral Technician providing direct support to our I/DD consumers. Since that time has finished her BS in Therapeutic Recreation from East Carolina University and her BS in Nursing from the UNC Wilmington. Currently Karen manages both our In Home Aide and I/DD services in our Wilmington office. Karen along with **Melissa Williams**, Certified Nursing Assistant I (pictured to the right) enjoy the diversity, care and support these services offer.

**Jennifer Moore**, MA, (pictured below) Regional Manager and **Mindy Brown**, Clinical Coordinator oversee our In Home Aide services from our Tarboro office for Edgecombe, Nash and Wilson counties. "Seeing a smile on the faces of the people we serve" is the best part of my job declares Mindy.

CAP-DA, CAP-C, and PCS are the services that formed our mission statement 20 years ago. Today, we continue to "provide the services necessary so people can stay at HOME".



Thank you for welcoming us in your HOME for twenty years.

Margaret K. Mason, MA  
Chief Operating Officer

## Client Spotlight

HEMOCARE Management Corporation's mission is to provide the assistance and companionship necessary for individuals to be comfortable and independent in their own homes.

The past ten years of providing CAP-DA to a wonderful lady, Mrs. **Maude Deloatch** of Tarboro, is an example of mission accomplished, states **Mindy Brown, Clinical Coordinator** (pictured). Maude is a joy to be around and always welcomes anyone who has the time to listen or share a story. Maude and her late husband, Chester, were blessed with nine children, and a host of grandchildren, great grandchildren, and great-great grandchildren.

Surrounded by many family photos and mementoes, Maude (who is 90 years old) is happy to be able to live in the place she has called HOME for 50 years.



## Client Spotlight

**Gertrude** has been receiving HEMOCARE services since 2007. Gertrude is 91 years old and continues to live with her loving and supportive family. She was approved for CAP/DA services in 2009, which allowed Certified Nursing Assistants to come into her home to help with her daily activities.

Gertrude is a quiet and easy-going person who loves to spend time with her family. She loves to fold clothes and listen to the television. Family members share childhood memories that include Gertrude's love for small children. Her caregiver states "she is always grateful for what others do for her and always says thank you." Gertrude also loves good home-cooked food and going out for rides in the car.

Gertrude looks forward to her In Home Aide helping her each day. With the continued support from her family and HEMOCARE Management, Gertrude will remain in her home and continue to enjoy her day-to-day interactions with others.

**Karen Gertz, RN**, Regional Manager and **Melissa Williams, CNA**, from our Wilmington office are proud to provide the supervision needed so Gertrude can stay at HOME.

## Caregiver CARE

Submitted by Karen Gertz, BSN, RN, QP

The number of aging Americans 65 years and older is increasing and predicted to quadruple the next three decades. With this growth many of us will become caregivers for a loved one. Studies show family members provide nearly 82 percent of the necessary care for an elderly family member. Many times there is one primary caregiver and they are most frequently the elder's child or spouse. Research shows that the primary caregiver is usually a daughter or spouse.

The caregivers are most often providing care under complex circumstances, trying to balance the concerns of their own families, jobs, and the caregiver responsibility. The caregiver is providing physical and emotional support for the elderly family member and the needs range from partial assistance to round-the-clock care. Many times the illness or disability progresses with age and the caregiver's responsibilities increase quickly with no warning. With these rapid changes comes a wide range of emotions and circumstances that affect the caregiver, which include: emotional and physical fatigue; guilt; issues with death and end of life concerns; sadness and grief; financial burdens; and stress with the immediate family and relationships.

### Ten CAREgiver Tips:

1. Reward yourself with breaks often.
2. Watch out for signs of depression, and don't delay getting professional help when you need it.
3. When people offer to help, accept the offer, and suggest specific things that they can do.
4. Educate yourself about your loved one's condition and how to communicate effectively with doctors.
5. Be open to technologies and ideas that promote your loved one's independence.
6. Trust your instincts. Most of the time they'll lead you in the right direction.
7. Grieve for your losses, and then allow yourself to dream new dreams.
8. Stand up for your rights as a caregiver and a citizen.
9. Seek support from other caregivers. There is great strength in knowing you are not alone.
10. Caregivers often do a lot of lifting pushing and pulling. Be good to your back.

Correction: The December 2013 edition's article titled "Working with Autism" was written by Nancy Tomaszewicz, MSW, QP, Clinical Supervisor.

## Anniversaries

In Home Aides celebrating 10 or more years with HOMECARE are:

- **10 years:** Teresa Garrett, Geraldine Knight, Carolyn McFarlin, Mary Brown
- **11 years:** Betty Flood, Grace Savage, Mary Lee Slate
- **12 years:** Amanda Bellamy, K. Lynn Buckner, Toni Helms, Arlene Minton
- **13 years:** Mariana Blair, Debbie Church
- **19 years:** Agnes Osborne

Thank you for putting our mission to practice on a daily basis. Since 1994, the mission of HOMECARE Management Corporation is to provide the services necessary for people to be as independent as possible in their own homes and communities, rather than having to live in institutions.



## Referrals

Contact us at 800-223-2841 or visit our website at [www.homecaremgmt.org](http://www.homecaremgmt.org).

## ClientSpotlight

Virginia has been receiving CAP-DA from HOMECARE Management's Lenoir office since 2008. In Home Aide Agnes Osborne has been with Virginia since that time. In fact, Agnes is one of our most loyal employees, she has been with HOMECARE since 1994.

The support Virginia receives through CAP-DA allows her to stay in her home and do one of her favorite activities; cooking. Everyone who has come in contact with Virginia has been spoiled by her culinary treats. Virginia always takes treats to her doctor appointment and jokes that they only schedule her for appointments so they can have more of her cakes and pastries.

Mary Ellen Moore, RN, Program Supervisor and Vanessa Laws, Assistant Supervisor, are very proud with Agnes' commitment and Virginia's ability to stay at HOME.