



NEWSLETTER

*FEBRUARY
2025*



A CARINGHEART
CASE MANAGEMENT, INC

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TABLE OF *C O N T E N T S*

01 *ROCKY MOUNT OFFICE*

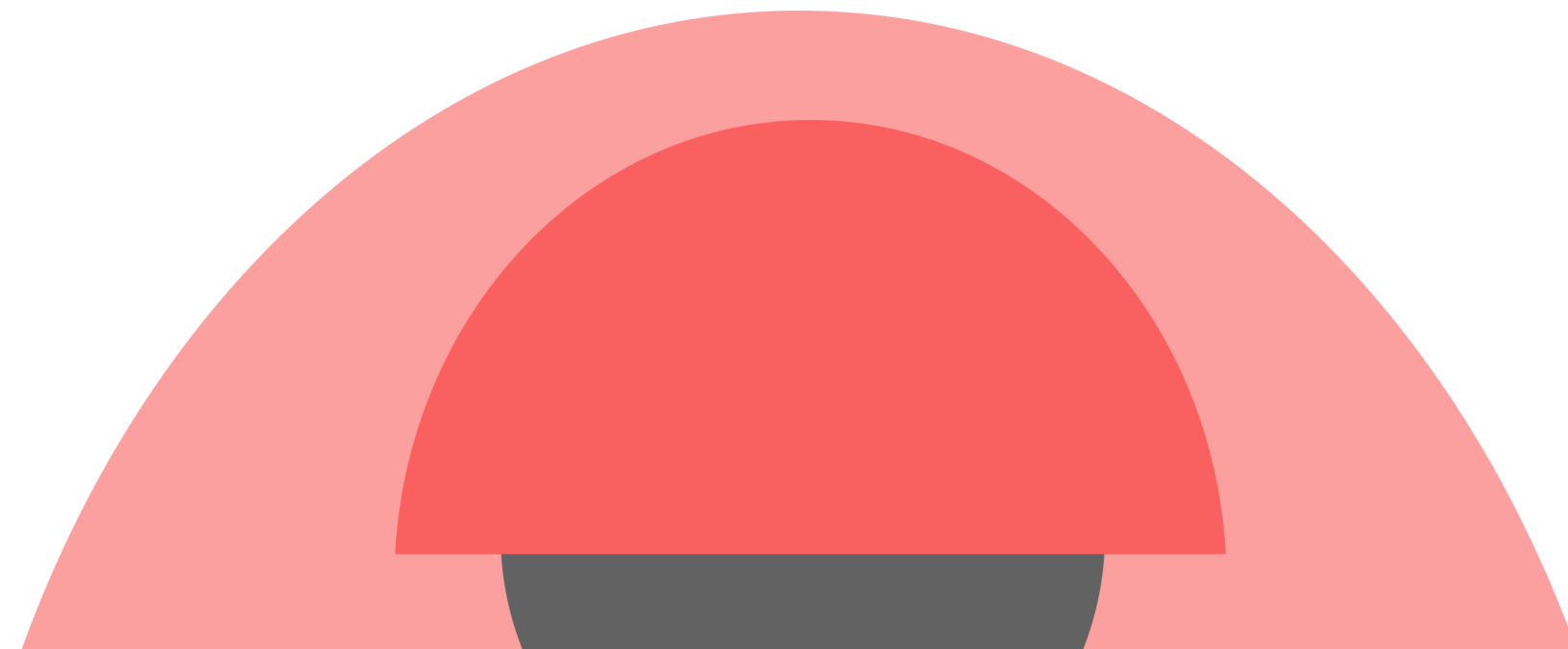
02 *CARING FOR OTHERS MEANS CARING FOR YOURSELF, TOO*

03 *ASK FOR HELP*

04 *DO IT FOR YOU*

05 *VALENTINE'S DAY DANCE*

06 *CONTACT US*



MEET THE ROCKY MOUNT OFFICE



Just walking up to the Rocky Mount office, located at 112 Zebulon Court, you would never expect how much space that office has. When you first walk in, a friendly and welcoming smile greets you. When you go further into the office it is as busy as a bee hive.

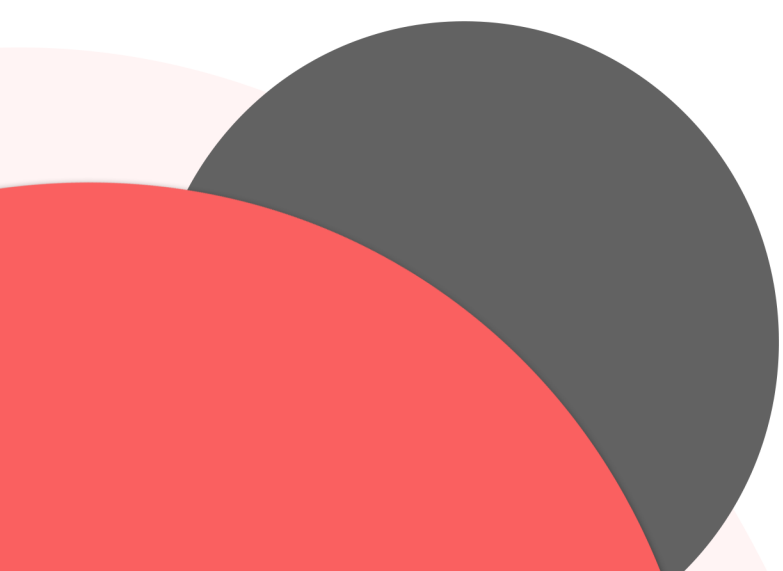
All of the flurry of daily activities comes through Jasmine Lucas, the day program manager. If you want to add something to her calendar, it had better be for an upcoming month. She keeps the daily activities calendar full. To be effective, she says she has to wear many hats. "Sometimes I am the principal, the counselor, the teacher and the momma," she smiled. "It takes all of that to let them know they can count on me all of the time. And it takes having lots of activities to keep them interested in learning."

One day they may be involved with karaoke or making ornaments for a tree. Right now there is a Black History Month project. "Each person got to choose who they will do research on and they will put a poster board together of their person," Jasmine explains. "If they choose, and they want to be very creative, they can come dressed as their person. At the end of the month they will come in and tell us who they are." February 27th will be the big presentation. (Keep that date in mind if you would like to see the event).

Exercises like that help each consumer actively learn, Jasmine said. She said she believes by making learning fun, they will want to learn more about the world around them.

But that is not all going on in that bee hive. Angela Avens is the assistant director. "I assist with referrals when individuals come into the office," she said. "I assist the qp's (qualified professionals) with anything they might need help with."

With all of her administrative work, she still has a caseload as well. Having a caseload means she is personally assigned to some of the consumers who come in. There is a long list of things Angela is responsible for.





MEET THE ROCKY MOUNT OFFICE

CONTINUED

"This is not a daycare," Angela explains. "What we are trying to achieve is that each of our consumers can learn daily living skills. Some may one day be able to live on their own. We show them how to cook and do laundry. We show them how to be in the community. How to make purchases in stores. Learning the different denominations of money. Life skills are what we work on."

Derrick Davis, QP, says he has been a part of A Caring Heart Case Management since 2016. "What makes the Rocky Mount office stand out is the teamwork," he said. "We have a structured day program, so our consumers constantly have lots to do."

Derrick says the consumers learn a lot when they come and he just wishes the NC Legislators would come and see what happens in that space. "If I could have a dream to come true, it would be for everyone to have the Innovations Waiver," he said thoughtfully. "That way each person would have the amount of service hours they need. Right now some people only have 15 hours a week. They require much more than that with working on their goals. That is my big wish."



CARING FOR OTHERS MEANS CARING FOR YOURSELF, TOO

Being a caregiver is rewarding but can feel overwhelming at times. Psychologists from the American Psychologist Association say there are some things that might be signs of caregiver stress.

- Feeling tired, worried or burdened
- Having trouble sleeping
- Gaining or losing weight
- Feeling irritable or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches or other health problems



ASK FOR HELP

It may feel uncomfortable asking for help or maybe you feel as if you should be able to do it all on your own. Many times when people ask if they can help, many caregivers respond by saying, “No, thank you. I will definitely call on you when I need help.”

It is not wrong to ask for help. If you don't want to just jump right in, here are some tips for asking for help.

- Ask for smaller things. If you can only think of a large task, break that task up into smaller parts. Remember, a long journey begins with one step.
- If you do not want to ask face to face, email or text your request.
- When someone offers to help, thank them and let them know what they can do to help.
- Have a list of things you need help with.
- Not every offer is helpful, so be honest about what you need and what you don't need.
- Sometimes a person will say no. Do not take it personally.



DO IT FOR YOU

GOOD SELF-CARE PRACTICES

- Get enough sleep. Try going to bed and getting up at the same time so that your sleep becomes part of your routine.
- Eat good food. A well balanced diet does wonders for our bodies and doctors say it helps with improved brain function, including better focus and memory.
- Exercise. It doesn't have to be a strenuous workout. Just a walk can work as well. Or maybe it would be a great time to learn and do yoga.
- Relax. Having a few minutes to just relax can do wonders for your day.
- Take time off. Having respite can help when you are beginning to be overwhelmed.
- Set limits. None of us can do it all. Sometimes it is alright if you have to say "no."
- Seek support. Build your support group with family, friends, church members and neighbors. Having mental health support can also be a big help.
- Prioritize your health. It goes without saying, you can't take care of someone if you don't take care of yourself. So, prioritize your health.





**A CARING HEART CASE
MANAGEMENT, INC.**

Valentine's Day Dance

**Friday, February 14, 2025
10:00 a.m. - 3:00 p.m.**

**The Barn at Nooherooka
2029 Mewborn Church Rd
Snow Hill, NC 28580**

Contact:

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