



therapeutic alternatives, inc.

Empowering *Times*

WHAT REALLY MATTERS TO ME

FUN WITH OLD FRIENDS

Many of the people we support have received services from Therapeutic Alternatives for more than 20 - 30 years. They have become "old friends" with each other as well as with staff. We know them like the members of our own families and enjoy providing them with opportunities to pursue activities and accomplishments that really matter to them. In this issue of *Empowering Times*, we will share some of their interests and excursions.

One of the many sites where our old friends can be found is the Randleman Day Program that is managed by Therapeutic Alternatives. The program is directed by Robin Robinson. Robin has also been with the agency a long time... 18 years. She has worked in several positions, but states that she enjoys her duties at the day program the most. Robin assures that the day program members are provided with numerous and varied activities of their choice. Each day is an adventure as they embark on something new.

The Farmer's Market in Greensboro is one of their favorites. This past summer, day program members and staff tended their own garden with success. After the plants grew to readiness, they gathered them for the table and for canning. Among the plants grown were tomatoes, cucumbers, zucchini squash, cantaloupe and watermelons. Afterwards, canned pickles and apple butter were sold to staff and other friends, and the money was set aside to pay for a second computer for the day program.

Speaking of computers, that's another favorite pastime among the people supported at the program. Some of them enjoy puzzles and games on the computer. Bobby Sawyer likes to check the news and weather. Program members and staff are currently crafting planters to sell toward the purchase of the computer. The planters are made from recycled toddler-size blue jeans and are adorable. (See page four.)

Another favorite spot among program members during this past summer was Asheboro Municipal Pool. With assistance from the pool's staff, wheelchair-bound members were lowered into the pool via lift chairs. Everyone was given the opportunity to enjoy the water.

You can read about our friends throughout this edition. We are also including photos of them enjoying their adventures throughout the community. They are what this agency is all about. Thank you to day program and group home staff for making their lives fun and fulfilling.

~ Anita B. Deaton, Editor

A friend is one of the nicest things you can have,
and one of the best things you can be.

~ Douglas Pagels

"When I was a boy and I would see scary things in the news,
my mother would say to me, 'Look for the helpers.
You will always find people who are helping.'"

~ Fred Rogers (Mr. Rogers / Children's TV)

EMPLOYEES OF THE MONTH

AUGUST: Kristi Parks / Innovations / Davidson County

SEPTEMBER: Darin Ollis / Sandhills Mobile Crisis

OCTOBER: Brittany Holt / Wake Mobile Crisis

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ON THE WEB

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<http://mytahome.wordpress.com/>

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COMMUNITY CONNECTIONS

ADVENTURES IN TENDING ALL THINGS BEAUTIFUL



~ William Johnson (our friend since 1994) is a friendly fellow who enjoys life. He never sees a stranger and shakes hands with everyone he meets. Week-days, when he's not busy on his route with the maintenance crew, he's making the rounds at the day program. This past summer, he enjoyed helping with the garden. In the photo at left, William is showing us one of the juicy watermelons that the day program members and staff later ate during a break from their many activities.



~ At left, Reggie Burton proudly shows us some of the cucumbers that he took part in growing and harvesting. They were later canned and sold in order to raise money to help buy another computer for the day program.



~ Some of the Randleman Day Program men have been members of a maintenance crew for several years. They travel to TA's group homes and offices and complete small repairs. They also recycle cans at the local recycle center. They always look forward to payday. William Johnson and Donnie Allen work on each Monday, Wednesday and Friday. Dennis Watkins works each Wednesday. They are always quick to help when someone is in need.



~ Lynn Ingles and Jeremy Campbell (left and below) volunteer at Randolph County Animal Shelter. The animals get lots of attention from Lynn and Jeremy as they are taken on walks for their daily exercise. Randy Cox also attends the shelter. They all help at the New Leash for Life program. Dogs are trained to behave and to do tricks. Then, they can be adopted.

"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."

~ Albert Camus, French Nobel Prize Winning Author

SUMMER FUN AT ASHEBORO CITY POOL



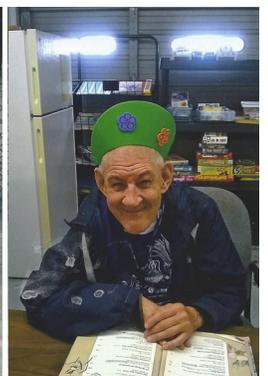
~ Scottie Maphet (left) is lowered into the pool and lays back to enjoy the water. Scottie lives at Providence Group Home with his friends, James Johnson and Lyn Ingles. He also attends the Randleman Day Program and has a part-time job. Scottie and his friends stay busy with trips to the mall, Walmart, restaurants and other areas within the community. Scottie also likes to visit his mom. In the next photo, Kim Thomas, Donnie Allen and Robin Robinson, Director at Randleman Day Program, assist Scottie. Next, Randy Cox, Charles McNeil and Jeremy Campbell are shown also enjoying a relaxing day at the pool.



~ In the bottom photo, Charles McNeil is getting in some water exercises. Charles has come a long way in terms of his health. After receiving excellent care at Brookstone Haven Assisted Living, he recently became well enough to move back to one of the group homes managed by Therapeutic Alternatives, Inc. With staff's assistance, Charles walks daily at the day program in order to strengthen his legs and improve his gait. With the coordinated care of day program and group home staff, Charles is able to mingle and interact daily with his many friends. A busy social life is important to Charles. Friendly and outgoing, he's a pleasure to be around.

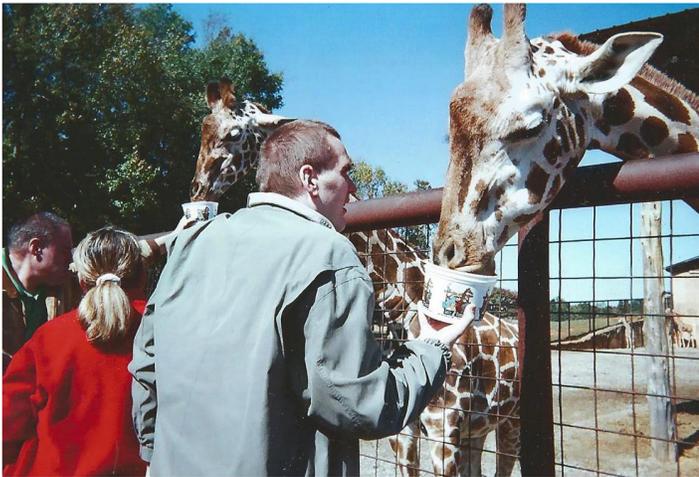
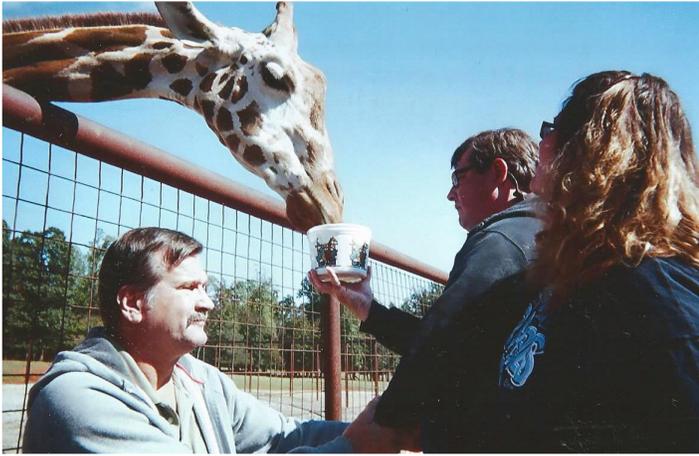


~ In the bottom, middle and right photos is Bobby Sawyer taking a break from his daily work schedule. Bobby works at the Asheboro Behavioral Health unit that is operated by Therapeutic Alternatives. Monday through Friday, Bobby greets staff with a broad smile. With the assistance of his direct care staff, he assures that work areas are kept tidy. When he is not working, Bobby attends the day program or relaxes at home. Look at that sweet smile.



A DAY AT THE ASHEBORO ZOO

During a fun-filled day at the Asheboro Zoo, some of the guys fed the beautiful giraffes. In the top photo, Robin's assistant, John Burrow, helps Scottie as he feeds a giraffe. One of John's many duties is teaching sign language at the day program. In the next photo, Jeremy Campbell takes his turn.



A FRIEND

I noticed that you were sad today and wanted to lift your cares away, but an open offer to be a friend would only embarrass and offend, by calling attention to your pain, and so I struggled to refrain the impulse to run up by your side, for you weren't ready to confide.

A friend will wait to be a friend and know the proper time to lend a helping hand or word of cheer and give you freedom to regear.

For, sometimes... friendship is love that looks away when you are having a trying day

Then slips around in subtle disguise without pretense of being wise.

~ Anita B. Deaton (written in 1983)

ADVOCACY REALLY MATTERS



Top photo: Good friends for over 20 years, Reggie Burton, Elmer Gordon, Dennis Watkins, Randy Cox and Charles McNeil relax at the pool's picnic area.

Bottom photo: James Johnson is all smiles as he roasts weinies with Reggie Burton and JoAnne Bailey at one of the many cookouts held at the Randleman Day Program. (James has been our friend for 26 years.)

"Friends and good manners will carry you where money won't go." ~ Margaret Walker



MORE OLD FRIENDS
DOUG & CHARLIE



Doug York (above, left) has received services from Therapeutic Alternatives since 1981. He works for Vocational Opportunities in the Community (VOC) in Grapevine Gift Shop which is located in the VOC building on South Fayetteville Street in Asheboro. Drop in and do a little shopping for the holidays.

Charlie Norwood (above, right) has received services from Therapeutic Alternatives since 1987. He has worked many years at Randolph Vocational Industries which is located on Farr Street in Asheboro. Charlie is deaf, but that doesn't stop him from enjoying life with his friends.

*"When a friend makes some mistake,
do not forget all the good things he did for you."
~ Author Unknown*



Pickles and planters (above) are among the items for sale by the Randleman Day Program. They were created with love by the day program members.

If you would like to purchase any of the items,
call Robin Robinson at 336-495-2748.

Cards and care packages sent to troops... Thank you to the Randleman Day Program members for their contributions to our U.S. troops serving overseas. Using the money that they have earned through their various projects, members of the day program have sent Christmas cards and care packages to the troops.

OUR MISSION IS TO DELIVER COMPREHENSIVE HUMAN SERVICES THAT EMPOWER PEOPLE TO ACHIEVE THEIR GOALS IN LIFE.



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