

THE CHALLENGER

Challenging the community, families, and individuals to make a difference

A PUBLICATION OF THE DARLINGTON COUNTY DISABILITIES & SPECIAL NEEDS BOARD

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FALL 2011

Mission: To enhance the lives, develop the abilities, and promote the independence of people with disabilities.

DCDSNB is in the midst of a very busy time—preparing for the holiday season! In addition to the annual holiday parties, this time of year always includes Angel Tree preparations. Every year, we place cards for our special angels on Christmas trees in the community for adoption. We turn to private individuals and businesses / organizations for their support. Last year, economic conditions were in decline and without the help of the community, several of our special angels would not have received any gifts. You can support our angels by making a tax-deductible donation to our 2011 Angel Tree project before December 16. Some people may choose to adopt one or more angels and purchase the gifts on their own. If you prefer this option, please contact us and we will send you an Angel Tree card for your requested number of angels. Each Angel Tree card lists a few of the needs, wants, and/or interests of the individual. If you would like to help in addition to a donation or adoption or prefer not to donate, perhaps you will consider hosting an Angel Tree for us. If you so choose, we will visit your location and arrange the Angel Tree cards on your tree or, if necessary, provide and set up an Angel Tree during the first week of December. We ask only that you serve as a collection point for the unwrapped gifts and provide secure storage until we can collect the gifts for distribution. Please contact Jarmiller Moses at 332-0738 for more information on how you can help.



Service Coordination News

Tammy Johnson, SC Supervisor

Service Coordination & Services Update:

There have been several cuts in Medicaid. Due to the State's budgetary constraints, reimbursement for incontinence supplies was reduced effective July 11, 2011. Limits were set with the amount providers can bill Medicaid for diapers, briefs, pads, underpads and wipes.

Profile of Service: Lisa Blackwell was the recipient of a new ramp through the ID/RD Waiver for Environmental Modification. Her old ramp was in need of desperate repair. It is important that Lisa have access to enter and exit her home safely especially during an emergency. Lisa has intellectual disabilities and she relies on others for personal assistance and care. Each day of Lisa's life is a challenge but she tries to live her life to the best of her ability. She was able to accomplish getting her needs met with the assistance of Service Coordinator Jameka Moses. Environmental Modification is a service offered through ID/RD with a lifetime cap of \$7,500.

BTG News Wilton Griffith, Day Program Director

There is such a thing as a free lunch! Starting September 6th, those who attend Bridging the Gap and the Seniors Program began receiving hot meals at lunch. For nearly all of the attendees, the lunch is free. Meals are available thanks to the US Department of Agriculture's Child and Adult Care Food Program which is managed in South Carolina by the Department of Social Services.

The meals are prepared by Bateman Senior Meals. This company also provides similar service to numerous other county DSN Boards. The meals are delivered hot and kept in a warmer until serving.

Meals are designed to be nutritionally balanced. They typically include a meat main dish, two servings of vegetables or fruits, and two servings of whole wheat or enriched breads. Low fat milk has to be served and is available in different flavors. In fact, very specific guidelines say what has to be included, with a major emphasis on variety.

One of the first things many of the service recipients want to know each day now is, "What's for lunch?" Comments have been very positive and attendees seem to look forward to the meals. For information about the program, or if questions arise, contact Bridging the Gap at 393-2224.

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Events Calendar

Nov 18	FAC Thanksgiving Dinner
Nov 24-25	Thanksgiving (DCDSNB Closed)
Nov 29	Board of Directors Meeting
Dec 9	FAC Christmas Party
Dec 16	Angel Tree Gift Deadline
Dec 23-26	Christmas Holidays (DCDSNB Closed)
Dec 30	New Year's Eve (DCDSNB Closed)



Ruth Thomas
Executive Director



Vanessa Ewing



Beth Stockton & family

Would you like to see *The Challenger in color?* Check out our website anytime to see past Challengers or find current information at www.dcdsnb.org !



A Message from the Director

Happy Holidays! Thanksgiving is upon us and Christmas is not far away. Some food for thought for this Thanksgiving to carry through Christmas and beyond:

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” ~John F. Kennedy

Meet our new Executive Staff!

DCDSNB has gained two new Executive Staff members. Vanessa Ewing became the QID/DDP for the ICF programs in September. She Graduated Cum Laude from Limestone College in Gaffney, South Carolina with a BSW (Bachelors in Social Work). Vanessa worked for the Georgetown County Disabilities and Special Needs for the last twenty years in the CRCF/ICF Residential Programs. In these programs she helped and supported the opening of both the ICF homes and helped heavily with the transition of two CRCF and supervised the CTH2 homes in the past. She also has experience working with children with trauma disorders (sexual abuse), and has been working in the Human Service field for most of her adult life. Vanessa met her high school sweetheart and married, and has two beautiful children that are both in college at the present time. Vanessa is a member of St Francis St. Mary AME Church in Georgetown, South Carolina, and loves singing, reading, outdoor water sports, and helping others. Vanessa is currently in school working towards a Masters in Mental Health Counseling, at Webster University. She says that she loves it here in Hartsville and states “the friendliness and quaintness of the people are just extraordinary, and I am enjoying my new position at DCDSNB and most of all, the consumers I serve.”

Beth Stockton became the Executive Assistant in October. She graduated Magna Cum Laude from North Greenville University with a BA in Elementary Education. She worked for the Greenville County School District as a third grade teacher and special education paraprofessional. She also has experience in the health care industry and an Activities Assistant with HCR Manorcare at Oakmont West Nursing Center. As an Activities Assistant she planned and implemented group and one on one activities for a unit of thirty residents. While in that position, her department was honored with the DHEC spirit of caring award. Beth is a member of The Florence Baptist Temple and enjoys serving in the music department with her husband, Lance Stockton, who is the Director of Bands for Hartsville High School. Beth and her husband met at North Greenville University and have a one year old son named Isaac.

Staff Support Team News

Dawanda Brown, 2011 Staff Support Team Chair

This year, our Annual DSP Appreciation Day was held on Friday, September 16. DSPs were treated to sub sandwiches, chips, cake and drinks. Bowen DSP Vicky Lyles won the grand door prize—a grill donated by Executive Director Ruth Thomas. (Pictured below: Lead LPN Healthcare Coordinator & SST Chair Dawanda Brown, LPN Cathy Burr, EI & SST Vice Chair Joni Pendergrass, Executive Director Ruth Thomas, Bowen DSP Vicky Lyles and Medical Appt. Transporter Margie Pearson.)

The SST has been busy organizing fundraisers. A yard sale and a bake sale were held in October. A Chicken Bog plate fundraiser will be held on Thursday, November 3 and another yard sale will be held on Saturday, November 5. Fundraisers help increase our bank account so we can do more for our staff. Please contact any SST member with any ideas you may have!



Happy retirement to Mrs. Ann Register! She retired from the Human Rights Committee in September. Mrs. Register has served on many committees and boards at DCDSNB for many years. She plans to spend more time with her husband, Bud. Their son, John, recently moved into Jones House (CTH II).

Employee News

Welcome New Hires!

- Vanessa Ewing, QID/DDP - FT
- Carrie Johnson, Direct Support Professional - Temp Pool
- Lucy McMillan, Reagan Direct Support Professional - FT
- Tara Polson, Service Coordinator - FT
- Machelle Riley, Accounting Technician - FT
- Brittany Turnipseed, Early Interventionist - FT
- Beth Stockton, Executive Assistant—FT

Ms. Mary Lowery, Accounting Technician, retired in October from 10 years of service to DCDSNB.



Early Intervention Corner



The EI dept said goodbye to a wonderful little lady, Kristi, who was engaged before she departed and will be married December 17! We all wish her the very best in her upcoming marriage and future endeavors. We said hello to another wonderful lady, Brittany, who also does part time work with Billy Hardee Home for Boys. She's a great help to us and we are thrilled to have her. We will also be losing another EI, but only temporarily! Caston Mangum is due just before Christmas! What a wonderful gift for Crystal (CC) and Clifton! We continue to learn and grow together with new challenges every day.

As the holiday season approaches, any donations and/or sponsorships of our needy children and their families will be greatly appreciated. Please contact EI Supervisor Deb Newsome at 843-332-7252 ext. 117 for more information.

ICF News Vanessa Ewing, QID/DDP (Reagan and Bowen ICF)

Here at the Intermediate Care Facilities (Bowen and Reagan), we have been very busy with summer activities, and getting ready for the fall season of events.

We had several of our consumers celebrate birthdays in the months of August, September, and October. Many of the consumers enjoyed fun-filled evenings with all the trimmings to include lots of smiles, dancing, socializing, and good-times!

Saturdays were filled with visiting the Flea Market in Florence and Hartsville, South Carolina for purchasing little odds and ends. Many consumers and staff get much-needed exercise by taking the stroll around the flea market in Florence. We also had a couple of consumers visiting with their relatives for family reunions along with others attending the Annual Picnic hosted by our day program (Bridging the Gap). At the Annual Picnic, many staff and consumers collectively enjoyed a fun and relaxing day of entertainment, music, dancing, playing, and just great food at the Gap which is located in Darlington.

The consumers also participated and assisted with the success of the Staff Support Teams' First Annual Yard Sale, which was held at the Reagan House. Monies collected at this yard sale goes directly towards the many dedicated direct care staff that work diligently, for the betterment of people with disabilities and special needs. It was a huge turn-out from the local community this year. Many people from the community got a chance to mingle with the staff and consumers that live in our homes. It was a fun and exciting time to meet and mingle and get to know our neighbors. The sale also provided opportunities for many of our consumers to meet new people and open up the possibility for friendships, and acquaintances. Many consumers also had the choice of selling some of their "household-treasures", and make some extra money at the same time. The yard sale was truly a success and plans are in the works for another sale real soon.

The consumers are excited about attending the State Fair in Columbia, South Carolina this month. The consumers are really enthused anytime they can have the chance to go and have fun. When asked, most consumers say they enjoy the atmosphere filled with beautiful lights, smells of good food cooking, playing games and seeing all the exciting things to see at the fair. Staff will accompany the consumers this year on October 20, 2011, where they will spend the entire day at the fair. This will definitely be at the top of the list for many of the staff and the consumers, as it is a tradition that is anticipated months ahead of time.

Mr. Lee Woodham (husband of the late Sue Woodham), has volunteered to buy dinner for consumers of Reagan and Bowen homes once a month in memory of his late wife, who really loved the consumers. We want to say "thank-you" to Mr. Woodham, for all his kindness shown to the residents of Bowen and Reagan ICF. Sue is greatly missed by everyone at DCDSNB.



Census

HASCI Consumer Milton Wayne Driggers of Bennettsville died Sunday, October 16, 2011 at McLeod Regional Medical Center in Florence. He was 50 years old. His Service Coordinator was Edell Gamble. Milton was a member of Parnassus United Methodist Church in Blenheim and a graduate of Bristol Welding Academy, Philadelphia, PA. He was a retired farmer. Milton enjoyed hunting & fishing and his favorite hobby was riding and repairing motorcycles.

Condolences to Winnie Arnold (Lead House Manager – Bowen) on the death of her sister in law, Laura Arnold.

Bowen ICF Consumer Curtis Davis passed away on October 30, 2011. Curtis was a DCDSNB resident for six years and will be greatly missed.

Health News

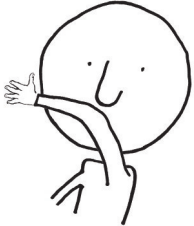
It is November and hopefully, you have already gotten your flu shot. If you have not had a flu shot yet, I urge you to get one soon. The Centers for Disease Control (CDC) recommends a yearly flu vaccine for everyone 6 months of age & older as the first & most important step in protecting against this serious disease. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity is very unpredictable and can begin as early as October and continue to occur as late as May. **“I go the flu anyway the last time I got a flu shot so why get one?”** People who still had the flu after a flu shot contracted a different flu virus than one of the three viruses in the vaccine. There are many different flu viruses and the flu vaccine protects against the three main flu strains that research indicates will cause the most severe illness during the flu season. Experts must pick which viruses to include in the vaccine many months in advance in order for vaccine to be produced and delivered on time. It's not possible to predict with certainty which flu viruses will predominate during a given season. Flu viruses are constantly changing – they can even change within the course of one flu season. **“So why bother?”** Antibodies made in response to vaccination with one strain of flu viruses can provide protection against different, but related strains. In other words, if you get a flu virus that is related to one of the viruses in the vaccine, you may still get sick, but it will not be as severe—you may be sick for a shorter time period and the symptoms may be less intense. For this reason, many people assume they have a cold instead of the flu because they feel less miserable. It's important to remember that the flu vaccine contains three virus strains so that even when there is lower effectiveness against one strain, the vaccine also protects against the two other viruses. For these reasons, the CDC continues to recommend flu vaccination. This is particularly important for people at high risk for serious flu complications and the people close to them. Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. The flu also can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu. (The list below includes the groups of people more likely to get flu-related complications if they get sick from influenza.) In addition to getting a flu shot, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work, school, and errands to prevent spreading influenza to others. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. **Cough/sneeze into your sleeve or cover your mouth and nose with a tissue when coughing or sneezing then immediately wash your hands.** Air expelled during a sneeze travels at an amazing 100 miles/hour, and spews out up to 5,000 droplets, containing around 10,000 bacteria, which may be propelled up to 12 feet as a distance of a person sneezing. Coughing can spread these germs up to 6 feet away at a speed of about 64 miles/hour. Washing your hands often will help stop spreading illness and protect you from germs. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

People at high risk for serious flu complications include children younger than 5, but especially children younger than 2 years old, adults 65 years of age and older, pregnant women, and who have medical conditions such as:

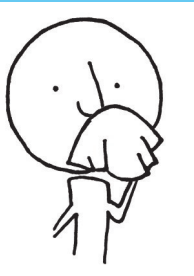
- Asthma
- Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury]
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders or Liver disorders
- Metabolic disorders (such as inherited metabolic disorders & mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese (Body Mass Index, or BMI, of 40 or greater)

Is It a Cold or the Flu?		
Signs & Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

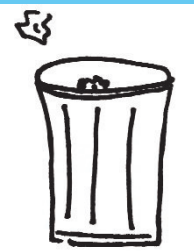
Cover your Cough
Stop the spread of germs



Cough or sneeze into your sleeve
OR



Cover your mouth & nose with a tissue
THEN



IMMEDIATELY throw your used tissue away
AND



IMMEDIATELY wash your hands with soap and water or an alcohol based hand sanitizer/cleaner.

*The Darlington County Disabilities Foundation
appreciates all of our generous donors.*

The following Donations were received after the last printing of the Challenger.

A donation was received

In Memory of John A. Reagan III from:

Debbie Fink	John Denny
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Tom & Sunny Templeton "He meant so much to so many."	

A donation was received

In Memory of Sue Woodham from:

Frances Braddock Patricia McMillan
Anna B. Meetze

Abbreviation / Acronyms

DCDSNB - Darlington County Disabilities & Special Needs Board
 DCDF - Darlington County Disabilities Foundation
 DDSN - (SC) Department of Disabilities and Special Needs
 ICF - Intermediate Care Facility FAC - Family Advisory Council
 CTH - Community Training Home
 BTG - Bridging the Gap Enterprises
 SC - Service Coordinator EI - Early Interventionist
 DSP - Direct Support Professional SST - Staff Support Team

Other Donors:

Agrium Dr. Bullard Dr. Mac Chapman
 Judy Waddell Byron Wilson Ms. Ruth Thomas
 Mrs. Margaret Lanier
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 The Children's Group

DCDSNB Wish List

Our Wish List is a program that we started in 2008. Some donors prefer to donate items rather than or in addition to monetary donations. The items listed below detail the item and where it is needed. If you have any questions, please contact Carrie Chenard at 332-7252 ext. 101.

Service Coordination: Pull ups and Diapers in all sizes for male and female children and adults, Underpads, baby wipes, Super Absorbent briefs, medical gloves, Ensure, KY Jelly, Catheter trays.

DCDSNB Office: *General office supplies* such as letter size white copy paper, color copy paper, Avery 5160 inkjet / laser printer mailing labels (or equivalent), etc.; *A locking storage cabinet* for organizing and storing training supplies and equipment. *A flat panel TV* (27 inch or larger) for training purposes.

Bridging the Gap: *Automatic handicapped accessible doors* for easy entry and access for consumers in wheelchairs - the current system will not last much longer. *A Security System* for the safety of consumers and staff

Senior Program: Simple *Puzzles* (less than 50 pieces) and simple *Games* suitable for all ages; *Gardening tools* for our seniors to use in their garden.

Magazines (used are welcome!) for the Seniors to create craft projects.

Children's Program: Early Intervention - *Play-Doh* in multiple colors in individual cans (five ounces or less) for educational play - consider the Play-Doh Classic Colors four pack or the Favorite Colors four pack; *Texture books* and *Puzzles* for children aged 0-4 years to help them learn about textures and spatial orientation skills.

Darlington County Disabilities & Special Needs Board
201 N Damascus Church Rd
Hartsville SC 29550

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Executive Director

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