

# Western Horizons



The Quarterly Newsletter of Black Mountain Center, a State Residential Facility  
Serving Persons with Developmental Disabilities & Persons with Alzheimer's Disease

## Center Completes Conversion from ICF/MR Level of Care to Nursing Facility Level of Care - Completes 1st Overall Survey!

"Congratulations and thanks to everyone from every department and unit who has supported the conversion of the ICF/MR DD Units to the new status as a Specialized DD Program. On July 1, the actual conversion of bed status was completed. Many staff members have worked for several years to make this a reality. It is impossible to describe the hard work, learning, and dedication involved for so many staff at this Center. Maintenance, Dietary, and Housekeeping have done difficult physical labor and have supported the unit staff every inch of the way. The Business Office and Records Department have completed extensive paperwork to support renovations and the change in billing and census. DTs have completed CNA training and dedicated themselves to learning new skills and new ways of thinking and working. Staff Development has generated new training manuals, schedules and classes. RALs, Recreation Staff and others have developed exciting new daily schedules and activities. QDDPs, nurses, and program team members have made the seemingly impossible a reality - 77 admissions and 77 new care plans in 21 days!

The survey team dropped in to inspect us between Hurricane Frances and Hurricane Ivan. Many people might say the timing could not have been worse. In fact, we think the timing was perfect. The staff at this Center consistently demonstrates the strongest possible commitment to our mission of providing the best quality of life and the highest standards of health care to those we serve. This staff understands what it means to live our mission every day, regardless of what challenges may confront us. The survey team was able to see that and the feedback about what they saw was overwhelmingly positive.

Our recent planning and implementation efforts for the new Specialized DD Program met and exceeded their expectations. In the same way that survey teams have always been impressed with the competence, caring, and dedication of our staff in the Alzheimers Program, this team was impressed with those same qualities in the DD Program. They recognized that this facility takes very seriously our responsibilities for two groups of people with very special needs.

I was in touch with Mike Moseley, the Director of the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services in Raleigh. I shared with Mr. Moseley the results of our survey. Mike asked that I convey to each of you his personal appreciation for your efforts.

Thank you for what you do every day for the people who live at Black Mountain Center!

Now that we have passed through this very intense time of change, we can take a deep breath, pat each other on the back, and look forward to continued positive developments in this new program."

"Thanks, Genny, for your leadership and for your staffs' efforts in ensuring such a smooth conversion to your new Specialized DD Program. We are proud of all of you and extremely appreciative of your hard work in accomplishing this incredible task."

Mike Moseley, Director  
DMH/DD/SAS

*Genny Pugh, M.A., M.H.A., Director*

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## MESSAGE FROM QUALITY ASSURANCE

"OUR CONVERSION HAS BEEN A HUGE UNDERTAKING AND THE BLACK MOUNTAIN CENTER STAFF HAS (AS ALWAYS) RISEN TO AND ABOVE LEARNING HOW AND MEETING THE REQUIREMENTS AND EXPECTATIONS DEFINED BY OBRA. PLEASE HEAR AND KNOW WHAT A GOOD JOB EVERYBODY HAS DONE!!!!!!

WE'LL ALL CONTINUE TO WORK AND LEARN TOGETHER WHILE PROVIDING THE OUSTANDING CARE TO OUR RESIDENTS THAT WE ARE SO WELL KNOWN FOR. WE DID NOT EXPECT A DEFICIENCY FREE SURVEY AND WELCOMED THE OPPORTUNITY TO LEARN WAYS TO IMPROVE OUR CARE. WE ALSO HAD THE OPPORTUNITY TO EDUCATE THE SURVEYORS ABOUT OUR VERY UNIQUE POPULATION OF RESIDENTS WE SERVE. WE'RE GOOD AND THEY SAW IT WHEN THEY WALKED IN THE DOOR!!!

So, a BIG CONGRATULATIONS to everyone here at BMC and to thank you for what each of you do in providing the high quality of care and services to our folks. My job in Quality Assurance involves lots of time spent in and around the entire survey process and is certainly made easier because of efforts made by everyone here. In the next few days we'll begin to write up a plan of correction knowing that most of the things noted by the surveyors have already been corrected, that's just who we are, always looking for ways to improve and as soon as we heard of any concerns we were "all over them"!!!

In the mean time, thanks to everyone, on every level, we are all in this together. The efforts made to help our residents enjoy life in the best way possible and to keep this wonderful center of ours running so smoothly overwhelm me at times and I just love being a part of this team. Stay safe now and please let me know if theres ever anything I can do.

THANKS FOR ALL YOUR HARD WORK!!!"

*Anne Barker, Director of Quality Assurance*

## "KUDOS" FROM HUMAN RESOURCES

**To: All BMC Staff**

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"Congratulations on your survey results. I just returned from talking with some Physicians in Asheville and they were very interested in how we survived the flood with the type residents we have. I was very proud to inform them of the excellent job our staff carried out. Thank you for the job you do."

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E.V. Gouge, Director  
Human Resources



Due to budget constraints, this publication is, at times, only available through our website at [www.bmcnc.org](http://www.bmcnc.org). Whenever possible, the Newsletter is circulated via bulk mail to our mailing list.

## Frances & Ivan Visit Black Mountain Center



No sooner had we recuperated from the impact of Frances, we received an unwelcome visit from Ivan! Ivan destroyed many of the trees on campus which in turn devastated several staff vehicles. We also underwent power, phone and water outages. Through it all, staff insured that resident needs were met. Staff worked overtime on the residential units, Dietary staff insured meals were prepared, Housekeeping staff were on stand-by for cleaning. Purchasing staff made sure that adequate supplies were available for all shifts and Maintenance staff worked together to remove trees and debris from vehicles, roadways and sidewalk areas. Special thanks to the Jupiter and Haw Creek (shown in photo) Volunteer Fire Departments and Hearts with Hands for their assistance in procuring water for the Center.





## FOUNDATION SPONSORS TWO SUMMER INTERNS

In conjunction with the Black Mountain Center Foundation, BMC was privileged to be associated with two summer interns in the Psychology Department. Carol Anderson and Sarah Zaslow worked on projects relating to C.N.A.s, Nurses, quality of work life and recruitment and retention issues. Dr. Bronwyn Lee served as their advisor during their internship at our facility.

Shown left to right are: Carol, Beth Allison, Staff Development Specialist, and Sarah.

## North Carolina Consumer Advisory Committee

The N.C. CAC group visited Black Mountain Center on October 13th. We always look forward to their reflections and feedback.

**Division Director, Mike Moseley, will visit Black Mountain Center on the morning of Wednesday, November 3rd.**



# **CAMPUS SMOKING GUIDELINES REVISED**

**To:** ALL BLACK MOUNTAIN CENTER STAFF  
**From:** Executive Committee  
**Date:** 09/23/04  
**Re:** SMOKING POLICY

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Executive Committee was asked to review the Smoking Policy at Black Mountain Center. After much discussion and to insure a safe environment for the persons who live here, the following guidelines will go into effect immediately:

- Smoking will no longer be permitted on the back porch areas of Raspberry I and Gravelly I.
- Designated Smoking Areas for the time being are as follows:
  - AI/GI Breezeway Porch
  - End of Raspberry I
  - End of Gravelly I
  - Moore Porch
  - Outside of Outlying Buildings, i.e., Business Office, etc., with the exception of the Vacation Cottage
- Staff are not allowed to smoke in front of the building.
- Staff need to insure that cigarette waste is disposed of in designated cigarette waste receptacles and that smoking areas are kept clean and free of any cigarette waste.

Please know that these decisions were based upon several years' worth of observation. While we realize that some smokers are considerate of others, there are persons who have abused this privilege. Those who have littered the grounds and porch areas with cigarette butts have put clients at risk for health issues.

**Thank you for your cooperation with these guidelines.**

## **LORA SMATHERS - RI UNIT MANAGER**

**Ms. Lora Smathers has accepted the position of Unit Manager for the Raspberry 1 Unit, effective 9/1/04.**

**Lora comes to Black Mountain Center from Broughton Hospital where she served as a Rehabilitation Therapy Supervisor. She has worked with individuals with geriatric needs, adolescents, people who are medically fragile as well as with individuals who have a variety of psychiatric needs. She is a graduate of UNC Chapel Hill (Go Heels!) with a degree in Leisure Studies and Therapeutic Recreation/Recreation Administration.**

**Lora is a Certified Therapeutic Recreation Specialist who brings excellent leadership, organizational and presentation skills to Raspberry 1 and Black Mountain Center. We look forward to her contributions.**

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### **MARK YOUR CALENDARS!**

**3rd Annual Black Mountain Center  
Conference on DD & Aging**

**CONNECTIONS: BODY, MIND & SPIRIT - PATHWAYS  
TO SUCCESSFUL AGING**

**Wednesday, November 3 - Blue Ridge Assembly**

**Contact Beth Allison at (828)669-3174**

**for additional information & registration materials**

**Sponsored by:**

**Black Mountain Center Foundation, Inc.**

**Black Mountain Center**

**PASSAGES: Later Life Services**

### **KEYNOTE SPEAKER:**

**Karla Ewald, Executive Director  
ARC - Greensboro, NC**

**“Opening all the Doors - Deciding Together & Acting Together”**



## **BLACK MOUNTAIN CENTER FOUNDATION, INC. CONTINUES SUPPORT OF EQUESTRIAN PROGRAM**



### **PICTURED LEFT TO RIGHT:**

**RHONDA HALL, KERRY NOLEN, LORETTA W., TERJE THE HORSE, CAM KING,  
KEVIN FREDERICK, JOAN HALL WEAVER, AND BILL CHIRSTY**

The Foundation continues to support activities for residents and staff of Black Mountain Center. The group recently approved funding for specialized equipment for use with the Equestrian program. Specialized saddles, helmets and other gear have greatly enhanced the pleasure and safety of the program for residents. Thanks to Foundation members!

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## **State Employees Combined Campaign - 2004**

Don't forget! Return your pledge sheets to Richard Rhea or Patti Bennett no later than October 27th. Our goal for this year is \$10,000. We are currently at 94% of our goal! Thanks to those staff who have already pledged their support.



## **KNIGHTS OF COLUMBUS - OPERATION LAMB**

Mr. Greg Kent of the Knights of Columbus, recently visited Black Mountain center and presented a check in the amount of \$9,730 for use with the Specialized DD Program. The funds will be utilized at the Gazebo area and in Serenity Square to update and enhance these leisure activity areas. The Knights of Columbus have been most generous over the years in providing needed equipment, supplies and funding for renovation of many areas of the Center.



**VOLUNTEER OPPORTUNITIES!**

**Contact Diane Trainor at 669-3152**



## 2004 Black Mountain Center Service Awards - "BMC Idol"

The 2004 Annual Service Awards were held on September 28th. This year's theme was "BMC Idol" with Mistress of Ceremonies, Genny Seacrest (Genny Pugh), Current Reigning Idol, Fantasia West (Gail West), Idol Judges: Simon Cowell (Linda Stitzinger), Paula Abdul (Pat Gray), and Randy Jackson (Lisa Moon). Music Coordinators were Diane Trainor and Janice Pennington. Special thanks to the Idol dancers: Members of the Staff Recognition Committee.



**5 Year Recipients:** Angela Allen, Nancy Anderson (Retired), Laura Bailey, Sue Church, Donna Davis, Elmer Harper, Harold Herron, Billy King, Pandi Lawson, Cynthia McCoy, Sharon McMahan, Dawud Mutawakkil, April Ouelette, Barbara Pruett (Retired), Susan Pruett, Eric Schweitzer, Carla Sharpe, Jeff Steinel, Phyllis Stroud, Maxine Thomkins, Crystal Warren, Peggy Young



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**Year Recipients:** Richard Rhea, Machel Lane, Britt Morgan, Bill Sluder  
Wendy Collins, Danny Crisp, Terry Hall, Debra



**15 Year Recipients:** Linda Rollins, Buddy Crowder, Kokeeta Davidson  
Fannie Bishi, Stephen Buckner, Cathy Lewis



**20 Year Recipients:** Kerry Nolen, Jill Brittain, Lynn Womble, Carol Malcolm (Retired)



**25 Year Recipients:** Curt Salthouse, Dan Head, Teresa Miller



**30 Year Recipient:** Susan Dalton



## Chaplain's Corner

### ***Chaplain's Corner***

Though hurricane season is not yet over, I think many of us feel like we're emotionally "done" with natural disasters for a while. We may not have had actual hurricane-force winds careening through our mountains, but the amount of devastation caused by Frances, Ivan and Jeanne was **more** than enough! The physical devastation that we've seen on the news and in our backyards, however, is only the tip of the iceberg. Emotionally, we've gone through a huge amount of stress and I know I wasn't the only one who found myself totally exhausted once Jeanne had left town and I began to let my guard down.

The past six weeks have almost resembled a marathon to me, never quite finishing one mile before the daunting thought of the next mile is upon me. It is pretty hard to tell where we have summoned our energy from, but no matter how I look at it, I see evidence of God working to make the best of some pretty awful circumstances. One of the ways I've seen this come true is the fact that the hurricanes/tropical storms forced us into autumn and just as Jeanne left town, the trees on our campus began displaying colors that today paint the sky. I thank God for the breath of fresh air that has come with this change of seasons and the change of winds. As we go through this season of autumn, allow yourself to take the time to relish in the beauty of the season as a God-given gift.

***Blessings, Chaplain Janice***