

WESTERN HORIZONS



Summer
2017

Black Mountain Neuro-Medical Treatment Center

Community of Caring

From the Director's Desk...

Welcome to the Summer Edition of Western Horizons. Staying cool is a challenge in the mountains this time of year and so, my sympathies go out to those of you east of us! I hope that you are and continue to enjoy the remaining summer months.

We have often mentioned the Black Mountain Center Foundation's generosity and tireless effort in enhancing the lives of our residents. With this edition, we will begin to have a regular article about the activity of our Foundation. One member has stepped up to the plate to be the editor of the Foundation Article for the ... newsletter...

Continues on Page 3



Save the Date!

Employee
Service Awards
September 20, 2017

Join us as we
honor employees
of BMNTC for
their service.

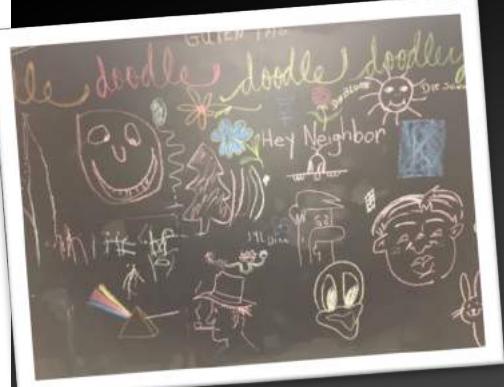
Fall Festival &
Family Reunion
September 23, 2017

Residents' Families
are invited to
campus for music,
games, and fun!

Pergola
Dedication
October 5, 2017

Community Reception
in Serenity Square
honoring the Knights
of Columbus.

Get Your Doodle On!



Doodling is Good For You..

- ~ Helps to Reduce Stress by being in the moment
- ~ Inspires Creativity
- ~ Generates Ideas



Doodling Chalk Boards located
on the Moore 1 Hallway towards
the Fitness Area.



Independence Day Celebration

June 29th, 2017 marked the 28th year that Black Mountain Neuro-Medical Treatment Center served as home to one of Buncombe County's preferred fireworks destinations. Each year this community wide event displays the embodiment of BMNTC's community of caring culture as our campus transforms into a spectacular gathering place for people of all ages and abilities.

Volunteers & Staff
WE THANK You!



Special Thanks...



It takes a tireless effort by the Black Mountain Center Foundation and the coordination by BMNTC's Brenda Hartley-Ross to help fund, plan, and organize this great event on our campus. The hard work required to setup and takedown the various stations, booths, tents, staging areas by the BMNTC housekeeping, maintenance, nutrition services, and purchasing departments illustrate the spirit of teamwork and dedication to this event.

Further, the more than 100 volunteers that assist in setting up and running over 20 activity booths, decorated & operated trams, served food & concessions, sold tickets, painted faces, got dunked, and the folks that served these volunteers deserve our greatest thanks for helping the event grow and become such a popular destination.



From the Director's Desk..

(continued from page 1)



Mr. John Bernhardt is a retired Professor after a successful 30-year career at UNCA. Throughout his career, he has been active in several community initiatives and boards. Just to name a few: The WNC Alzheimer's Association with 10 years on the Board of Directors; The Buncombe County Community Nursing Home Advisory Committee for 10 years; Mountain Geri-Care with 2 years on the Board of Directors and his newest appointment is to the Board of the YMI Cultural Center.

John has been a member of the Black Mountain Center Foundation for years (won't give away his age) and is always willing to assume whatever task is needed. He has been on the Board of Directors and served on many committees. But the thing that I personally like about John is his genuine caring for people and for the groups that he supports. While his knowledge and energy is impressive, it is that kind and gentle nature that carries you and your group to a high level of success. It just feels good to be around him, share ideas with him and know that he is on your side!

So, for this letter, rather than a review of what we do and how we do it at BMNTC, I felt it was a good time to start to show you some of the people and support that are a significant part of our caring community. Many thanks to you John!

~Greta Reath, Interim Director

2017 Employee Engagement Survey

BMNTC Employee's are reminded that the 2017 Employee Engagement Survey is open as DHHS is listening and wants your feedback. The survey link has been emailed to your DHHS email account and will run through **September 30th, 2017**.

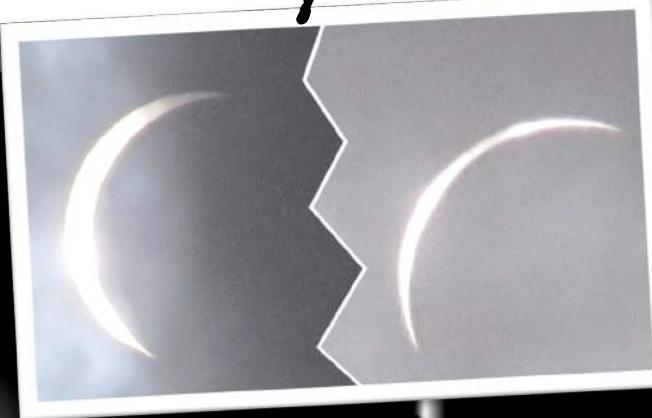
The survey is completely anonymous, so please remember-

DHHS is Listening, Your Opinion Counts!

2017 Solar Eclipse

Monday August 21st, brought a once in a lifetime opportunity to many, including the BMNTC community as the 2017 Solar Eclipse was on full display from coast to coast.

The path of totality during the eclipse covered areas about 50-70 miles west of Asheville. Towns such as Sylva, Dillsboro, Cashiers, Bryson City, Cherokee and Robbinsville had one to two minutes of complete darkness as the moon moved in front of the sun. Buncombe County and BMNTC saw a 99.2% eclipse. At 2:36 PM, the Carolina blue sky darkened and temperatures dropped. We hope you got to experience the rare total solar eclipse in western North Carolina or wherever you may have observed this wonderful event!



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

Asheville Walk to End Alzheimer's

The Walk to End Alzheimer's is an annual fundraiser sponsored by the Alzheimer's Association. Walks are held throughout the United States annually. All funds raised through this event further the care, support and research efforts of the Alzheimer's association.

At BMNTC our annual Cookout sponsored by the BMC foundation was held on September 7, 2017. This event raised over \$700.00 dollars, which will serve as our BMNTC team donation. The foundation generously donates the money to pay for the food purchased from dietary and then hamburger plates are sold for \$5.

The 2017 Walk to End Asheville Walk will be held on Saturday September 16, 2017 starting at Pack Square Park. Several staff from the facility participate in this event. This is an opportunity to remind the WNC community that BMNTC is a dedicated resource for those individuals with Alzheimer's disease that need specialized behavioral care.

BMC Foundation Happenings

What is the common link between summer fireworks and Christmas cheer? Horses to ride and birds on display?
Art in the hallways and music just for you?
Valentine dance and fall festivities?
A family room, a cottage and a pergola?



Each of these are projects of the Black Mountain Center Foundation. Working collaboratively with the Knights Of Columbus, the State Employees Combined Campaign, BMNTC staff, local businesses, and individual donors, the Foundation raises funds that it uses for projects to brighten the life of residents at the Center.

As an example, when you win the 50/50 lottery at one of the various events and festivals the Foundation promotes, half of the funds goes directly to the winner but the other half supports these projects that make life better for the residents. The equestrian program gives activity and the touch of earlier days. The creative arts give activity and an opportunity for self-expression. Music and Memory gives peace. The festivals and Christmas parade are joy. The Knights funded the family room in G2 and the vacation cottage for families who visit. They funded cozy Serenity Square, while residents painted the murals. Staff have helped tremendously in all of this, as they always do. When you see these things, remember the Black Mountain Center Foundation. Thank them. And maybe give a contribution to brighten residents' lives.



The Black Mountain Center Foundation supports BMNTC because their vision and mission is closely aligned with our fundamental beliefs. BMNTC's Vision is "to be a leader in the innovation, development and provision of specialized services for individuals with neuro-degenerative disorders across North Carolina."

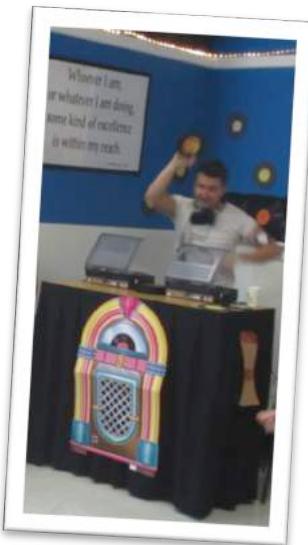
Workplace Wellness



BMNTC Wellness Happenings

Wellness Committee

Health and Wellness Awareness is promoted through the Wellness Committee's efforts. The Committee continues with **Move More** initiatives to raise awareness for Diabetes Prevention with 2 more Walk, Run, Push events September 27th & October 25th.



On July 26th, we took a break from the heat and brought a Wellness Celebration to the MPR with a Sock Hop Dance Party. DJ Fryin' Pan Ryan delivered tunes from the 50's to dance to and there was Wellness interactive booths on Eat Smart, Move More, Manage Stress & Diabetes Awareness.

New Intern!

Antioch University New England has become a graduate school internship site with BMNTC. Graduate school intern Heather Waters will join forces with the Creative Arts Department late September. Upon her completion interning here at BMNTC under the supervision of Mindy Coleman, MA, BC-DMT, she will graduate in

May 2018 with a MA in Dance/Movement Therapy & Counseling. Heather comes to us with experience working with adolescents who have experienced trauma and adults with IDD. She has a passion for social justice and is particularly excited about expanding her awareness of using different creative arts modalities as therapeutic interventions and supporting quality of life within our community. Welcome Heather! www.antioch.edu

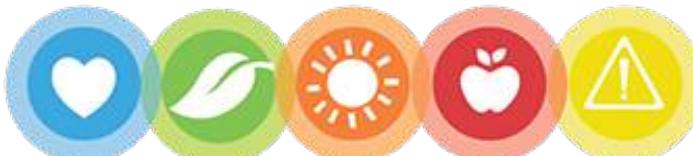


Community Involvement

With Volunteer Services, Creative Arts signed up to take part in United Way's Days of Impact October 18-19th with a team of volunteers. The hope is to work with some individuals in the community to build out frames for resident collaboration projects for 2018, mat & frame existing artwork by residents for the annual art give away, to beautify the art room, and if time allows, paint a stenciled mural out by the pergola in serenity square! More information about United Way's Days of Impact in the community at this link [HERE](#)

Asheville Alzheimer's Walk is Saturday, September 16th
www.act.alz.org

Please contact Mindy Coleman (x. 6947) with any questions or more information!





On April 30th, 2017 Black Mountain Neuro-Medical Treatment Center honored Chris Browning and her son Karl as Volunteers of the Year for 2017.

Chris is a Black Mountain native, who enjoys helping people and rescuing dogs. Her initial experience in volunteer work was at the Veterans Administration Hospital in Oteen during her high schools years while at Charles D. Owen High School. While attending college at Virginia Commonwealth University, Chris volunteered with the local rescue squad. Upon retiring from a career as a Magistrate with the Supreme Court of Virginia, Chris returned home to Black Mountain in 2007 and currently enjoys volunteering in Special Events at Black Mountain Neuro-Medical Treatment Center. Chris and Karl love to volunteer at events such as the Fall Festival and the Independence Day Celebration each year. Chris has been a longtime volunteer during the Christmas season wrapping gifts. Her vibrant spirit keeps her coming back to wrap items until all the gifts are finished.





Chris also volunteers in our community serving food at the Black Mountain Open Table and transporting dogs for Brother Wolf Animal Rescue when needed. She fosters dogs until they find a home placement. Her son Karl enjoys helping her with volunteer work in the community as well.

In addition to her dedication as a volunteer, Chris is a member of the Black Mountain United Methodist Church, and United Methodist Women.

Chris and Karl are great volunteers and wonderful assets to Black Mountain Neuro-Medical Treatment Center. We honor them with our most heartfelt appreciation.

Special thanks to the BMC Foundation for their sponsorship of the Volunteer Reception event and to the BMNTC staff who worked to make this reception possible.

Thunderstorms, Tornados, and Hurricanes...

Summer weather can be very unpredictable and hazardous. Thunderstorms can seemly come out of nowhere and disappear as quickly as they arrived. Tornados can form when conditions are right, often during a severe thunderstorm. Even though those conditions can be monitored, some tornados begin quickly enough to catch people unprepared. Hurricanes are much easier to predict and track, but they often change paths and intensity.

The bottom line is that it is important to continuously monitor forecasts and changing weather conditions, especially if your plans include outdoor activities. And have a plan!

If inside when a storm hits, stay away from windows and doors. No where the nearest shelter area is located and go there when a warning is issued. Unplug appliances, such as televisions and computers, as a power surge may cause severe damage to plugged-in appliances. Stay inside in the shelter area until the storm has passed and/or the warning has expired.

If outside when a storm hits, try to get inside a sturdy building as quickly as possible, staying away from doors and windows until you know the storm has passed. If you cannot go inside, crouch down for protection or lie down in a ditch or low- lying area. Cover your head and neck with your arms or a jacket if you have one. Stay away from anything made of metal and from natural lightning rods such as tall trees in the middle of an open field.

If your area is being evacuated due to an oncoming hurricane or other severe storm, follow evacuation instructions and listen carefully for up- dates. Remember that many people may evacuate at once, meaning that it might be a long and slow process. Plan accordingly, bring water, snacks, blankets, and any other supplies you might need. Don't forget to think about your pets.

Not all shelters will accept pets, so it is important to have a plan for them as well.

Courtesy of : Sam Adams
BMNTC Safety Officer
Ext. 6799



Employee Appreciation Picnic

On May 10th the Staff Recognition Committee sponsored and hosted an Employee Appreciation Picnic for all 3 shifts providing hamburgers, hot dogs, veggie burgers, and all the fixin's. The SRC uses opportunities like this to thank all of BMNTC's staff for taking such great care of the residents, buildings, and the entire campus.

Special thanks to the SRC members for their planning, commitment & effort as well!!

Tips to Ease Tension

RELAX.

You deserve it...

it's good for you...

and it takes less time than you think.

Work on your attitude. How you react to stress is determined by how you perceive a particular event. Reframe your response by acknowledging the stress event is outside of you. You are the center and controller of your response.

Think about something else.

Distract yourself to break whatever chain of thought is producing the stress.

Think positive. Think about a success or past achievement.

Take a mental vacation. Visualize or gaze at a postcard or poster of somewhere you would like to be and feel safe.

Recite an anti-stress litany. "This too shall pass." "Tomorrow is another day."

Use affirmations. "I can handle this."

"Everyone makes mistakes." "We are all human." "Staying calm helps me solve problems."

Count to 10. Use the pause to breathe and relax. It will allow a more relaxed response and lower tension in muscles.

1
2
3
4
5
6
7
8
9
10

Look away. Focus on something at least 20 feet away to let eye muscles change tension.

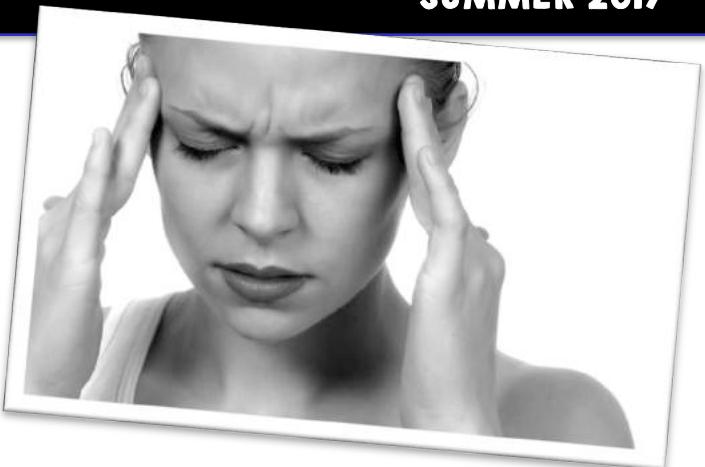
Get up and leave. If appropriate, leave the stressful situation for a little while. Go out to lunch. Walk around the block. The exercise and space gives you time to recover from the stress response.

Take several deep breaths.

Stress and tension tighten muscles. Breathe by pushing out with stomach muscles to bring oxygen and energy into your body. Exhale and let go of the stress.

Yell or cry. If the environment is private and safe, emotional release can be healing.

Stretch. Stretching muscles reduces the sensation of stress even when we



can't do anything about the source of the stress.

Massage your target muscles.

Recognize which muscle groups you tense up when feeling stress. Massage those muscles to break the stress-tension cycle.

Press on your temples. Ancient application of acupressure using your fingertips moving in small circles over your temples relaxes muscles elsewhere in your neck.

Drop your jaw and roll it left and right. Notice if you clench your teeth when feeling stress.

Yawning and jaw stretches release tension.

Stretch your chest for better breathing. Press your shoulder blades together expanding your chest as you inhale. Relax as you exhale. Repeat 4-5 times.

Relax all over. Use progress relaxation techniques to start with your feet and move progressive to your head (feet, legs, chest, arms, neck, head) relaxing each major muscle group one at a time.

Listen to relaxation tapes (natural sounds) or music. Both can promote relaxation and be inspiring.

Give someone a compliment or thank-you.

Share a joke with someone.

Smile at someone or even yourself.

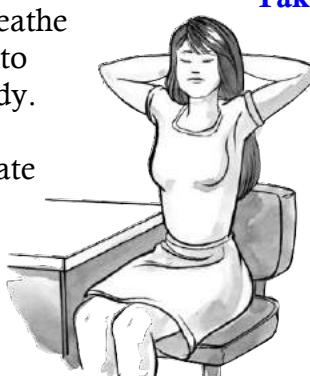
Take a minute to gaze at the photo of a loved one on your desk, wall or in your wallet.

Comb your hair.

Get a drink of water.

Review an item from your happy life-

this is a file where you put birthday cards, thank you notes, letters of appreciation, photos etc.



FAQs- The Pergola in Serenity Square

1. What's a pergola?

A structure in a garden or park consisting of a framework covered with trained climbing or trailing plants.

2. Why do we have one?

The Knights of Columbus, a grassroots organization, graciously funded this project. The Knight's council members decide how funds are distributed in their communities. They continue to generously remember the needs of Black Mountain Center's residents and we thank them!

3. Who can use it?

It is designed for the enjoyment of residents who live here. Others who benefit are residents' families and friends, visitors and staff who assist residents to this beautiful space.

4. Who built it?

BMNTC used a local contractor to build the structure- keeping in mind to continue to strengthen the local economic base of the community.

5. Is the wood treated for outdoor use?

The wood has been treated with a water seal intended to seal the wood from water damage and allow the surface to maintain its natural color.

6. What about shaded areas?

A shade cloth will soon be installed to the pergola's rooftop framework to provide shade while the climbing plants grow.

7. What's happening with the water feature?

Some years ago, a water feature was installed in the corner of Serenity Square. The water pump in the pond froze and the upkeep became difficult. It was decided, for beautification purposes, to fill in this small area with ferns, succulents, rocks, and other plants for visual enjoyment.

8. What's happening with the plants?

The plants around the pergola were chosen as shade covering. Three climbing Hydrangeas will hopefully cling to the supportive structures and show their creamy-white summer flowers when they mature. Also installed at the corners of the pergola are two variegated willows to create a shrub border.

9. What else should I know about the pergola?

A portable sound system for music may be set up by Creative Arts & Recreation Therapy to use for events and parties held under the pergola. Teak furniture was also part of the Knights funding for the space.

This event sponsored by:

Black Mountain Center

FOUNDATION

On October 5th at 3:00pm the BMC Foundation invites you to a Community Celebration to recognize the Knights of Columbus for their generosity to the Black Mountain Neuro-Medical Treatment Center and to dedicate the Pergola in Serenity Square in their honor.

Please RSVP (828) 259-6773 or bmc.foundation@dhhs.nc.gov





Please welcome our newest BMNTC employees & volunteers!

Noel Ivey- R1/1st
Kaitlyn Reese- R1/1st
Breyonia Trent- R1/3rd
Suzanne Worley- R1/3rd
Lauren Trull- Social Worker

Jada Young- G1/1st
Vanessa Rodriguez- G1/2nd
Summer Weeks- G1/2nd

Katie Bowman- R2/1st
Diamond Lail- R2/1st
Sophia Pertiller- R2/1st
Dawn Donhauser- R2/3rd

Lillian Nadal- G3/1st
Melissa Malone- G3/1st
Angela Salley- G3/1st
Hallie Edwards- G3/2nd
Malori Stevens- G3/2nd
Alissa Norton- G3/3rd

Vanessa Davis- R3/Oral Care
Shannan Bradley- R3/1st
Rebecca Cooper- R3/1st
Angel Hoover- R3/1st
Jessica Winn- R3/1st
Nicolas Cargo- R3/2nd
Della Nix- R3/2nd
Tabitha Merriman- R3/3rd
Sarah Raines- R3/3rd

Kathryn Reiter- Advocate
Stephanie Bedoya- Housekeeping
Michelle Cole- Housekeeping
Makayla Cross- Housekeeping
Katharine Thomas- Housekeeping
Daren Niles- Maintenance
Patricia Raines- Maintenance
Matthew Haynes- Nursing
Estelle Lambert- Nursing
Linda McDaniel- Nursing
Kirsten Pitts- Nursing
Lindsey Dalton- Nutrition Services
Heather Moseman- Nutrition Services
Rachel Sawyer- Nutrition Services
Ashley Searcy- Nutrition Services
Eric Wallander- Nutrition Services
Jeanine Slater- Psychology

(4/13/17- 9/13/17)



Black Mountain Neuro-Medical Treatment Center

Western Horizons

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Western Horizons is a quarterly newsletter containing an assorted range of news and happenings for the BMNTC community. We are always interested in hearing how we can provide content that is important to you, our readers. If you would like to contribute an article, news item, or event notice please contact Mark King, Editor at (828) 259-6719 or mark.king@dhhs.nc.gov