



Reaching Dreams

A Monarch publication for the community,
people we support, and their families



**Monarch
participates in
advocacy rally
in Raleigh**

page 7

STRAIGHT FROM PEGGY



There is so much happening in North Carolina right now, and it's confusing for us all. My goal is to always keep the people we support in the front of every decision we make – and that means staying informed. I want you to also be informed. Here is what we know:

- We know the U.S. Department of Justice signed an agreement with Gov. Bev Perdue to move 3,000 people with mental health issues out of rest homes and assisted living facilities within the next eight years.
- We know that the personal care definition has changed, and more than 70 percent of the people in the state who get this service that have intellectual or developmental disabilities will lose funding.
- We know that the state continues to move from Local Managed Entities (LMEs) to Managed Care Organizations (MCOs) and that managed care is a definite part of our future.
- We know that providers continue to merge or disappear, sometimes overnight.

What we know about Monarch?

- People are thriving, finding jobs, friends, and family members they haven't seen for many years.
- We ended last year in the black, though not with enough money to give employees badly needed raises.
- Staff continues to be well trained, but even more, believe in the mission of Monarch and spend every day working with people to help them find their dreams.
- Our Board of Directors is committed to this organization and its mission.
- We will weather the storms, but we will also experience tremendous change as our funding continues to decrease.

What do we know about you?

- You continue to trust us with the support and care of you, your loved ones and other people who come to Monarch for help.

- You continue to rely on us to tell you our story, be transparent, and be honest.
- Many of you sent donations to help us fund important things, such as technology.

So what does all this mean?

Monarch is involved in many state, regional and local groups that are addressing these issues, and we are connected with the people who can keep us informed, and who listen to us when we talk. Sometimes, it can be overwhelming. But whenever I feel that way, I wander into a place where someone we support works or plays or lives and everything seems lighter.

This current issue shares some of the great stories about people we support. In this issue, you will read a powerful story about a staff person who spent years helping a man we support find his family. She never gave up and was finally successful! You will learn about "Mindfulness," an evidence based technique that staff spent thousands of dollars of their own money to learn about, because they knew it would work. You will meet Mitch Cooper, a respected musician who was homeless and hopeless, and who today is winning his battle against mental illness, because people cared. They saw a dream waiting to be fulfilled. The pages in this issue are full of great statewide projects started by staff.

Our awesome employees work in a profession that can be incredibly rewarding and just as frustrating. They do this because they care. Next time you see a Monarch staff member, please say "thank you."

So, what else can you do? Think about volunteering. Our volunteers are critical to people supported and staff. Also, tell us what you think. You can email me at peggy.terhune@monarchnc.org, or share a compliment or complaint at www.monarchnc.org. Your comments matter and shape our services. Together, we can make sure the people we support continue to succeed!

Peggy S. Terhune, Ph.D.
Monarch CEO

Reaching Dreams is the official agency publication for the community, people we support, and their families.

Our Mission

We are committed to supporting, educating, and empowering people with developmental and intellectual disabilities, mental illness, and substance abuse challenges to choose and achieve what is important to them.

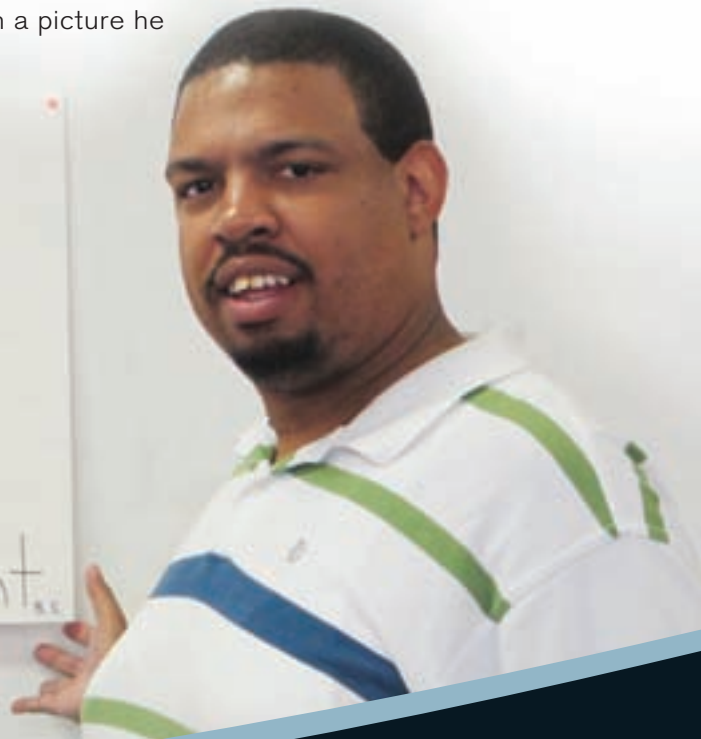
Our Vision

We will lead the way in the state to creatively support people with disabilities in growing toward their potential, reaching their dreams, and making their own informed choices about where they live, learn, work, play, and worship. Through partnerships and relationships with our community, we will offer a variety of innovative quality services and supports and will promote advocacy, awareness, education, training, employment, and residential opportunities.



TASHA HENDRIX, supported at New Horizons Enterprises located in Mocksville, drew this beautiful artwork left handed – a remarkable feat considering she was right handed before having a cerebral hemorrhage. ●

BRIAN SYKES, who attends Monarch's Scuppernong Club in Columbia, loves to draw and express himself through his artwork. Sykes is shown with a picture he created of Monarch's logo. ●



EXECUTIVE EDITOR

Peggy S. Terhune, Ph.D.
Monarch CEO

MANAGING EDITOR

Natasha A. Suber

CONTRIBUTORS

Adina Blake
Eileen Bress
Blake Martin
Paige Wilhelm

CREATIVE DIRECTOR

Donna Wojek Gibbs

MONARCH BOARD

OF DIRECTORS 2012-2013

Melinda C. Rummage, *Board Chair*
Brenda J. Hinson, *Vice Chair*
Mary R. Medlin, *Secretary*
Paul W. Johnson, *Treasurer*
Angela D. Barbee, *Past Chair*
Reginald (Reggie) B. Adams
C. Lee Allen, Jr.

James A. Bauer
Jeffrey B. Gaskin
Larry J. Hinson
Barbara Kean, Ed.D.
Michael J. McCrann
David R. McGowen
Rachel L. Morrison
Penny E. Townsend



LIVING AGAIN: MONARCH SAVED MY LIFE

● **MITCH COOPER**, of Charlotte, has experienced the best life has to offer. A professional musician, Cooper played for Fetchin' Bones and later started his own band – The Inn. He and fellow musicians performed throughout the United States and Europe, where the group opened for several bands, including Blues Traveler. In the 80s and 90s, he had fame, fortune, and all the material items one can imagine.

Cooper, 48, has also experienced the worst life can offer. With fame, came drugs. Eventually, he was in and out of mental health institutions, living on the streets, in shelters, and anywhere he could find refuge. After decades of living a life, that most would characterize as very successful, Cooper's drug addiction and mental illness left him homeless and hopeless.

Cooper has been in recovery for seven years. He is a resident of one of Monarch's Transitional Housing Units, where he is supported by a residential counselor, therapist and provided services to aid in his continued recovery. He has reconnected with his family, has a great church family, a girlfriend, and has started performing again. He is part of a trio called the Hillbilly 3. They perform at charity events and church functions. Cooper said despite not making lots of money now, he's the happiest he's been in years.

"It's no longer about the money for me, I just want to focus on recovery and helping others, especially those who are homeless," explained Cooper. "I'm actually living again instead of existing. I would be dead without Monarch. Monarch saved my life. Now, I'm as happy as I can be." ●

ONE DREAM AT A TIME



Dana Smith, a resident of Sharonbrook Apartments, and Erin Battey, who resides at the Carmel Forest Home, were among dozens of individuals from Monarch's residential programs in Mecklenburg County invited to attend a BBQ bash hosted by the agency's Charlotte-area staff. ●



Individuals supported from Dare County participated alongside their neighbors and law enforcement officials during the North Carolina Law Enforcement Torch Run® for Special Olympics. ●



Channing Skinner (above left), who attends the Lighthouse Club of Currituck, and Charles Cutting (above right), of the Beach Club of Dare, competed in the 2012 Special Olympics North Carolina Equestrian Tournament in Raleigh earlier this fall. Both brought home numerous outstanding

awards. Skinner earned several awards, including a Gold Medal for Equestrian Western Working Trails. Cutting also won several medals, including a Gold Medal in the Equestrian Western Equitation competition. ●



Matt has shown
me how
to love.

“Matt has **possibilities**” *By Paige Wilhelm*

A sibling's perspective of her brother's disability

I HAVE A BROTHER, Matt who is 8 years older. He has an intellectual cognitive disability. When I was around 3 years old, I began asking my mother why Matt did not live with us and I began to see differences between us. I could not pronounce “disability” and I would say Matt has “possibilities.”

My mother has always been upfront with me concerning Matt's disabilities and allowed me to ask questions. I do often wonder what it would be like if Matt did not have disabilities. What would he teach and show me? Staff will often say that he has asked for me or when my family visits without me, he always calls my name. Matt has shown me how to love. My point is that all people can show and receive love; you just have to change your perspective. Love is what connects us all as human beings. I am a more positive person because of my experiences of having a brother with a disability. I always remember a piece of advice my Dad once gave me, he said that Matt and I are different but that we share a heart, which beats the same.

Matt's disabilities prevents him from living at home because he requires 24/7 attention. Although he cannot help the fact that he has a disability, his behavior often makes it difficult for us to do things as a family. He does not understand danger or the differences between right and wrong. He will often repeat things he hears whether they are good or bad. It frustrates me to hear Matt call my parents or grandparents ugly names and I have to remind myself that he does not understand the meaning of the words. My parents have often told me that

having Matt live in a group home was one of the most difficult decisions they ever made. It was hard on their marriage, but they never considered leaving each other. They wanted to continue to make the best of Matt's situation. I find that completely amazing.

My mother is one of the best advocates you will ever meet. Her passion is not just for Matt but for all people with disabilities; it is like no other I have witnessed. She is my hero because she and my Dad lost so many friends when they learned that Matt had disabilities, but they never gave up. I will follow her example and one day become Matt's guardian.

When asked the question, “If you could do or change one thing to improve Matt's life what would it be?” I can honestly say that I would not change Matt in anyway. However, I would change some people's view and I would have them put themselves in my shoes, to listen to someone say the “R” word, and know that my brother has a disability. I would show the world the possibilities beyond Matt's disability and let them see how much he enjoys the outdoors, animals, and watching television just like others.

If only every person could have the opportunity to see my brother the way I do, then they would have a better understanding of possibilities. ●

Paige Wilhelm, 16, is an honors student at Gray Stone Day School in Stanly County. In the future, she plans to assume the role of guardianship for her brother.

Be a part of the Dream Revolution.
Join the Monarch Dream Team.



www.MonarchNC.org

MONARCH RECEIVES \$30,000 FROM BATE FOUNDATION FOR COMMUNITY GARDEN



MONARCH received a \$30,000 grant award from the Harold H. Bate Foundation, Inc. for the Monarch Ability Garden Integrating Community and Land (M.A.G.I.C.A.L.) project in Craven County. The grant is being used to enhance the community-wide garden project, which was designed to provide a place for people to gather and learn about gardening and to have access to locally grown healthy foods. Most importantly, the garden is a way to build community and inclusion through partnerships with agencies like the Craven County Health Department, N.C. State University's Cooperative Extension Service and the Small Business Center at Craven Community College.

Many people attended a public groundbreaking for the garden held this summer to allow the community to see the garden firsthand and to learn more about the plans for the community project. Monarch has received multiple contributions from individuals in the community for the garden and a \$2,000 grant from the Craven County Community Foundation, an affiliate of the North Carolina Community Foundation, to help further develop the M.A.G.I.C.A.L. project in Craven County.

The M.A.G.I.C.A.L. garden in New Bern is one of three that Monarch will develop across the state. Earlier this year, Monarch received a \$7,000 award from the United Way of Stanly County for the Albemarle garden project at Monarch's Stanly Industrial Services. A community garden is also being developed at Monarch's Creative Arts and Community Center in Southern Pines. ●



ARLIE CULP HONORED

MONARCH'S VOCATIONAL OPPORTUNITIES in the Community (VOC) in Asheboro held its annual appreciation dinner for people supported, parents, partners and the community this past September. During the event, a plaque was given to honor retired N.C. State House Representative Arlie F. Culp, a former member of the N.C. General Assembly, for his longtime support to improve the lives of people with intellectual and developmental disabilities. Pictured (l-r): Mr. Culp, Bunny Schoolcraft, Monarch's VOC site director, and N.C. Rep. Patricia B. Hurley. ●



Pictured (l-r): Cynthia Spencer, developmental specialist at Monarch, Ray Wells, of the Edenton-Chowan Food Pantry, and participants of Monarch's Heritage Club Artrice Heckstall, Darlene Freeman and Nicholas Winslow smile for a photo following the presentation to Wells for the Book Bag Buddies project.

Heritage Club helps students in need

MONARCH'S HERITAGE CLUB in Edenton recently collected money and presented the funds to the Edenton-Chowan Food Pantry to help make sure local students have more in their back packs than just books and school supplies.

Several people who attend the Heritage Club wanted to help local children who go without enough to eat when they are not in school. To offer support to these students and their families, staff and participants of Monarch's day program were able to help the Book Bag Buddies program started by Edenton-Chowan Schools with support from local churches. The program helps students by sending them home each Friday with book bags filled with meals and snacks.

Individuals and organizations like Monarch are supporting the program by donating food and funds collected by

the Edenton-Chowan Food Pantry. Participants of the Heritage Club who are collecting money for the program are thrilled to help.

"Their enthusiasm and willingness to help others, especially those less fortunate, is inspiring to anyone," explained Cynthia Spencer, a developmental specialist at Monarch who helped to oversee the club's efforts. "We commend Lakesha Tillett, Nicholas Winslow, Darlene Freeman and Artrice Heckstall for their efforts to collect money for this cause to support area children."

Nothing Fancy Café in Edenton provided the space and table and chairs to support the group's effort and to give the individuals more of a presence so they can raise awareness and funds for the Book Bag Program. The group plans to continue to collect funds for the project. ●



Visit Monarch on Facebook to read similar stories.

MONARCH, THE ARC OF STANLY NAMED “DISTINGUISHED AFFILIATE” BY THE ARC OF NORTH CAROLINA

THE ARC OF STANLY COUNTY, a division of Monarch, was again named by The Arc of North Carolina as a 2012 Distinguished Affiliate during The Arc of North Carolina’s Annual Awards Luncheon held on Sept. 22 in Wilmington.

As a chapter recognized as a Distinguished Affiliate, Monarch and The Arc of Stanly County have displayed the dedication, commitment and professionalism of a local chapter in North Carolina and excellent support that benefit people with intellectual and developmental disabilities in their communities.

There are more than 30 local chapters of The Arc throughout the state, but Monarch/ The Arc of Stanly County was one of a few that received the recognition. ●



PEOPLE, STAFF MEET ELECTED OFFICIALS DURING RALLY IN RALEIGH

PEOPLE WITH DISABILITIES, families and advocates got the chance to share their stories and concerns with important policy makers and elected officials during the annual Advocacy Day and Popcorn Rally in Raleigh this spring.

More than 50 people representing Monarch, including people supported and staff from the Sand Hills and the Outer Banks, attended the political rally hosted by the Coalition, a statewide group of individuals and organizations working in partnership to protect the rights of North Carolinians living with mental illness, developmental disabilities, and the disease of addiction.

People from Monarch got to share their stories with N.C. Senator Stan White, House Representative Tim Spear and other elected officials.



Group from the Outer Banks poses for a photo with State Rep. Tim Spear (center).

“There was no lack of self confidence as they met with these dignitaries, learned about politics and about all the important work that takes place there,” explained Renate Macchirole, community inclusion specialist at Monarch. “Most importantly, we had the opportunity to experience that our voice matters and must be heard.”

The annual event is held to allow participants to visit with legislators and to learn more about legislative committee meetings and the current budget proposal. Advocacy trainings were also held to help people learn to successfully communicate with elected officials. Since attending the rally in Raleigh, people are excited about being self advocates and want to continue to effectively discuss goals they want to accomplish for themselves and others. ●

LIVING

IN THE MOMENT:

MINDFUL

The Impact of **MINDFULNESS**

HOW MEDITATION AND AWARENESS CAN IMPROVE MENTAL HEALTH, REDUCE ANXIETIES



Holst



Johnson

OUR LIVES have become increasingly busy. We always seem to be in a hurry to accomplish task after task, until we're exhausted and frustrated. Our world has forced us to live in the future and we've lost focus of the present: our children's laughter, the changing colors of the leaves, and the clink of the dishes as we place them to dry.

"For many people, life's daily demands make it increasingly difficult to live and enjoy the moment. We're planning the day before we ever get started. You totally missed the enjoyment and relaxation of your shower as you were obsessing over plans for the day. This state of chronic stress can sometimes lead to anxiety and depression and can affect our overall well-being," explained Karen Holst, MSW, LCSW, Ed.D., a Day Treatment team leader for Monarch in Union County. "Contemplating the next task, anticipating scenarios in our minds, and revisiting past events may result in people living on auto-pilot. Our minds tend to hang out in the past or the future, sacrificing the present moment."

Holst and Jude Johnson, MA, LMFT, are Monarch Day Treatment therapists. They help students identified in Union County Public School's Exceptional Children's

Program with the understanding how "thinking" can impact their ability to remain successful in school and at home. Students are often referred by teachers, social workers or case managers to participate in Monarch's Day Treatment Programs, which are offered in Davidson, Stanly and Union counties.

They have recently led internal and community sessions on Mindfulness Based Stress Reduction (MBSR). Their practice and training have demonstrated that mindfulness can effectively reduce stress and improve overall well-being by reducing negative emotional states like depression and anxiety while also improving physical manifestations such as diabetes or high blood pressure.

Holst and Johnson have seen mindfulness de-escalate potentially volatile situations and significantly improve the health and well-being among the middle and high school students in Monarch's Day Treatment Program at South Providence School in Waxhaw.

What is Mindfulness?

Mindfulness is the practice of paying attention on purpose in the present moment, nonjudgmentally. Mindfulness may be practiced through formal meditation or simply bringing full awareness to everyday activities, like walking, talking or chores. MBSR has origins that date back at least two thousand years and involves meditation, gentle yoga and mindfulness activities that support awareness and reduce stress. Mindfulness is now being examined scientifically and has been found to be a key element in improving happiness and general well-being.

Professor emeritus Jon Kabat-Zinn, founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, helped to bring the practice of mindfulness meditation

“Mindfulness challenges us to be 100 percent present of our feelings and how to deal with them.

That’s very empowering. It’s not denying your feelings, but taking things as they come and not anticipating negatives.”

— Karen Holst

The impact of Mindfulness

Holst and Johnson are convinced that guided meditation works and are encouraging others to look at the positive benefits. They shared a story about a student with Asperger’s syndrome who was chronically suicidal. As his therapists, the pair tried various treatments, but none seemed effective. After several hospitalizations, Holst and Johnson decided to incorporate daily mindfulness activities into the student’s therapy sessions. They noticed a difference in behavior and attitude almost immediately. The student successfully graduated from the program and is continuing to practice mindfulness.

into mainstream medicine. Mindfulness doesn’t replace Cognitive Behavioral Therapy (CBT) or Dialectical Behavioral Therapy (DBT), but can be a combined treatment for some people.

Holst and Johnson are embracing mindfulness and are leading Monarch’s mindfulness program. MBSR has been identified as an evidence-based practice, according to the Substance Abuse and Mental Health Services Administration (SAMSHA) National Registry of Evidence-based Programs and Practices and is designed to address stress and anxiety, mood disturbances, self-esteem and general mental health functioning. The practices are being used in the military, pain clinics, schools, prisons, and corporations such as Google and Apple.

Mindfulness is ‘for everyone’

As Johnson prepares students in Monarch’s Day Treatment Program at South Providence to begin a guided meditation, he rings a bell that generates a soft tone. The sound prepares students to settle their minds and bodies and focus on their breathing and posture. Johnson gives simple guided meditation instructions in a soft, hushed voice.

“Paying attention to the present moment is not difficult, but the mind has a strong tendency to wander off,” Johnson later explained. “Mindfulness is a process of paying attention to your ongoing experience, whatever it may be at the moment. You don’t try to make it different. You don’t try to hold onto it. You just notice the moment as fully as you can. Being mindful and practicing mindfulness takes practice and skill.”

Mindfulness-based therapy encourages patients to focus on their breathing and their body, to notice rather than judge their thoughts and to live in the present moment. It may sound strange or “kooky,” but Johnson, Holst and other experts say mindfulness continues to be a proven successful practice. There is solid evidence of its effectiveness in healing mental distress including distress associated with medical conditions and chronic pain.

“Initially, our efforts as therapists seemed to have no impact in this case so we decided to try mindfulness with this student,” Johnson recalled. “He told us after a couple of weeks he felt more relaxed and calm – and we saw the difference. The change in the student and the response to this treatment influenced our decision to include mindfulness throughout the program.”

“It works”

More than a year has passed since the pair introduced mindfulness at Monarch. Fellow colleagues at South Providence have received mindfulness training and want to learn more.

“In almost ten years of teaching, that was the best staff professional development I have attended,” said teacher Michael Cook. “I am using what I learned in my classroom with students as well as at home with my 5-and 8-year olds.

Some of the students who have been introduced to mindfulness said they are more likely now to stop and think before making certain choices. Holst and Johnson say that is a significant improvement for these students. To date, more than 10 students have completed Monarch’s mindfulness program and moved on to be successful.

“That’s what we like about mindfulness. The person participates and takes control of his or her life – not the doctor or therapist or anyone else,” Holst said. “Mindfulness is real and it works.” ●

● ●

For details about Monarch’s Mindfulness program, call (704) 290-1580 or email Karen Holst at karen.holst@monarchnc.org or Jude Johnson at jude.johnson@monarchnc.org.



Hargrove (second from the right) surrounded by cousins he was reunited with during a recent visit home after many years.

Family Reunion

After years, Ernest is reunited with his loved ones

EXCITEMENT AND ANTICIPATION filled the air for a family in Henderson, North Carolina one Saturday afternoon. Dozens of relatives anxiously awaited the visit from a long-lost cousin, nephew and friend who went away, but was never forgotten. Ernest Hargrove, 61, a man who is hearing impaired with limited speech, was finally returning home after 15 years.

Sharon Stacy, operations manager at Monarch's Walnut Cove Apartments in Stokes County, has known Hargrove, who is a resident, for years. For a long time, Stacy has searched the Internet, used social media and good-old fashioned letter writing to help Hargrove find his family, who they learned lives less than three hours away.

"I guess it was finally meant to be that Ernest reunited with his family," Stacy said. "It just goes to show you that if you truly believe, your dreams will come true."

'Helping Dreams Take Flight' is not just Monarch's tagline, it's the mission behind the nonprofit organization.

Stacy served as Hargrove's driver the day he reunited with his family. Over the years, she had witnessed his longing to return home and worked hard to see his dream to reunite with his family come true. She didn't even need to use her GPS when they arrived in Henderson. Hargrove knew exactly how to find his way home, she recalled.

Pulling into the driveway, they encountered dozens of people awaiting his arrival. There were lots of hugs, tears of joy, laughter and more tears.

"Ernest's family is truly a special one," said Stacy, who explained that ten of Hargrove's relatives are hearing impaired and use sign language to communicate. "You could tell by Ernest's face that he was truly home. He greeted close family members and met new family members who had been born during his time away. You could see the love, closeness and trust this family shares. This was a blessed event."

Hargrove's trip home truly became a celebration when his family surprised him with a birthday lunch. After all these years, his family had remembered his birthday and celebrated it with gifts, food and cupcakes. It's likely a birthday Hargrove will never forget.

They promised to stay in touch and made plans for his return at Christmas. Even strangers were touched by this reunion after reading about Hargrove's story in several local newspapers. People called Monarch to pledge their support to help him return home for the holidays. ●

STAFF **SPOTLIGHT**

DR. PEGGY TERHUNE, Monarch chief executive officer, was appointed by North Carolina Speaker of the House Thom Tillis to serve on the N.C. Commission on Mental Health, Developmental Disabilities, and Substance Abuse Services. The Commission's mission is to promote excellence in prevention, treatment, and rehabilitation supports and services and assist with policies for persons with mental illness, substance use disorders, and developmental disabilities to be used by state and local services.

Terhune was also selected to serve on a Blue Ribbon Commission on Transitions to Community Living to examine the state's system of community housing and community supports for people disabilities. The commission will work to help develop a plan that continues to advance the state's current system into a statewide system of person-centered, affordable services and supports that emphasize an individual's dignity, choice and independence. The group will meet through December and convene for a final meeting in January 2013. ●

EILEEN BRESS, volunteer and community coordinator, received the Paul Harris Fellow from the Breakfast Rotary Club of New Bern for her exceptional service to the organization and for her service and commitment to the Craven County community. ●

KRISTIE COBB, program manager at Monarch's Montgomery Community Living Skills in Biscoe, has been named to the Montgomery County Partnership for Children Board of Directors. Cobb will serve a three-year term on the 15-member board, which governs the Partnership and includes a comprehensive group of concerned citizens who represent communities of faith, educational institutions, local government, nonprofits and the community-at-large. ●

RENATE MACCHIROLE, community inclusion specialist, was appointed by the Dare County Board of Commissioners to serve a four-year term on the Older Adult Services Advisory Council. Officials confirmed that Macchirole, whose nomination earned a unanimous vote from commissioners, was selected for her diligent role working with people with intellectual and developmental disabilities. Macchirole also serves as a council member for the North Carolina Council on Developmental Disabilities, an organization that works to ensure people with disabilities and their families participate in the design of and have access to culturally competent services and supports. ●



More than 225 people supported, their families, friends, staff, and volunteers enjoyed a day at the County Fair, the theme of this year's Family Fun Day held at Frank Liske Park in Concord. Participants enjoyed good food, fun, fellowship, carnival games, prizes, music, line dancing and much more during the second annual event.

●
REGINALD MARSHALL, qualified professional and program manager at New Horizon Enterprises in Mocksville, was selected to be a member of the Davidson County Community College (DCCC), Davie Campus College and Career Readiness Advisory Board. The mission of the Davie Campus of DCCC's College and Career Readiness Advisory Board is to enhance communication among their community partners and agencies, identify resources, and advise and assist the department in delivering programs that meet the educational and training needs of the community. DCCC is located in Thomasville. ●

Monarch presented **PACKAGE CRAFTERS**, of High Point, with its Industry of The Year Award to recognize the company for their exceptional record in providing subcontract work for affirmative industries. Alan Deal, director of sales and marketing for Package Crafters, accepted the honor during Monarch's Annual Awards Dinner in October. ●



Tracy Everhart delivers Meals on Wheels to a senior.

PEOPLE AT BRIGHTER VISIONS in Norwood do more than their fair share of giving back to the community. The nearly dozen residents from the Ansonville and Myrtlewood Homes deliver Meals on Wheels to seniors in Anson County, make dog biscuits for the Humane Society and help package food for those in need at the Community Table in Albemarle. These are just a few of the many service projects the group performs. Through September, participants of the program have volunteered nearly 4,000 service hours.



James Ritter donates recycled paper towels rolls and egg cartons to a local school for their art classes.

Save the date!



April 19, 2013
Tillery Tradition Country Club

www.MonarchNC.org



WE'RE SORRY...

SANDRA MEADS, pictured above, from Monarch's River City Achievement Center in Elizabeth City, served as a volunteer bell ringer for the Salvation Army. She was misidentified in the Spring 2012 issue of *Reaching Dreams*.



Why We Support Monarch

As told to Blake Martin, chief development officer

IT IS HARD TO FIND a place where you get a major return on your investment. When we walk through the halls of the Monarch Creative Arts and Community Center (MCACC) in Southern Pines the smiles on people's faces, the excitement they express when they are showing us what they have created and learned in the different art studios there – and their evident gratitude – is more than enough appreciation and return for our family.

About a year ago, we received an appeal announcing the construction of the new MCACC. Since our son Russell attends the day program there, we naturally wanted to contribute to the project that would impact not only the people supported but the entire community. After several months and conversations with our daughter and son in-law, we decided to honor Russell's love for music and dance by making a gift to complete the center's dance studio. We passed along Monarch's appeal to our family and friends to encourage them to send a gift to honor Russell and to help us complete this studio for him and other people at the MCACC.

Monarch's staff, from the direct support professionals to CEO Dr. Peggy Terhune, makes the lives of people, like Russell, better every day. Russell is sure to tell us when he is happy and when he isn't, and he has been the happiest at Monarch. We knew this was all the reason we needed to make a gift to Monarch and support the efforts of the agency.

At Monarch there are many ways to give back. Your time, talents, and resources can make the difference for people just like the Dillon family. If you or someone you know would like to make a gift to Monarch to support Helping Dreams Take Flight, please contact Blake Martin, Chief Development Officer, at (704) 986-1584 or by email at blake.martin@monarchnc.org.

POLK AND KATHY DILLON
Parents, Pinehurst, NC



The MCACC dance studio was dedicated to honor Russell Zumwalt (pictured above far right), a day program participant in Southern Pines, by family and friends (pictured left to right: Nancy and Doug Smith, Kathy and Dillon Polk and Maya Zumwalt). The studio is used by day program participants and members of the community.



350 Pee Dee Avenue, Suite A
Albemarle, NC 28001

www.MonarchNC.org



An affiliated chapter of The Arc



The Council on Quality and Leadership

We Need You: The Volunteer Program at Monarch



Monarch needs you. Sign up to volunteer today.

Are you a skilled artist or like to dabble in arts and crafts?
Are you a musician or someone who likes to have fun with a kazoo and create your own special sounds?
Whether you like to work with seniors or prefer working with younger ages; are a gardener willing to share your expertise or like to create culinary delights in the kitchen; play games and teach sports or prefer teaching computer skills – We Need **You!**

To volunteer or to learn more about Monarch's volunteer program, visit www.monarchnc.org/volunteer or contact Eileen Bress, volunteer and community coordinator, at eileen.bress@monarchnc.org or (252) 634-1715 Ext. 3305.

- Explore possible career options
- Utilize your skills and talents to help people
- Develop new friendships and network with other professionals
- Support a worthy cause by sharing your time
- Help fulfill school, job or any service requirements
- Better leverage your corporation within the community and/or provide team building experiences
- As a retiree, find additional opportunities to stay engaged in the community