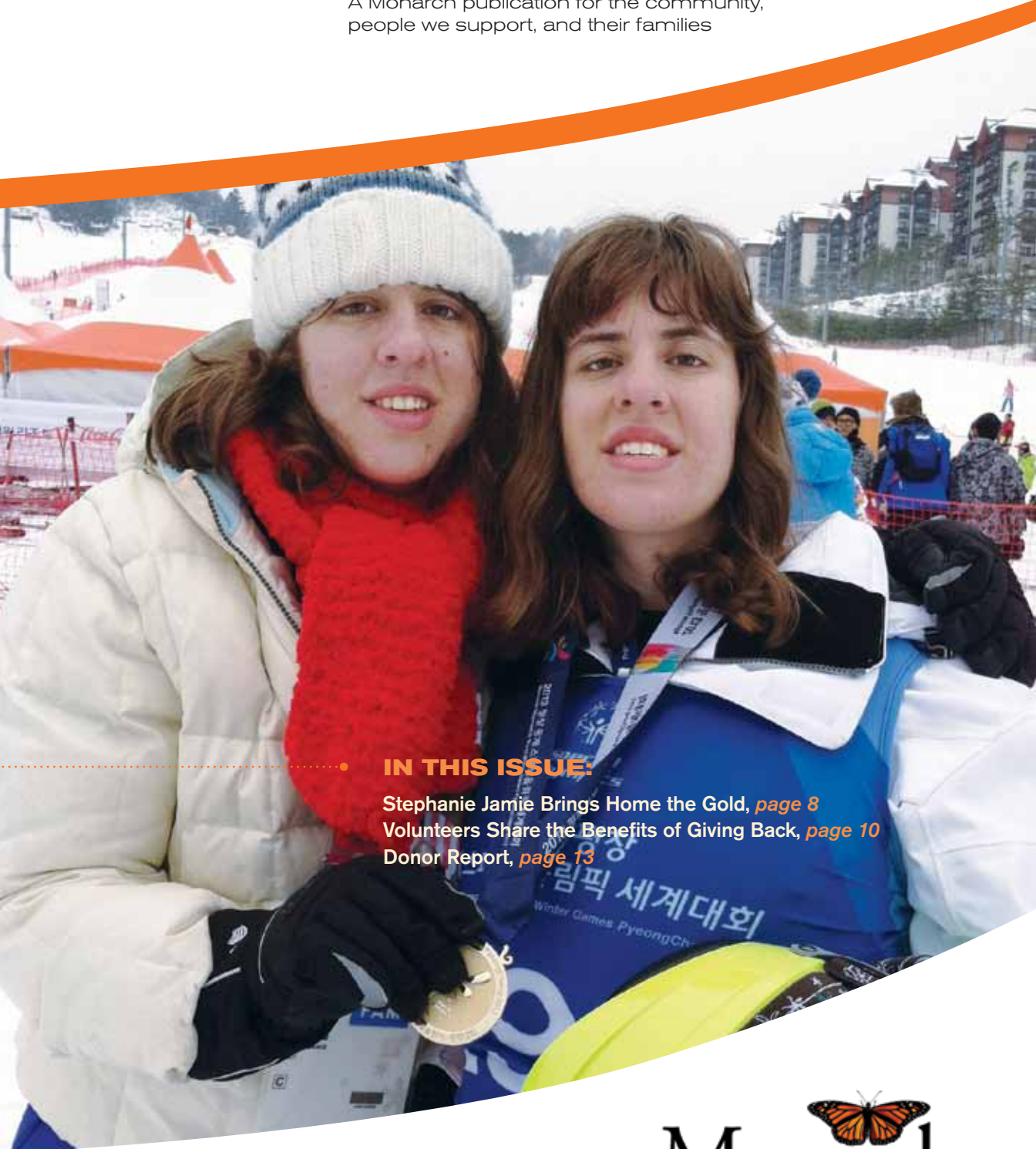




Reaching Dreams

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



• **IN THIS ISSUE:**

- Stephanie Jamie Brings Home the Gold, [page 8](#)
- Volunteers Share the Benefits of Giving Back, [page 10](#)
- Donor Report, [page 13](#)

STRAIGHT FROM PEGGY



So much is happening in our state as I write this! The legislature is in session, and grappling with the difficult tasks of determining priorities for funding among the many needs in North Carolina. There are a number of bills that have been proposed that we are following, and some of you may have received email alerts

about calling your legislator. Thanks for your response and for contacting our elected officials. If you did not get a legislative alert, please contact Adina Blake at adina.blake@monarchnc.org and she will ensure that you get on our list serve.

A huge change I want to be sure you are aware of is N.C. Governor Pat McCrory's proposed plan to totally reform our Medicaid system. This overhaul will have to be approved by both the legislature and the Centers for Medicaid and Medicare Services (CMS). Stay tuned to our action alerts for details.

Another big change that is occurring in our state is the changing landscape of providers for MH/DD/SA services. Monarch has grown in the past when services are offered via a Request For Proposal (RFP), and more of these are occurring now as companies change, shift, and merge. In the past month, we have been awarded two more programs to manage. In the Eastpointe area, we have accepted additional people in need of outpatient and medication management services in Columbus, Robeson and Scotland counties. In addition, we responded to a request for proposals (RFP) to manage the Wake County Adult Outpatient Services, and were awarded that RFP as well. This will add five outpatient sites in Wake County to our many offices, and the projection is that we will serve about 1,500 people initially.

Why is Monarch being chosen for these services? We offer an evidence-based approach that few other companies are able to use. We call our approach "open access." What it means is that people who need psychiatric services or

outpatient therapy can walk into any of our sites, and see a psychiatrist or therapist, or both that same day. As I write this, the average wait time for someone who walks in without an appointment is 23 minutes. That's pretty awesome! We are able to do this because we use telemedicine to maximize the use of our psychiatrists. Although most of our psychiatrists are scheduled, there are doctors who every day is "open access" and will see whoever walks in. That sounds great, but what can we do if three people walk in at the same time? Because we have psychiatrists all over the state, we can see who has had a cancellation, and use that time for the person who just walked in. Someone in crisis in Greensboro, for example, might "see" a psychiatrist who is physically located in Charlotte. This happens via telemedicine, which is a real-time conversation using a television monitor and specially dedicated software that is extremely confidential.

After that initial walk in, of course, appointments are scheduled. However, as people learn about our option for immediate access, more and more people are choosing to come to Monarch. When we started these services in Greensboro about a year ago, we would see 25-30 people who walked in every week. Today, that number is 25-30 people each day, and growing.

Another reason that we are selected is because we are experts at taking over other programs. We have done this in as short a time as one weekend. People who were seen on Friday didn't know their provider was going out of business. A quick weekend later, they saw no change in services or staff, but they now are served by Monarch. Due to this ability, we are often the provider of choice when another agency is no longer planning to provide services.

We are delighted that we have been able to use this evidence-based model in our outpatient services. If you see our staff, make sure you thank them for their hard work.

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.



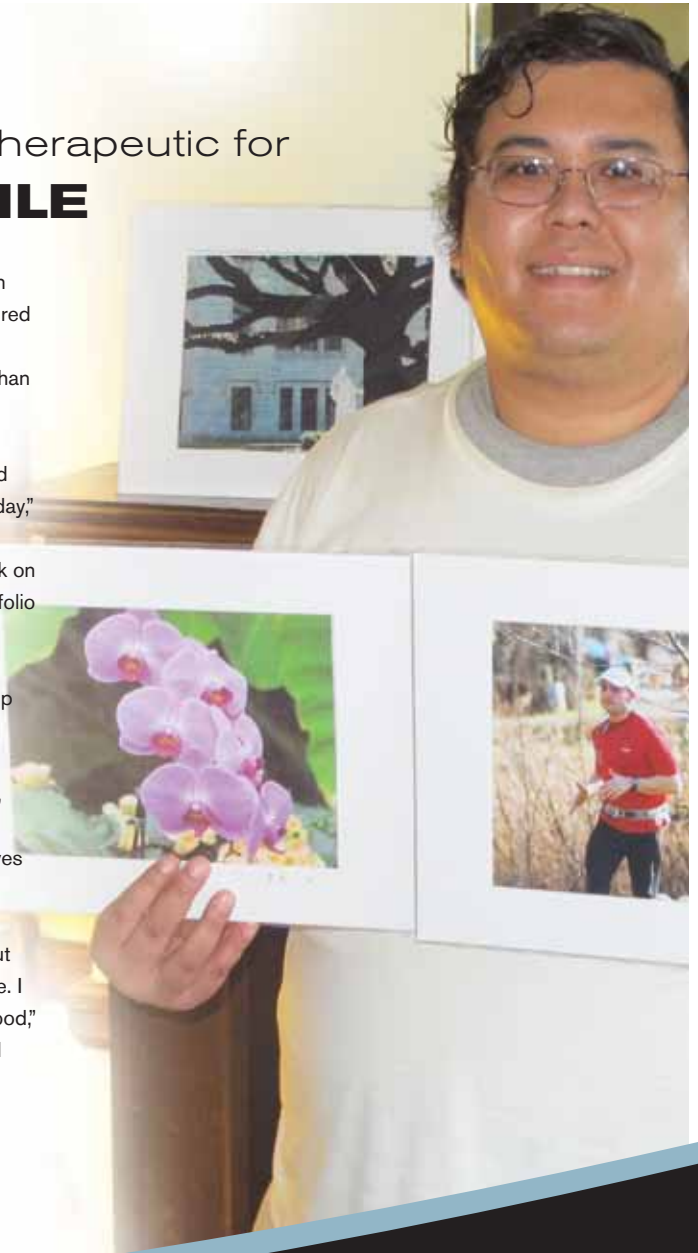
Love of photography is therapeutic for **GEOFFREY GUILÉ**

SINCE TAKING HIS FIRST photography class in high school, 33-year-old Geoffrey Guile has acquired a passion for capturing images. The self-taught photographer said he has taken and saved more than 8,000 images in the last few years.

"I am taking photos as a hobby right now, but would like to work as a professional photographer someday," said Guile, who is a resident of one of Monarch's supervised living programs. "I'm continuing to work on improving my photos and arranging them in a portfolio to share with others."

Monarch's clinical team is developing a plan to help Guile exhibit his artwork to gain public exposure and to showcase his talent. The Portland, Oregon native has taken lots of beautiful photos of people, architecture, and landscapes. Much like his idol professional photographer Ansel Adams, Guile loves to take photos of natural settings.

"I usually take my camera with me whenever I go out since I never know what I might see or can capture. I like to take pictures of things that make me feel good," he said. "Photography is like an outlet for me and I hope to share my work with others." ●



EXECUTIVE EDITOR

Peggy S. Terhune, Ph.D.
Monarch CEO

MANAGING EDITOR

Natasha A. Suber

CONTRIBUTORS

Adina Blake
Eileen Bress
Cindy Jones
Blake Martin
Diana Turner-Forte

CREATIVE DIRECTOR

Donna Wojek Gibbs

MONARCH BOARD

OF DIRECTORS 2013

Brenda Jean Hinson, *Board Chair*
Mary Rose Medlin, *Secretary*
Angela Denise Barbee, *Past Chair*
Charles Lee Allen
James Alben Bauer
Zack Commander
Jeffrey Brent Gaskin
Larry James Hinson

Jeff Irvin

Barbara McSwain Kean
Michael Jonathan McCrann
David Ray McGowen
Rachel Lee Morrison
Kimberly M. Thompson
Steven (Steve) Surratt
Penny Elizabeth Townsend



“AWAKENINGS!!!” author reveals her struggle with mental illness

Through her work, poet Carolyn Morman seeks to help others and debunk myths about mental illness

CAROLYN MORMAN doesn't mince words about her mental illness. She is honest about the struggles she's had – and sometimes still has – with bipolar disorder and depression.

For nearly a decade, Morman has attended Monarch's Anson Psychosocial Rehabilitation (PSR) program in Wadesboro. During a long period of recovery, she served as a peer support specialist for two years. Then she suffered a relapse. She is currently a participant in the program, but hopes to return to her peer role, which allows her to provide support to others who can benefit from her experiences.

"I'm the first to tell you my sickness hasn't been easy. I'm taking my medicine, coming to grips with my illness and working to get better, which has helped me to recover. I love to be around people and stay engaged in my community. Those things have really helped me to get through this," explained Morman, who volunteers at Wadesboro Elementary School, Ebenezer Missionary Baptist Church, and several nursing homes. "But I still struggle."

Morman, 43, is not alone. Bipolar disorder affects approximately 5.7 million American adults, or about 2.6 percent of the U.S. population age 18 and older in a given year, according to statistics

from the National Institute of Mental Health. For some, recovery from mental illness is a long and especially challenging road. For people with Severe and Persistent Mental Illness (SPMI), Monarch provides Psychosocial Rehabilitation (PSR). PSR utilizes evidence-based practices to empower individuals with the skills they need to serve as active members of their community. Monarch's PSR program uses positive peer support, which is part of the recovery process.

Morman said in addition to volunteering and helping others, writing and reciting poetry has served as a type of therapy for her. In fact, the Lilesville, N.C. native has published a book of 50 poems and photos entitled "Awakenings!!!" that she says brings her a type of healing.

"I have been writing poems for a long time. The Lord just took my hand and started writing. The words just poured out of me," she said. "This book is more about friends, people I have met throughout my journey of recovery, people from church and those who have been positive influences in my life. Writing is a type of therapy for me. It helps me to keep myself on track."

Tara Alley, an operations director for Monarch's behavioral health services, said she and others are proud of Morman's accomplishments.

"She has had her share of challenges, but she has always come out on top," Alley said. "She is a great self-advocate and will ask for what she needs. It's a big deal that she wrote her own book and got it published. We are very proud of her."

The award-winning poet has had several poems posted by the National Poetry Anthologies in the Library of Congress and is working on her next book of poems. She said she has more than 100 poems she wants to share – and hopes the story behind the poems will help others. She also wants to change views about people with mental illness, because she said many current media images portray people with mental health challenges as villains, which is inaccurate.

"Sharing my poems is something I want to do to help others. I want people to know that people with mental illness can be successful," Morman said. "Media stereotypes about people who are mentally ill cause people to fear us. This is a way to show people they don't have to be afraid. I like to help people and that makes me feel better about me, while giving back and, hopefully, changing negative views." ●

May is Mental Health Awareness Month. Please take this time to educate yourself and others. To make an appointment or for information about Monarch's Behavioral Health Services, call (866) 272-7826.



Carolyn Morman and her son, Elijah Willoughby, live in Wadesboro. Her book "Awakenings!!!" can be purchased in local bookstores or on Amazon.com.

GIVING BACK: PEOPLE WITH DISABILITIES AT MONARCH VOLUNTEER IN RECORD NUMBERS

Agency's service efforts in 2012 generated an economic impact of \$660,860 in communities statewide

IN 2012, people with disabilities supported by Monarch gave their talent, energy and time – exactly 35,152.17 hours of their time.

From the mountains to the coast, that dedication and level of service to communities across the state yielded an economic impact of \$660,860.80, according to the Independent Sector, a national organization that estimates the value of volunteer time for North Carolina at \$18.80 per service hour.

Alex Baker, 21, who attends Monarch's Vocational Opportunities in the Community, a day program in Asheboro, said he likes to volunteer because he is able to help his community, assist people in need and he likes to see them smile.

"I like to show my gratitude to others and to help other people who need help," explained Baker, who gives his time to sort clothes and books at a community thrift store run by a nonprofit that helps those in need. Also, because he is a great athlete, he serves as a coach and teaches basketball techniques for Special Olympics athletes. "It's good to show others that you are kind and courteous. I like to be helpful!"

Some of Monarch's statewide volunteer efforts in 2012 included a blood drive where people supported served as greeters, helped to set up and clean up and donated blood. Others planted seedlings at public state parks, cleaned roadways through the Adopt-A-Highway programs, prepared crafts and assisted little ones at a Children's Museum, collected and served food for those in need, sang or played hand bells for residents of nursing facilities and patients in hospitals, worked with master gardeners to beautify neighborhoods and senior centers and bought toys for Partnership for Kids and more.

"I am proud that volunteerism has consistently been part of Monarch's rich legacy," said Dr. Peggy Terhune, Monarch's chief executive officer. "It is proven that many people gain self-worth from helping others. Because we owe a great deal of our success to individuals, partner agencies, businesses and communities where the people with disabilities who we support live and work, it is especially important for people who are given to, to pour back into the communities where they have received support. We are excited to give back in these very meaningful ways and I am so proud of the people supported for tirelessly working in their communities."

To learn more about Monarch's volunteer program, contact Eileen Bress, volunteer and community coordinator, at eileen.bress@monarchnc.org or (252) 634-1715 x3305. ●



Dennis Cartwright (pictured above), Melvin Riddick and Lisa Marion, who attend Monarch's Lighthouse Club of Currituck, a day program for people with intellectual and developmental disabilities, are among several Monarch volunteers who perform service at the Outer Banks Children at Play, a museum in Kitty Hawk. The volunteers arrive early and prepare materials for crafts, assist children with costumes, supervise play and just general interaction. Photo by Kirsten Turonis



The Beach Club of Dare makes healthy dog biscuits, cat treats and volunteers their time at the Dare County Animal Shelter. They also love to pet and love on the animals, too.



People achieve dreams of starting businesses, agency fosters microenterprise

BETSY BROUWERS, a participant of Monarch's Creative Arts and Community Center (MCACC) in Southern Pines, wanted to do more that included her love of knitting. While she works shredding paper for the Sandhills Children's Center and volunteers at several local nursing homes by playing the piano for residents, she still wanted to pursue more job opportunities, according to Amy Chavis, program director, who has met with Brouwers for several months to help her accomplish her goal to become a small business owner.

"Supporting individuals in starting their own small business or microenterprise at Monarch is truly customized employment," explained Chavis. "We focus on the individual and what they see as the future of their business. For those who are looking to start their own business but don't know exactly what they want to do, we offer support through discovery, which encourages exploration of an array of diverse opportunities and experiences for the individual to draw upon."



Betsy Brouwers shows her products.

Brouwers' dream is taking shape. Brouwers and Chavis met with the director of the Small Business Center at Sandhills Community College for support and suggestions. The pair is working to register her business – Betsy's Creations – and they have leads on some local businesses and gift shops that may be interested in displaying and selling Brouwers' products, including knitted dog collars and her signature rubber duck, wrapped in its own knitted blanket. Jeanette Burkes, CAP

specialist at Monarch, and Chavis have helped Brouwers, who is legally blind, to choose a logo and artwork for her business cards.

"It is truly an extraordinary sense of accomplishment and feeling of pride when individuals are able to start their own businesses, begin making money and in some cases, hire others," said Chavis, who is also currently working with Monarch's employment specialists to help others identify how they can turn their love of photography and cross stitching into a microenterprise.

Monarch offers a range of Employment Services options to individuals with intellectual and developmental disabilities, physical disabilities and mental illness. Among those resources are supported employment, which allows Monarch staff to teach skills, prepare resumes and provides interview training. Monarch staff work to offer training with an emphasis on communication, skills, responsibility, attire, attendance and other useful workplace skills.

In the past few years, Monarch has helped people supported start 4-5 microenterprise businesses across the state. Because each individual's interest is different, their businesses reflect diversity and are vastly different. From a worm farm, car wash, food vending, selling women's accessories to Betsy's Creations, the businesses and people supported are thriving.

As she works to build her business, Brouwers is becoming increasingly busy filling orders. It's just what she wanted – and she's enjoying every minute of it. ●





*The Monarch Lighthouse Bell Choir and staff.
Inset: Volunteers from Monarch's Montgomery
Community Living Skills (MCLS) in Biscoe
plant flowers at a local community center.*

A Prestigious Honor: **LIGHTHOUSE CLUB BELL CHOIR AND MCLS RECEIVE GOVERNOR'S AWARDS**

TWO MONARCH GROUPS are recipients of very prominent state honors. The Lighthouse Club Bell Choir in Currituck County and Montgomery Community Living Skills (MCLS) in Biscoe were both named recipients of the 2013 Governor's Volunteer Service Award for their respective counties.

The Lighthouse Club Bell Choir and MCLS are among dozens of Monarch groups who diligently and faithfully give back to their communities. Members of the bell choir and participants who attend MCLS have volunteered countless service and performance hours for community and civic groups, including Communities in Schools- BackPack Pals, nursing facilities and for the elderly and medically frail throughout their communities.

For their volunteer service and commitment of time, accomplishments, community impact and enhancement of the lives of others, both groups received the 2013 Governor's Volunteer Service Award for Currituck and Montgomery counties. The Governor's Award honors the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service.

Both groups have been regularly featured in local newspapers, received donations from area residents to purchase instruments and equipment and letters from state officials congratulating them for their inspirational and musical contributions to the community. ●

MONARCH ON THE MOVE



Left to right: Kermit Mullen (seated in center) flanked by Toastmaster members, including Naomi Takeuchi, the state's District 37 Governor Toastmasters International, second to left and Renate Macchirole, community inclusion specialist at Monarch.

POWERFUL VOICES: Several in Elizabeth City join Toastmasters

KERMIT MULLEN, MISSOURI HARVEY AND CLEO CARVER, participants of Monarch's Supervised Living program, are attending Elizabeth City's new River City Toastmasters Club, an international organization committed to helping individuals improve their speaking and leadership skills through a worldwide network of meeting locations.

During his first meeting, Mullen was so impressed by the group's magnificent oratory he raised his hand eager to present his own speech.

"I was listening to everyone else speak and I got interested and I wanted to say something," Mullen said. "I was a little nervous, but that's what I really wanted to do, so I did it. The more you put yourself out there the farther you get yourself in life."

River City Community Development Corporation's (CDC) Regional Entrepreneurship Coordinator Erica Ramjohn, who currently serves as the club's treasurer, worked diligently with several members of the community, including River City CDC President Lenora Jarvis-Mackey, to start the regional Toastmasters Club, which was chartered last October. She said Mullen and Carver, who have joined the club, have done very well attending, participating and serving as vital members of the club, which Ramjohn said is extremely diverse.

"This experience for the club is all about learning. Whether that means learning to work with different ethnicities or people with physical or intellectual disabilities, it has been a great experience for everybody," explained Ramjohn, who said members of varying backgrounds and all ages, from faculty at the local university to students, attend. "I believe that

is one of the reasons Kermit and Cleo have felt so comfortable with this group to do their speeches. It has been an extremely positive experience."

Mullen, who attends Monarch's River City Achievement Center, a day program for people with intellectual and developmental disabilities in Elizabeth City, where he volunteers for local organizations such as the Food Pantry and is a founding member of Monarch Voices of Power, a local self-advocacy group, said he is glad that he can participate and be part of this new group that allows him and his peers to be involved in the community.

"I feel like I have made a difference by giving people good ideas about people with disabilities," Mullen said. "I like giving speeches and telling people with disabilities and those who don't have disabilities how I want things changed for the better in my community. We can get more people involved in a good way and more activities to make us all grow more." ●

Golden Girl: Stephanie Jamie earns gold medal at World Games

Stephanie Jamie brings home gold medal during SO World Games in South Korea, but parents said they really hit the jackpot with extraordinary twin daughters

Left to right: Angie, Jennifer, Stephanie and Scott Jamie

WHEN SCOTT JAMIE answered the phone call, he thought it was a hoax.

During the call he learned his daughter Stephanie Jamie, a student at Davie County High School and an avid skier, was one of four North Carolina athletes selected to represent the United States in the 2013 Special Olympics World Winter Games in Pyeongchang, South Korea this past February. As part of the Special Olympics Team USA, she joined 3,300 athletes from 112 countries around the world to compete in eight Olympic sports.

Every two years, thousands of Special Olympics athletes from six continents come together to showcase their athletic skills and bring the spirit of the Special Olympics to life. The Special Olympics Summer and Winter World Games feature intense athletic competition and inspiring performances from talented athletes from across the globe.



“We are all elated, excited and thrilled! We have been overwhelmed and delighted by the opportunity for Special Olympics to have chosen Stephanie,” exclaimed Angie Jamie, Stephanie’s mother. “We were all in as soon as we heard. We just wanted to make sure Stephanie was in and was mentally and physically prepared – and she was. She is a fitness buff – strong and lean – and her core is probably better than most.”

The Jamies have been huge proponents of Special Olympics for years. Stephanie, 19, and her twin sister, Jennifer, have been competing since 2006. In 2009, Stephanie and Jennifer were the recipients of the Special Olympics NC Piedmont Triad Area Athlete(s) of the Year award.

“Team Jamie” set into motion nonstop after the phone call comprised of her parents Scott and Angie, grandparents, neighbors and friends.

The close-knit community in the Jamie’s hometown of Advance, approximately 20 miles from Winston Salem, hosted fundraisers and provided support to ensure Stephanie’s success to compete on an international stage. Chick-Fil-A, where the family eats breakfast most Saturday mornings, held a fundraiser. Doug Roberts, owner of Ski & Tennis Station in Winston Salem, donated apparel and skis, boots and bindings. The Bixby Community in Advance held a chicken stew fundraiser and coworkers from Brenner Children’s Hospital, the Jamies’ employer, generously contributed. Friends and families posted appeals and congratulatory messages on social media sites, which generated publicity and helped to raise more funds necessary to make the trip.

Despite the excitement surrounding the games, Stephanie and the other athletes trained hard. While in Korea, Stephanie stayed with the team, but the Jamies made sure they rang the cow bell to let her know Team Jamie was there every step of the way.

“Jennifer was a big cheerleader the entire time. When they did have time together, they were inseparable,” recalled Angie. “We respected their training times. I give Stephanie tremendous recognition and admiration because she was dealing with people she didn’t know, different sleep patterns to wake up and train in and different foods. She did it all with such grace. We are so proud of her.”

Stephanie brought home a Gold medal in alpine skiing and placed in two other competitions. She also earned an unconventional prize, permission to color her hair red if she placed.

Angie said the games presented an extraordinary experience and the event sponsors, representatives from other countries and the Korean Army were incredibly

gracious hosts. The focus was on the athletes’ success and the success of the event. They also got an opportunity to meet Timothy Shriver, chairman and CEO of Special Olympics, and other celebrities and athletes.

“We didn’t play tourists, but experienced a lot of the culture during the opening and closing ceremonies. We had everything we needed, especially Domino’s Pizza,” laughed Angie, who said they preferred familiar foods over the native cuisine. “Whenever Stephanie was available, we wanted to spend time and be there with her.”

Actually, Team Jamie existed well before Stephanie’s invitation to the World Games. The fervent support for their daughters began at the time their only children were born with autism. Cheering for Stephanie and Jennifer, who are supported by Monarch’s CAP Services, and working to ensure they are successful, is the standard for the Jamies. Angie also credits “their big sister role models” [Jordan Farmer, Holly Young, Brittany Turner, and Leigh Smiley] from Monarch who provide support and encouragement for the girls.

“Our girls are wonderful and we are so blessed,” Angie said. “The perception is... people don’t get a lot of positives with disabilities, but everything we’ve been blessed with we have never looked at it as not an opportunity to do our best or to give them the best.”

The twins are the pride of the Jamie household. A bookcase holds dozens of albums filled with hundreds of photos that chronicle the girls’ lives. Like most teenagers, the twins love fashion and love to dance and have taken jazz, ballet and tap. Stephanie and Jennifer are known for their amazing voices and give highly-anticipated performances at their church’s annual Christmas celebration. Stephanie is the pensive thinker, the athlete, the one who will figure it out before asking for help, mom says, while Jennifer is the “drama queen,” the cheerleader who is a bit of a boss and tries to tell her sister what to do. Their mother said the girls have been instrumental in guiding their family and showing that a disability is not a limitation.

“The girls are our beacon and they lead the way. They give us strength and we are very blessed to be able to provide them with opportunities to be confident. If they fail, it’s not failure. It’s a learning process we all learn,” said Angie, who said it’s important for parents to be advocates for their kids. “So, we try it again, if they want to try again. The things we see them excel in we try to provide the opportunity for them to get it. We just want them to be happy doing it – whatever that is.” ●



Pictured left to right: Stanly Community College students Cindy Long, Blane Long, and Sally Bish pose for a photo with Kerry Martin (second from left), SIS site manager following an activity at the day program. The group helps with lunch, activities in the classrooms, assists staff with various duties, and helps with laundry from the local shelter. "They are AWESOME," exclaimed Martin. "I love having them here." Not pictured: April Goodman.

A MEANINGFUL EXPERIENCE: VOLUNTEERS FROM STANLY COMMUNITY COLLEGE SHARE THE BENEFITS OF GIVING BACK

As shared with Eileen Bress, volunteer and community coordinator

HOW DID YOU LEARN ABOUT MONARCH?

First, from a former church member who started to work there several years ago. I heard about it again at Stanly Community College from two classmates who served there.

WHY DID YOU DECIDE TO VOLUNTEER AT MONARCH?

I filled out the volunteer application and interviewed at my prospective site [Stanly Industrial Services, a day program for people with intellectual and developmental disabilities in Albemarle]. After we decided it was a good fit and my application cleared, I started the volunteer training. This started as a way to satisfy my course requirement, but the decision is one of the best I have ever made.

WHAT HAVE YOU GAINED FROM BEING A VOLUNTEER?

I have learned that everyone deserves to be treated the same no matter what their disability, handicap, or problems they may be experiencing. I have found out how truly wonderful, loving, sweet, kind, hard-working, and imaginative people with mental

and physical handicaps can be. I have truly enjoyed the time I have spent at SIS [Stanly Industrial Services]. They have really made me feel like a part of the family. I look forward to each day I attend. I have learned so much about people and myself. Never have I been prouder to be a part of something.

WHAT HAVE PEOPLE LEARNED FROM YOU?

I think that the people that I volunteer for and with have learned that I am a very caring, compassionate person, who is willing to help them in any way that I can. I hope they feel how concerned I am about them and that I am willing to empower them in any capacity that I can. The amount of caring from the staff for the people we support goes above and beyond what is called for. The joy I get every time I walk in the door and interact with my new friends at SIS makes me feel blessed. I don't know if I could ever thank everyone for allowing me to be a part of this wonderful facility and part of the family. ●



SPECIAL OLYMPICS ATHLETES PARTICIPATE IN BASKETBALL CLINIC WITH UNC TARHEELS



DOZENS of Special Olympics North Carolina (SONC) basketball players from across the state were selected to meet their counterparts from the men's basketball team at UNC-Chapel Hill earlier this year.

Brian Shaff, Elliot Schmehl, and Harrison Young, residents of Monarch's homes in Stanly County, were among 100 Special Olympic basketball players who received tips and skills training from Tarheels Head Coach Roy Williams and players at the Smith Center on the Tarheels' campus in Chapel Hill. The two-hour clinic featured stations focused on passing, dribbling and shooting.

"I had a blast," exclaimed Schmehl who plays point guard for the Stanly County Special Olympics basketball team. "I learned to dribble, shoot and do layups better. I met people from a lot of different places."



Schmehl said he also met his Tarheel point guard counterpart Marcus Paige. Paige and his UNC teammates signed autographs for Schmehl, Shaff and the other visiting athletes.

Coach Williams brought the tradition to UNC 10 years ago, which he started while a coach at the University of Kansas. Athletes put their skills to good use as they prepared for the 2013 SONC Basketball & Cheerleading Tournament in March in Mecklenburg and Johnston counties. ●





An Invitation to **DANCE** by Diana Turner-Forte



I HAVE TO ADMIT that I have wandered into some amazing experiences throughout my adult life. I can count on one hand those events and people who have played significant

roles in shaping my ability to see life, myself and others different from me through a wider lens. It is in those places that I can testify to God's power in my life, even as I walked with uncertainty and reservation.

Monarch Creative Arts and Community Center (MCACC) is one of those places. From the moment I met the folks there, I felt a tug in my heart to be of service in a way I had not previously considered. Miracles happen when needs are matched with skills and the mystery unfolds. The Creative Movement classes I teach for the people Monarch serves is one of those mysteries—challenging, humbling, and most of all inspiring. It is a gift watching the human spirit come alive through creative expression.

As a dancer, my philosophy is rooted in the belief that everyone should be invited to move in expressive ways that hold meaning

for them. When students are drawn into the process of self-discovery through creative movement, the essence of the inner being is unveiled: quietly, gradually and almost imperceptibly. As both witness and performer of their actions, learners become responsible for their accomplishments, measured by their own efforts and desire to learn.

Through guided practice of the elements of dance and rhythm, fundamental kinesthetic and spatial awareness patterns become established in the body. Open-ended activities engage the mover in tapping into his imagination and creativity. On any particular day, out of what may appear to the bystander as chaos, I'm privileged to witness Eddie, Megan, Miriam, Donna, and others making shapes on a variety of planes: high, low and in-between: their bodies expanding and contracting, cultivating coordination and balance.

Or, I get to engage Richard in such a way that he is reaching beyond the confines of his wheel chair. I can be a spectator to Jeff groovin' to the music, and Russell dashing across the floor creating various patterns to specific cues and rhythmic sounds. One day, after running out of words to explain a movement, I turned toward the CD player, out of the corner of my eye, I noticed Angel doing an essential cross lateral movement—I was elated saying, "Yes, yes, that's it!"

We are all more than we can ever imagine. By exploring movement in a supportive and non-intimidating environment, body-mind integration can be sustained, temporarily in the beginning. Eventually, however, the body will seek and want those moments of wholeness more often. Havelock Ellis wrote, "Dance is the loftiest, the most moving, the most beautiful of all the arts, because it is no mere translation or abstraction from life; it is life itself." Perhaps we should all do more creative movement in the quiet spaces of our days, freeing our inner impulses to speak. ●

Diana Turner-Forte, a classically-trained professional dancer, is director of the Choreographic Institute of North Carolina. She teaches movement instruction to people at the Monarch Creative Arts and Community Center in Southern Pines.

WHY WE SUPPORT MONARCH

*Grandparents of young man with disabilities
work to advocate and educate*

Larry and Brenda Hinson have worked diligently for years to ensure that people with disabilities have a voice.

Larry serves as chair for The Arc of Stanly Advisory Committee and Brenda is the chairperson of the Monarch Board of Directors.

"We support Monarch each year because we see firsthand the impact that financial support and volunteer support can have on people with disabilities," said Larry Hinson. "Our greatest reward is seeing the expression on the faces of people that we help each Christmas. It is the simple things that bring smiles to their faces."

As grandparents of a young man with disabilities, they know firsthand what tremendous hurdles the more than 4.6 million Americans with disabilities, their family members and guardians often face. It's difficult for people to navigate local, state and federal systems in an attempt to get much needed and quality services.

"We continue our efforts because we want the needs and desires of all people with intellectual/cognitive disabilities to be met. I feel that on a local level, the need is great for people to volunteer their time and talents with the people we support," Larry said. "We are very active in the community with advocacy and projects. Our disability policy awareness includes staying abreast of local, state and federal issues that impact the people we support."

The Hinsons and members from The Arc of Stanly Advisory Committee, make phone calls, send emails and visit with local, state and federal officials to advocate for individuals and families and to

2011-2012 DONOR REPORT

help protect these lifeline programs that so many people in the state rely on. They provide local advocacy, which includes working with families who have hit road blocks or need support for meetings. They also provide insight and support for people and families who seek funding.

Each year, the Advisory Committee adopts a group home in Stanly County in an effort to foster social capital. The members get to know the people living in the homes and find commonalities that often develop into friendships that carry on beyond the year. If there is a person who loves to read, this may be a natural support way to connecting to a book club. There have been connections made with other social groups that often then partner with the home. They take residents to ballgames, on boat rides, host cookouts, and ensure that every resident gets what they need. ●

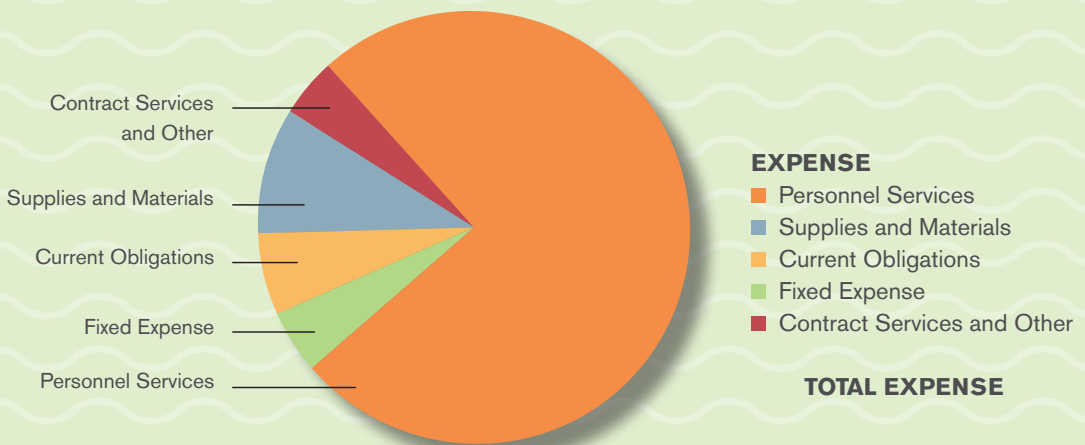
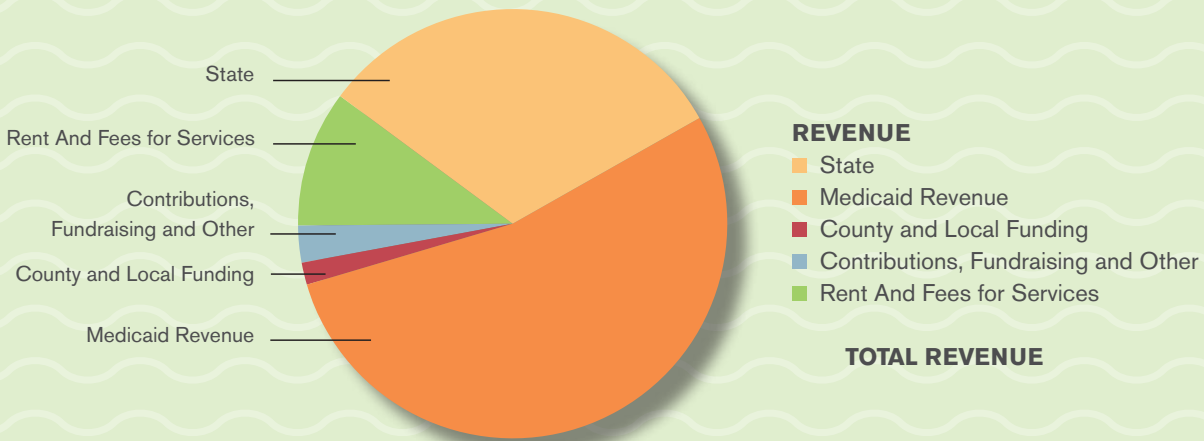


To become a member of The Arc of Stanly, to pledge your support, to learn more about advocacy or for more information about how you can get involved, visit <http://monarchnc.org/the-arc/thearcofstanlycounty> or call (704) 986-1519.

2011-2012 DONOR REPORT

"We support Monarch each year because we see firsthand the impact that financial support and volunteer support can have on people with disabilities."

— **Larry and Brenda Hinson**



Financial information about this organization and a copy of its license are available from the state Solicitation Licensing Section at (919) 807-2214. The license is not an endorsement by the state.



MONARCH *Statements of Financial Position, June 30, 2012*

ASSETS

Current assets:

Cash and cash equivalents	\$ 1,933,318
Residents' cash	277,105
Accounts receivable, net of allowance for doubtful accounts of \$350,000 in 2012 and 2011	5,058,273
Inventory	7,608
Prepaid expenses	186,934
Total current assets	7,463,238

Property and equipment	
Land and land improvements	234,487
Buildings and improvements	3,784,518
Equipment	2,496,933
Furniture and fixtures	228,449
Vehicles	3,087,507
	<u>9,831,894</u>
Less accumulated depreciation	6,340,987
Net property and equipment	3,490,907

Other assets:

Cash value of life insurance	60,952
Investments	1,561,472
Total other assets	1,622,424
	<u>\$ 12,576,569</u>

LIABILITIES AND NET ASSETS

Current liabilities:

Checks issued in excess of bank balance	-
Note payable, bank	-
Current installments of long-term debt	68,547
Current installments of capital lease obligations	264,540
Accounts payable and accrued expenses	4,059,445
Residents' cash liability	277,105
Total current liabilities	4,669,637

Long-term liabilities:

Long-term debt	597,033
Capital lease obligations	671,044
Total long-term liabilities	1,268,077
Total liabilities	5,937,714

Net assets:

Unrestricted	6,535,213
Temporarily restricted	103,642
Total net assets	6,638,855
	<u>\$ 12,576,569</u>

17,884,168	32%
30,249,256	54%
892,277	2%
1,529,610	3%
5,727,226	10%
56,282,537	100%

42,135,033	75%
2,578,574	5%
3,430,180	6%
5,255,828	9%
2,416,363	4%
55,815,979	100%

"We could not be happier to help contribute to such an important and difference-making organization like Monarch. Monarch truly makes a positive impact on the lives of thousands of families in the state of North Carolina and every dollar given goes to furthering their mission and cause. Our employees are proud to be connected and part of the support of Monarch."

— **Bryan Calloway**
 Director for Enterprise Fleet Management in North Carolina



MONARCH DONORS 2011-2012

FAMILY AND FRIENDS

Beth Allison
 Jim Anderson
 Leonard and Sharon Block
 Eileen Bress
 Linda Carey
 Charles and Dottie Carter
 Alvenia Cheek
 Gary and Jackie Church
 David and Elizabeth Cooper
 Mattie Cranford
 Ed and Gerri Crutchfield
 Eric Davis
 Judy Dean
 Roger and Connie Dillard
 Polk and Kathy Dillon
 Jeff and Marie Gaskin
 Brian Go and Maya Zumwalt
 Don and Susan Haines
 Broderick and Relena Hair
 Martin Henry and Linda Kampitch
 Larry and Brenda Hinson

Lisa Huffman
 Don and Gail Hurlburt
 Wendy Karam
 Helen Kedzierski
 Angela Kirk
 Mike and Gale Kirk
 Joe and Nancy Kling
 Michael and Dorothy Ledford
 James and Jane Lewis
 Robert Lovett
 Tony and Martha Lowder
 Anastassios Margaronis
 Dave and Jackie McGowen
 Jim and Nancy McNiff
 Lori Meads
 Walter Meads
 Peggy Merritt
 Donald and Barbara Miller
 Fetzer Mills
 Don and Rachel Morrison
 Sheryl Ogorek
 Robert and Margaret Psimas



Left to right: Melissa Johnson, account manager – Enterprise Fleet Management; Cindy Jones, chief financial officer at Monarch; Blake Martin, chief development officer at Monarch; and Bryan Calloway, director of North Carolina – Enterprise Fleet Management.

ORGANIZATIONS

Advent Lutheran Church
 America's Roadhouse
 Asheboro Florist
 Bed, Bath & Beyond, Inc.
 Beefeaters
 Boe's Florist
 Burge Flower Shop
 Campbell Soup Company
 Cato
 Community Presbyterian Church
 Creative Florist
 Dare County Transportation
 Energizer, Inc.
 Estate of Eva Craver
 First Presbyterian Church
 FR. Joseph Klaus Association, Inc.
 Goodwill Industries of Northwest NC, Inc.
 Grace Baptist Church
 Harris Teeter
 Home Depot
 Jarvisburg Church of Christ
 Ladies of the VFW
 Lamb Foundation of NC, Inc.
 McCrann Law Firm, P.A.
 Morgan Stanley Smith Barney
 National Trust Community
 Investment Corporation
 NC Stairs and Rails
 New Sawyers Missionary Baptist Church
 Outreach for Jesus
 Perry's Fine, Antique & Estate
 Jewelry of Southpark
 Potts Pottery
 Sam and Pam Hooker Foundation
 Seven Lakes Chapel in the Pines
 Southern Pines Rotary Club
 Tabernacle of Deliverance
 The Cannon Foundation, Inc.
 The Harriett M. Brouwers Trust
 The Shoe Boutique
 United Way of Stanly County
 Walmart
 Zoiland Civitan Club

M.A.G.I.C.A.L. GARDENS

Contributors to Monarch's sustainable gardening initiative will help provide access to locally grown healthy foods while building community and inclusion.

Eileen Bress
 Bob Dofner
 Carl and Joann Kimrey
 Andre Pallapies
 Mary Thompson

 CarolinaEast Foundation
 Craven County Community
 Foundation, Inc.
 Guy C. Lee Building Materials
 JoeSigns
 John Lucas Architect
 New Bern Woman's Club
 The City of New Bern
 The Harold H. Bate Foundation, Inc.
 United Way of Stanly County
 U.S. Cellular

Derek Pszenny
 Oz Queen
 Carol Rhine
 Renita Ritchie
 Danny and Dorothy Robinson
 Thomas and Mary Ann Roth
 Frances Sawyer
 Mary Scott
 Bill and Kirksey Shaver
 Marjorie Silvernail
 Douglas and Nancy Smith
 Nathan Smith
 Bruce and Karen Solomon
 Arthur Stevenson, Jr.
 Arthur Stevenson, Sr.
 Lawrence Stone
 Trawick and Carol Stubbs
 Bob and Dr. Peggy Terhune
 Ron Weathers and
 Mouzetta Zumwalt
 Clyde and Paulette Welborn
 Kenneth Whitley



MONARCH SOCIETY

The Monarch Society helps people pursue their dreams. It is through generous gifts to the Society that Monarch is able to facilitate learning, growth, and healing for thousands of people across North Carolina. Monarch supports and empowers individuals helping them exceed expectations and achieve lifelong dreams such as getting a job, living on their own, coping with depression, and getting married.

Many families, friends, and community and business leaders choose to contribute to the Monarch Society annually as a tribute to people in their own lives who have inspired them to achieve their dreams.

\$1 to \$999

Contributors believe that everyone deserves the right to pursue their dreams. Members of this Circle make it possible for dreams to take flight by contributing \$1 to \$999 annually to the Monarch Society.

Edward Baranoff
Jeff and Angela Barbee
Pawnee Barden
Jack and Nancy Jean Bauer
Carroll Braun
Keith Bryson
Betty Bunker
Robert and Pearl Campbell
Mary Chamis
Bill and Martha Collier
Joan Compton
Mattie Cranford
Ed and Gerri Crutchfield
Bonnie Dell
Benton and Cindy Dry
Eddie and Janice Dunlap
Margaret Edwards
Gary and Joan Feierstein
Michael Ferris
Jeff and Marie Gaskin
Tom and Rebecca Gill
Don and Susan Haines
Broderick and Relena Hair
Richard Harris
Michael and Angie Harrison
Tommy Hicks
Larry and Brenda Hinson
Wallace and Dolores Howell
Bobby and Lora Jones
Barbara Kean

Angela Kirk
Mike and Gale Kirk
David Kuss
Michael and Dorothy Ledford
Myra Lippard
Tony and Martha Lowder
Vincent Mann
Blake and Jamie Martin
Dave and Jackie McGowen
Theodore McQueen
Sherry Meads
Blane and Glenda Moon
Don and Rachel Morrison
Cathy Myers
Tim Noland
Bob and Kemper Parris
Mildred Phillips
Carrie Poplin
Dixie Poplin
Hoyle and Jean Poplin
Denny and Cynthia Reinhardt
Peggy Roseman
Joseph and Barbara Rosy
John Michael and Melinda Rummage
Robert Sager
Myrtle Shaff
Oscar Shelton
Nancy Smoak
Margaret Snyder
Denny and Scarlett St. Clair
Ross Stokes
Darryl and Natasha Suber
Bob and Penny Townsend
Amy Trainor
Rachel Ward
Louise Warnimont
Fritz Wiesendanger



“‘To whom much is given, much is required’ and because of that I choose to give of my resources to this fantastic organization. The leadership and support services teams at Monarch strive to go above and beyond what is expected and truly care about their communities as demonstrated by their service to individuals and families in those communities. I’m honored to be a part of an organization that strives to honor individuals and families to achieve what is important to them.”

— **Lee Allen**, Broker/Owner, Re/Max Town & Country

Jeff and Jeanette Wilhelm
Voyte and Betty Wilhelm

Albemarle Hearing Center
Allstate Leasing, Inc.
Bank of Stanly
BB&T

Bear Insurance Service
Bridgers Family Care
C & M Services, Inc.
Cardinal Graphics, Inc.
Classic Enterprises of Locust
Clint Miller Exterminating
Concord Heating & Air
Conditioning, Inc.
Davidson, Holland, Whitesell &
Company, PLLC

Deercroft Golf Club
Dun Rite Professional Services
Dunlap Vision Center
Enterprise Fleet Management, Inc.
Enterprise Rendering Company
First Assembly of God, Inc.
Home Savings Bank, SSB
Irwin Siegel Agency, Inc.
JG Financial, Inc.

McCran Law Firm, P.A.
Mid Pines Inn & Golf Club
Sandhills Office Systems, Inc.
Shelton Insurance Center, Inc.
South Central Oil Company
Standard Office Equipment
Stanly Regional Medical Center
Synergy Coverage Solutions, LLC
The Country Club of Whispering Pines
The Strategic Alliance Corporation, Inc.
Time Warner Cable, Inc.
VSC Fire & Security, Inc.

\$1,000 to \$2,499

This Circle supporters are committed to underwriting the dreams of the people we support. Getting married, going on a vacation, or putting on a pilot's suit for a day is a dream come true for someone. The Circle members recognize these dreams by contributing \$1,000 to \$2,499 annually to the Monarch Society.

Lee and Mary Burt Allen
Reggie and Mary Medlin
Shelly Morgan

CNP Technologies, LLC
Randolph Medical Pharmacy

\$2,500 to \$4,999

This Circle honors those who have provided sustaining leadership for Monarch throughout existence. Much like our founders in Stanly County over 50 years ago, these Circle members exhibit unwavering commitment by contributing between \$2,500 and \$4,999 annually to the Monarch Society.

Bear Insurance Service
Gardner & Hughes, PLLC
Guardian Pharmacy Eastern, Inc.
J.T. Russell and Sons, Inc.
Kerr Health, Inc.

\$5000 and above

This Circle gives special acknowledgement to those who make a commitment to Monarch with a contribution of \$5,000 or more annually to the Monarch Society. This circle gives parents, families, and community members the chance to express their full commitment to the mission and vision.

Core Solutions, Inc.
First Citizens Bank

**WANT TO JOIN
THESE DONORS IN
SUPPORT OF MONARCH?**

To make a gift please use
the envelope enclosed, visit
www.MonarchNC.org
or call (704) 986-1584.



Caroline Parks (above left) and Brian Sykes proudly shared and discussed their work with art lovers and community supporters who came to see the art exhibit. At right: Gallery owner and artist Glenn Eure poses with Brian Sykes.

ARTISTS' WORK DISPLAYED IN BIG SHOW, BLAZE NEW TRAIL IN OUTER BANKS

For the first time, people with disabilities demonstrated their artistic talents at one of the oldest art shows in the Outer Banks and in Dare County. Artwork by Brian Sykes, who attends the Monarch Scuppernong Club in Columbia, and Caroline Parks, a participant of the Beach Club of Dare, was displayed among more than 100 works of arts by dozens of community artists during a recent art show at the Glenn Eure Ghost Fleet Gallery in Nags Head. Eure, a well-known and well-respected artist himself, is best known for his 75-sq. ft. concept, the Kitty Hawk Monument, created to honor a Century of Flight. ●



David Stevenson, who attends Monarch's Health Drive day program in New Bern, shows off his Spread the Word to End the Word T-shirt. Participants from several of Monarch's programs held rallies in March and April to raise awareness and to discourage the use of the word known as the "R-word."

If you wish to unsubscribe from future publications from Monarch, please email your name to optout@monarchnc.org with UNSUBSCRIBE in the subject line. For more information, call (800) 230-7525.



THANK YOU

We would like to thank sponsors and participants for their tremendous support and for Helping Dreams Take Flight.

<p>Title</p>  <p>First Citizens Bank</p>	<p>Gold</p>  <p>GARDNER & HUGHES</p>	<p>Silver</p>    <p>RANDOLPH Medical Pharmacy Focused on healthcare. Precisely.</p>
<p>Driving Range</p> 	<p>Awards Ceremony</p> <p><i>Independent Insurance Sales Agent</i> Shelly Morgan</p>	<p>Hors d'oeuvres</p> 
<p>Hole Sponsors</p> <p>First Citizens Bank Gardner Hughes Bear Insurance Services Enterprise Fleet Management Randolph Pharmacy Bank of Stanly Davidson, Holland, Whitesell & Co., PLLC JG Financial Services Stifel Nicolaus Honorable Judge Webb Stanly Regional Medical Center Monarch Board of Directors South Central Oil Company and Professional Propane TWC Business Class Perry Productions BB&T, Pinehurst, NC VSC Fire & Security Clint Miller Exterminating Standard Office Equipment Home Savings Bank Mad Toy Box Films One Source Bundle Cardinal Graphics Cadillac Signs</p>	<p>Lunch</p>  	<p>Hole in one</p> 
<p>Beverage Cart</p>   	<p>Longest Drive</p> 	<p>Closest to Pin</p> <p>Classic Auction <i>Locust, NC</i></p>
<p>Putting Contest</p> 		





350 Pee Dee Avenue, Suite A
Albemarle, NC 28001

www.MonarchNC.org

(800) 230-7525



An affiliated chapter of The Arc



The Council on Quality and Leadership

“LIKE” Monarch on Facebook

Like to be informed about legislative affairs that impact the industry and the people we support?

Like to see people reach their dreams?

Then “Like Us” on Facebook to stay current on the latest activities, events and updates from Monarch.



**So, “like us” on Facebook.
You’ll be glad that you did.**

www.facebook.com/pages/Monarch/146050132111413