

From Our Offices



HOME CARE is proud to introduce you to the professionals in our Wilmington Office.

Brandi Skenes – BS, Office Administrator
Tiffany Hamilton – AS, Administrative Assistant
Rachel Belch – BS, QP, Clinical Supervisor
Kam Dillon – BA, QP, Clinical Supervisor
Melissa Galletta – BA, QP, Clinical Supervisor
Melissa Williams – CNA I, Assistant Supervisor
Karen Gertz – BS, BSN, RN, Regional Manager
Kerri Kelly – BA, QP, Clinical Supervisor
Megan Lee – BSW, AP, Clinical Supervisor
Sarah Hill – BS, QP, Clinical Supervisor
Sherri Hill – BSN, RN

Our Wilmington office has been providing In-Home Aide and Intellectual and Developmental Disability services for over 15 years. Today, they are supporting more than 150 individuals through the Innovation Waiver with In-Home Skill Building, Personal Care Services, Respite, Residential Supports (AFLs) and state funded Personal Assistance as well as CAP-DA, CAP-C and PCS.

If you would like to learn more about these services call 910-796-6741, drop by at 5505 Business Drive, Suite A, Wilmington, NC or visit our website at www.homecaremgmt.org.

Margaret

Margaret K. Mason, MA
Chief Operating Officer
mason@homecaremgmt.org

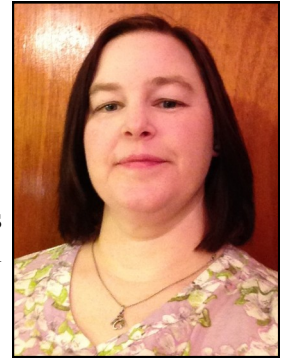
Employee Spotlight

Meet **Elizabeth Brown**, a Behavior Technician with HOME CARE Management Corporation who works from the Boone office.

Elizabeth has worked for HOME CARE for two years and has 24 years experience working with children and adults with Intellectual Developmental Disabilities.

When asked about her work, Elizabeth answered “I enjoy supporting individuals to assist them with the opportunity to succeed in life, by providing respect, consistency, and structure.” Because of her dedication, Elizabeth has helped her client transition from preferences of staying at home towards recent self-indications to get out more. Elizabeth has done an outstanding job, not only with the client, but has also provided a positive experience for the family as well.

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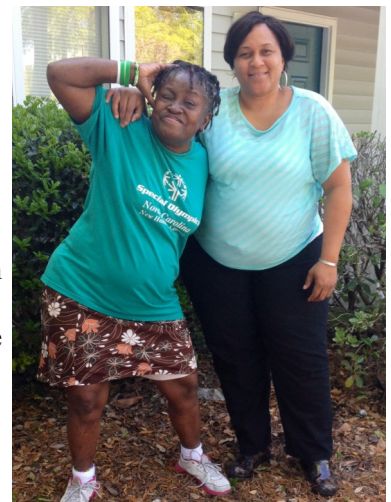


Client Spotlight

This month’s spotlight shines on **Annie Hall**. Annie has been receiving Personal Assistance services from HOME CARE Management in Wilmington for 5 years. Annie lives with a roommate and enjoys her independence. Annie and her roommate enjoy spending time at home cooking and hosting friends.

Along with keeping an organized home are the responsibilities of keeping up with medical appointments and bills. Annie takes care of her business and has made remarkable strides in following through with important tasks. Annie has undergone sur-

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Activities for Individuals with Sensory Processing Disorder

October is National Sensory Awareness Month. So let's talk about Sensory Processing Disorder and some activities that can benefit those with a Sensory Processing Diagnosis. The best way to describe SPD is like a neurological "traffic jam." Certain parts of the brain do not receive information needed to understand and respond to sensation. It affects the way people interpret sensory information like touch, sound, and movement. SPD could cause an individual to:

- **Over-respond** – Individual find clothing, physical contact, light, sound, food, or other sensory input unbearable.
- **Under-respond** – Individual shows little or no reaction to sensory input, not even pain or extreme hot or cold.
- **Sensory Motor problems** – Individual experiences delays in gross and/or fine motor skills. This may include weakness, clumsiness, and awkwardness.

Activities

- **Over-responders:** Make a kid sandwich by pressing down on him/her between two pillows or couch cushions, make a kid burrito by rolling him/her tightly in a blanket, pour salt on a cookie sheet and paint with your fingers, make cookie dough or play dough, make a touch book of different textures from your home.
- **Under-responders:** (Younger kids) Have them jump off the couch into a pile of cushions, spin on a Sit 'n Spin or in an office chair, do animal walks (crab walk, frog hop, snake slither).
- **Under-responders:** (Older kids) Obstacle courses (use furniture present in the room to crawl around, roll across, climb over, and slither under), use exercise bands or light weight lifting, bike riding.
- **Sensory Motor:** Aquatics, bowling, aerobic exercises, strength training, balance exercises, bean bag games.

Individuals who have SPD often receive Occupational Therapy. There are many activities that HOMECARE technicians can do to assist their client's who have been diagnosed with SPD. Talk to your supervisor about what activities may benefit your client.

Resources: SPDlife.org, STAR Center, SPDfoundation.net, Special-ism.com

Anniversaries

Celebrating **14** years with HOMECARE this month is *Shan Davis* from Statesville. Celebrating **10** years is *Jeffery Littlejohn* from Forest City.

Also celebrating anniversaries this month are:

- 7 years: Nelda Thompson of Statesville
- 5 years: Janeen Fick of Wilmington; Elaine Podbielski of Boone; and Jenetta Ward of Statesville

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.*

EMPLOYEE SPOTLIGHT (Continued from page 1)

Elizabeth arrives at work on time, works her schedule, and whenever humanly possible, she will flex her schedule to meet the client and family's needs.

To those of us who observe her working it appears as if she has a magic touch! Elizabeth has a two-year degree in Early Childhood, has been married for 20 years, and has one daughter. On the weekend you will find Elizabeth at church, singing in the choir, or in her art studio painting, working with clay, ceramics, or making jewelry.

Thank you Elizabeth for all that you do to help your client achieve milestones in his life!

CLIENT SPOTLIGHT (Continued from page 1)

gery for cataracts on BOTH eyes this year and is recovering very well.

Clinical Supervisor **Sarah Hill** is very proud of her. Annie has a great big sense of humor and always wants to make other people smile.

It's not all work and no play with Annie. She can often be seen participating in Special Olympics events or cheering for her friends in basketball. Annie loves being outside and often ventures through town making friends wherever she goes. *Behavioral Technician Pam Waddell* says that people recognize Annie all over town! Annie's treatment team is proud that Annie is taking such good care of her health.