

'Lutheran meds'

LSC Pharmacy partners with Community Care Clinic of Rowan County

At the Community Care Clinic of Rowan County, there's a section of neatly organized plastic bins that contain thousands of blister packs of medication for chronic disease management. The solemn face of Protestant Reformation leader Martin Luther keeps a watchful eye over the bountiful stash.

The staff of the clinic, which cares for underserved and uninsured adults, refers to the stockpile as "Lutheran meds." Patients often refer to them as a blessing.

These medications are donated by the pharmacy of Lutheran Services Carolinas. Every day, the LSC pharmacy in Salisbury receives unused drugs from its senior living communities in Salisbury, Hickory, Albemarle, Clemmons, Winston-Salem, and Wilmington.

Medications are returned for different reasons, including the discharge of a rehab patient or the death of a resident. Instead of disposing of the unused drugs that can't be returned, pharmacy director David Beam – who happens to be Lutheran himself – sees that the medications are processed and then collected in large bins, which are picked up twice a month by Vicki Peeler of the Community Care Clinic, also a Lutheran.

Beam and his staff are happy that the unused medication can legally have a second life. That's because it comes in blister packs – medication packaged in bottles cannot be reused.

LSC began donating medications to the Community Care Clinic about 10 years ago, but processing the donations became too burdensome for the small clinic staff. Now, volunteer help is allowing the clinic to accept the donated medications again, and patients are reaping the benefits.

Angela Graham – another Lutheran, coincidentally – comes in every week to sort the medications and file them in what clinic employees call "the library." The clinic pharmacist then logs them all into the computer before they are dispensed.

Although it's hard to attach a dollar figure to the donated medications, Krista Woolly, the clinic's executive director – and also a Lutheran, should anyone be keeping track – estimates that it's upwards of \$30,000 annually. The donations mean that the clinic can put medication in people's hands who could not afford it otherwise, Woolly said.

Many of the donations are maintenance medications for chronic conditions like high blood pressure or diabetes. Having those drugs donated means the clinic doesn't have to purchase them, which helps stretch clinic funds. Woolly notes that the clinic doesn't ever have to buy certain medications like Lasix because LSC donates more than the clinic can use. The medications also enable the clinic to help patients recently discharged from the hospital fill their prescriptions while they line up other resources, says pharmacist Julianna Parrish.

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Julianna Parrish, Krista Woolly, and Vicki Peeler pose in front of the "Lutheran meds" at the Community Care Clinic of Rowan County.



'Lutheran meds'

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LSC pharmacist David Beam stands beside bins of medications that will be donated to the Community Care Clinic of Rowan County.

The hospital also benefits, Woolly explains, because when people get the medication they need, they are far less likely to make costly emergency room visits or be readmitted.

When the Community Care Clinic gets more Lutheran meds than it can use, it shares with The Good Shepherd's Clinic at First Baptist Church in Salisbury. The Storehouse for Jesus, a non-profit ministry in Mocksville, also receives some of LSC's medication, Beam says.

Recently, a patient came in who could not afford the medication she was prescribed after a hospital stay because of a high insurance deductible. The clinic's Lutheran meds enabled her to get a very costly drug free of charge – saving her the \$1,000 she would have had to pay out of pocket. "She had no idea how she was going to get the medication otherwise," Parrish said.

Several weeks ago, a woman came to the clinic in tears. Because of major health issues, she'd been hospitalized and was unable to keep her health insurance. The clinic was able to fill her prescriptions on an emergency basis until she could see her doctor. The total retail value of the medications she received was \$3,470.69 – and the medications from LSC accounted for \$2,327 of that total, Woolly said.

Luther once said of prayer that it is a very precious medicine. But actual medicine is precious, too, especially to those for whom it may not be easily available.

"Partnering with LSC has been a win-win for both organizations," Woolly says. "We share the same mission statement in many ways: to serve the underserved, to provide compassionate health care to all, and to do this with love and provide hope. While the monetary value is huge, the service the clinic and LSC provides is even bigger. I think Luther would be proud!"

The Community Care Clinic of Rowan County is located at 315 Mocksville Ave. For more information, call 704-636-4523.

goins on

By Ted W. Goins, Jr. | LSC President



Lutheran Services Carolinas was recently targeted by the forces of hate. Our Columbia office neighborhood was leafleted by the Loyal White Knights of the Ku Klux Klan with hate directed at non-Christians and hate directed at African-Americans. When did

people fleeing death and persecution become worthy of hate? How can people still hate on the basis of race? When did the poor and needy become so vilified and blamed?

We live in a complicated and broken world. There are people who abuse the system designed to provide a safety net for the less fortunate. People and businesses milk the system. Hate exists. There are terrorists at home and abroad. The world we are called to serve is a mess.

What is our response to be? LSC feels called to serve and to lead. Our vision statement is from John 10:10: "I came that they may have life and have it abundantly."

We need to be people of abundance, not people of scarcity, fear, hate. If we and our society can over-consume, smoke, spend billions on advertising, over-regulate, and on and on, then we can also care for the poor and needy, address mental health, and welcome the neighbor.

In a letter to South Carolina elected leaders from Lutheran Bishop Herman Yoos and four other Christian bishops from South Carolina representing half a million Christians, the Bishops said: "Ministry to and with refugees is central to our Biblical understanding of what it means to love God and one's neighbor and reminds us of Jesus' words: 'When you have done it to the least of these you have done it unto me.'"

LSC will proudly pick up that mantle. We will continue to serve those who need us most: foster children, the mentally ill, indigent seniors, refugees, the developmentally disabled. We will strive to fulfill Christ's vision of abundant life everywhere we are called to serve.

Lunch and Learn

Trinity Glen events offer continuing education

Pastors and chaplains often find themselves in teaching roles, but they, too, need opportunities to learn and grow. When Beth Woodard joined the staff of Trinity Glen as chaplain, she had a great idea: Why not hold some events at Trinity Glen that would offer such opportunities?

“It occurred to me that organizing and hosting events here would be a terrific way to bring in local pastors who could potentially spread the word about Trinity Glen and Lutheran Services Carolinas,” Woodard said.

Trinity Glen began hosting quarterly Lunch and Learn sessions in 2013. Woodard secures a presenter and issues invitations through local pastors’ groups, parish nurse groups, and chaplaincy internship classes. She’s been gratified to find plenty of her peers willing to step up to donate their time and expertise. Usually attended by about 15 people, the midday sessions last about three hours and include lunch, provided by Trinity Glen’s dining services.



Trinity Glen has become a place for pastors and chaplains to learn and connect with one another. On the left is the Rev. Dr. Derrick Thorpe, Sr., a member of the Winston-Salem Ministers' Conference and the dean of graduate studies at Carolina Christian College. In the center is Brenda S. Coleman, a member of Beaver Island Baptist Church. On the right is Chaplain Beth Woodard of Trinity Glen.

A recent session focused on issues that pastors and parish nurses face when they’re trying to relax at family gatherings and someone corners them to ask about counseling or health care. Woodard called that one “Collaring the Holidays: Family Members and Boundaries,” with the clever tagline: “Some white-collar jobs are more challenging than others.”

Topics covered have included how to talk about death and dying, facilitating memorial plan conversations, and counseling caregivers. The sessions have provided inspiration for the creation of some practical pastoral tools. Out of a discussion about providing support when someone enters a nursing home or assisted living situation, Woodard wrote a Litany of Transition and Godspeed. That litany is available on the LSC website (www.lscarolinas.net), under “Faith Partners” in the “How You Can Help” dropdown menu.

“I have found the events to be extremely helpful and informative as I do parish ministry,” said the Rev. Bernie Hess, who has attended several Lunch and Learn sessions. “Beth has the ability to get some really great presenters, and the lunch conversation has been a vital part of the program.”



Columbia's Crafty Ladies

The Crafty Ladies at Living Springs Church in Columbia, S.C., have been making quilts for each woman who enters Angels House, an LSC home in Columbia, S.C., that provides transitional housing for veterans. The church is also providing a gift basket of items for the women when they transition out of the house.

From Kabul to Columbia

A refugee's story

Noor Amiri is an Afghan, a Muslim, a friend of the United States, and now, a South Carolinian. Whether he's working for the U.S. military or Lutheran Services Carolinas, Amiri's goal is the same: to help people.

Now 28, Amiri was a young boy when the Taliban took over his hometown of Kabul, Afghanistan and in his teens when the Taliban was driven out with the help of United States forces. At 21 he began working for the U.S. military, initially as an instructor for the Afghan National Army and later as an interpreter for both U.S. and Afghan forces. He traveled with military convoys, helping to gather intelligence and protect the U.S. forces from ambushes and roadside Improvised Explosive Devices (IEDs).

"I was working shoulder by shoulder with U.S. and Afghan forces to bring safety and peace to Afghanistan," he says. "That was my goal.

"We did our best to help other people. People were grateful."

It was a dangerous job. He recalls one situation at a military base near the Pakistan border in which a suicide bomber attacked the base by running a car into the gate. Amiri helped get a helicopter to carry the victims to a hospital.

Because of his role supporting the Afghan army and the U.S. forces, Amiri was a huge target for "the bad guys," as he calls the Taliban. His face was well-known, and it was impossible for him to keep a low profile.

Five years ago, after the U.S. began withdrawing troops from Afghanistan, Amiri felt vulnerable. He was well aware that some other interpreters for Americans had been killed, "in the bad way," he says – their heads cut off to send a message to the others.

He had a wife and a young son to consider, so late in 2012 Amiri applied for refugee status. A paperwork glitch caused his application to be denied, so he tried again through the Special Immigrant Visa program available to Afghan translators who served with the military. The visa



Noor Amiri brings his own experience as a refugee to his job with LSC Refugee Services in Columbia, S.C.

was granted, and in June of 2014, Amiri and his very pregnant wife and 3-year-old son flew to New York City and learned that their new home would be in South Carolina. They were assisted by Lutheran Services Carolinas.

"When the U.S. Embassy called and said, 'You can pick up your visa,' at that moment I felt welcomed," Amiri says.

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The first months were tough, but his family began to adjust, Amiri says. They met some other Afghan families, and Amiri found a job working at CarMax.

“Life is getting easier and easier,” he says. “We are feeling safe, and that’s the best part.” He believes his children, who are 5 and 2, will have a bright future.

Recently, Amiri was hired by the Lutheran Services Carolinas Refugee and Immigrant Services program in Columbia, the organization that has helped his family to resettle.

“My job is to find volunteers, especially former refugees, to help the new arrivals,” he says. Amiri likes helping refugees become confident, self-sufficient members of the community – a process that’s ongoing for him as well.

He has great hope for the future. Despite a wave of negative sentiment against refugees in South Carolina, which has recently prompted legislation that would negatively affect all refugees if passed, Amiri remains optimistic. He wants to give back and prove himself, he says.

“I am a refugee, an Afghan, a Muslim,” he says. “We can live together and help each other to have a good South Carolina.”



In Afghanistan, Noor Amiri (far right) worked as an interpreter with the U.S. military, a position that put him in great danger.

Building Independence

Collaborative project is in building phase

Construction of housing for nine adults with intellectual and/or developmental disabilities is well underway in Raleigh. Ground was broken at 2610 Lake Wheeler Road in October, and construction began in early January. On Jan. 28 and Jan. 29, more than 30 Lutheran Services Carolinas staff members traveled to the job site to work as volunteers.



The homes are designed for residents to live as independently as possible. Each resident will have a private bedroom and bathroom as well as access to common spaces, including a kitchen, dining room, and den. One of the homes will have a larger gathering space.

Building Independence is a collaborative effort among Habitat for Humanity of Wake County, Lutheran Services Carolinas, and The Serving Cup. Partners for the project include the North Carolina Housing Finance Agency, several Wake County Lutheran congregations, Thrivent Financial, Wheat Ridge Ministries, and many other generous supporters.

Volunteers are still needed. You can sign up to be part of this groundbreaking venture by going to vhub.at/lakewheeler.

LSC partners with UNC to help reduce hospital readmissions

LSC senior living communities are participating in a project with Carolinas Center for Medical Excellence and the University of North Carolina at Chapel Hill to reduce hospital readmissions and the use of emergency services by discharged nursing home residents.

Lutheran Services Carolinas has partnered with Dr. Mark Toles, an assistant professor at the UNC School of Nursing, and other UNC faculty in researching the best ways for older adults to

successfully transition from a skilled care nursing facility to home following post-acute care and rehabilitation. Toles has worked closely with Lydia Foy, the director of clinical and reimbursement services at LSC.

“Our goal is to help the patients remain at home without complications,” Toles says.

The research team at Chapel Hill began their research at Trinity Village in Hickory, the site of the initial pilot test. They then took the initiative to Trinity Oaks health and rehab in Salisbury and, most recently, to Trinity Elms health and rehab in Clemmons. The research team is providing staff with the resources and training they need to set priorities with patients, get the right medications, and locate community providers for effective care at home.

“It’s a rare and special opportunity when a great corporate partner and National Institutes of Health funded researchers can collaborate to improve resident care and nursing homes,” Toles said. With its focus on helping nursing home residents make a safe transition back home, Lutheran Services Carolinas is on the cutting edge, Toles added.



Dr. Mark Toles and Lydia Foy, R.N., are working together to help reduce hospital readmissions.

Versiant employees give to LSC

Since September 2012, Versiant has been the information technology company that enables LSC staff members to do their jobs. But Versiant has become more than a business partner; the company is now a partner in philanthropy.

In 2014, the Charlotte-based company made a corporate gift of \$2,500 to LSC. Last year, they kicked off their first-ever employee campaign benefiting LSC, agreeing to match up to \$2,500.

In November, Versiant presented LSC a check of \$5,000, doubling their previous gift. They also invited veterans from Trinity Oaks to eat lunch with them and help celebrate Veterans Day. Throughout 2015, Versiant also collected and donated in-kind gifts to support LSC programs, including furniture, computer monitors, flash drives, and books.

“Versiant has really embraced LSC and gotten its employees behind the mission,” said LSC President Ted Goins. “We appreciate their support, and we hope other corporations will follow their lead.”



As a result of their employee giving campaign, Versiant presented LSC with a check for \$5,000.

I will be forever grateful

More than 34 years ago I stepped through the doors of “Lutheran Home-Salisbury Unit” for six weeks as a craft teacher. The people, the job, and the atmosphere captured my heart. As a trained and experienced art teacher, I could never have imagined that the temporary position would become a life-altering career move, but it did. Dellene Gudger and Isaac Kuhn took a huge leap of faith when they hired me full time several weeks later.

I have worked with every director of nursing and administrator except the ones who were here when the building opened. I have seen the “Lutheran Home for the Aged and Infirm” change to Trinity Oaks health and rehab. I have watched hearses go from slipping quietly out the back drive to pulling up to the front door as we honor those we have cared for to the end. When residents go into church, I have gone from removing Baby Ben alarm clocks set for noon from beneath lap robes to reminding residents to turn off their cell phones. I have spent hours planning a major event and then by contrast have had to stand up and do devotions off the cuff when a group did not show at the last minute.

I have seen nursing homes in general change in more ways than I can possibly list. Instead of planning everything for residents, we now encourage them to assist in their own plans to the extent they are able. When I arrived, no one ever went home from a nursing home; now many new admissions are able to return home after participating in a rehab program. When I began, animals were not allowed in the building. Today, pet therapy programs are an enormous part of life for residents, and Trinity Oaks is even a training site for a local pet therapy group.

In the early days the entire medical record was written by hand, in black ink, no erasures or white-out. Now? All records are computerized, date-stamped and electronically signed. Years ago if a resident needed to use the phone, they went to the nurse’s desk to make a call. Then we got fancy and had a

portable cordless phone that could actually go into an individual’s room! Now residents are admitted with their iPads, cellphones, laptops and tablets ready to go as soon as we give them the wireless password!

I have been very privileged to work in a faith-based ministry that allowed me to use my creative skills and love of people to earn a living. As a single mom for most of that time, I have found strength and support every day with my Trinity Oaks family. My daughter grew up in this building, with her first visit when she was three weeks old. I brought her with me one night so I could get the newsletter published before I was back full time. She slept on Mamaw Trexler’s bed while I worked in the office. The night my mother died, the first faces I saw when I crossed the threshold of my house were Donna Stepanian (our director of nursing at the time) and Willi Beilfuss (administrator). This family has prayed with me during the difficult times in my life and celebrated with me in the joyous times.

I will be forever grateful that God led me to this place.

“For I know the plans I have for you,” declares the Lord (Jeremiah 29:11). As I place my future in God’s hands, I know retiring will be a huge lifestyle change for me. It will be difficult for my mind to stop planning and thinking in terms of “what’s going on around here.” I will continue to pray for this ministry and all who choose to serve by walking in these doors every day.

— Brenda Zimmerman



Brenda Zimmerman (center) had a career for almost 35 years with Lutheran Services Carolinas, most of them spent as activities director at Trinity Oaks health and rehab. She is shown here with Dellene Gudger and Pam Murphy.

Spotlight on a faithful foster parent:

Brenda Floyd

Brenda Floyd is one of those unassuming people who quietly devote their lives to making the world a better, more loving place.

Along with her husband, Russell, Brenda has been a foster parent 17 years. Through the Lutheran Services Carolinas South Carolina therapeutic foster care program she has helped children with emotional difficulties, but she believes she has found her niche caring for medically fragile children who are facing major health challenges.

“You love them like your own,” she says. “The hardest part is when you have to say goodbye.”

Over the years, Brenda and Russell began the process several times to adopt medically fragile foster children they were caring for. In each case, they were unable to complete the process when the children were returned to the birth family or relatives. Family reunification is always the ultimate goal, and the Floyds work diligently to support birth parents who seek reunification, even if it means having to say goodbye to a beloved foster child. But with little Jason, the Floyds didn't have to say goodbye.

In March of 2014, the Floyds began fostering Jason at three months old. Jason had suffered severe neurological damage as an infant because of being shaken. He is quadriplegic and unable to speak. Only four months after Jason came into the Floyds' home, he had a neuroblastoma removed from a kidney.

Despite his major health challenges, the Floyds began the adoption process, and Jason officially became part of the Floyd family in November of 2015.

“Everybody in the whole family is nuts about this child,” Brenda says. “He's such a joy.”



Family
LIFE'S GREATEST BLESSING

Brenda Floyd of Eastover, S.C., cuddles the newest member of the family, Jason.

Everyday Heroes

Are you an everyday hero?

Johnette Preddy is, although she might not describe herself that way.

Preddy, who lives in Mt. Pleasant, N.C., participates in the Lutheran Services Carolinas recurring gift program, *Everyday Heroes*. That means that Preddy gives monthly to LSC. Her donations are processed automatically, which is easy and convenient, she says.

Preddy has long been a friend of LSC. She and LSC President Ted Goins went to high school together when Ted's father, the Rev. Ted W. Goins, Sr., served at St. John's Lutheran Church in Concord, where Preddy attended.

When LSC's *Keeping the Promise* capital campaign kicked off in 2008, Preddy decided to make a monthly commitment to the three-year campaign. After the campaign ended, Preddy heard an LSC representative do a presentation at her church, Holy Trinity Lutheran in Mt. Pleasant.

"I thought, I'm going to continue to contribute; they do good work," Preddy said. "All of the work is wonderful."

She is particularly happy to see LSC building and improving nursing homes and says she can envision a future in which she will need the very services that LSC provides. "I want to have a nice place to go," she says.

Preddy says she doesn't give a huge amount, but it's an amount that is manageable for her. "I decided that it was part of my budget for three years," Preddy says, "so why change that?" While her donations went to the KTP campaign for three years, her contribution is now unrestricted.

Donors who wish to join *Everyday Heroes* can sign up online by clicking on Donate Now on the website and then selecting "Make a one-time gift or join *Everyday Heroes*, LSC's recurring gift program." On the form, they will need to select "make this a recurring gift." Donors may also call Liz Whittington at 704-603-1697 for assistance in setting up a recurring gift.

Members of *Everyday Heroes* receive Voices, the LSC quarterly newsletter, an annual statement each January of total donations made in the previous year (unless requested otherwise), and periodic email correspondence from LSC. Recurring gifts through *Everyday Heroes* are ongoing until a donor decides to change the amount or leave the program.



This photo was taken the day that Jason was adopted. Shown are, at front, Alina, Jason and Brenda Floyd. At back, Russell Floyd.

Several months before Jason's adoption was final, the Floyds began fostering Jason's biological half sister. Flooding prevented her assigned foster family from picking her up as a newborn at the hospital, so the Floyds stepped in and took baby Janay home with them. Because Jason's needs are so great they are not sure they will be able to be able to adopt Janay as well.

The Floyds are fortunate that a pediatric nurse helps with Jason's care 40 hours a week, administering medication and tube feedings, monitoring his condition, and attending doctors' appointments.

Their family also includes 24-year-old Alina, whom the Floyds adopted as an infant many years ago. Alina helps with the children, as does Russell, a long-haul trucker who is wonderful with Jason, Brenda says.

As a foster parent, Brenda has seen a lot. One of her foster children was a 15-year-old boy who had been severely injured in a drive-by shooting. She's cared for a three-year-old who was blind and had cerebral palsy.

She likes being able to make a difference and feels called to do what she's doing.

"I feel like I am needed, that my heart and my care are needed," she says. She feels she does her best work with medically fragile children.

"We can't not love them," she says. She knows that Jason's life truly is fragile, and that a long life with him is not guaranteed. "He'll be as comfortable as possible and loved more than he knows what to do with," Brenda says.

Memory boxes foster community



Russ See

Stories are powerful, and they continue to be powerful throughout one's lifetime. LSC senior living communities recognize this and are using life stories as a way to better serve their residents with dementia. As staff members learn about a resident's life and history, communication is enhanced and community is nurtured.

Residents with Alzheimer's can't always chat with staff about their lives, but items in a memory box – like military medals or knitting needles or photos – can be prompts for staff to reach out and say, "Tell me about that."

"If we know residents' life stories and understand their uniqueness, we are able to relate to them better, and that can improve their quality of life," says Jill Nothstine, director of special projects for LSC. Memory boxes can also provide visual cues for the residents, she says, helping them to recall fond memories and even helping them identify their rooms.

In January, Trinity Oaks health and rehab hosted a special evening for the families of the home's Virginia Casey Center, a licensed Alzheimer's residence and secure neighborhood for those with dementia.

After residents and family enjoyed a special dinner, family members took items they had brought with them and filled memory boxes that had recently been mounted outside of residents' rooms.

The boxes were constructed and donated by Russ See, an accomplished woodworker who lives in an independent living cottage at Trinity Oaks with his wife, Lou.

The mood on the hall was festive as family members laughed and reminisced as items were lovingly placed in the boxes.

Ruth Conner's memory box, for example, included a deck of playing cards. Her granddaughter Colleen Stephens explained that Ruth used to love getting together with friends to play bridge.

The idea of memory boxes as a tool for LSC nursing homes came from the Alzheimer's Resource Center of Connecticut, one of the top nursing homes in the country and a leader in dementia care, Nothstine says. Back in 2013, when LSC staff members travelled to the center to learn about compassionate dementia care, they learned that memory boxes can be used to encourage community and compassion.



Colleen Stephens captures a photo of her grandmother's memory box at Trinity Oaks.

Fearless Caregiver conference comes to Salisbury April 13



Gary Barg

Among the roles that cause stress in our lives, “caregiver” is often at the top of the list. An upcoming free conference and expo at Trinity Oaks, hosted by Lutheran Services Carolinas and its Rowan County affiliates, along with *Today’s Caregiver* magazine, is designed to give support and advice to family caregivers.

Gary Barg’s eyes were opened to the world of caregiving when he returned home to spend a few weeks with his mother more than 20 years ago. She had lost her husband, Barg’s father, to bone cancer, and not long after that was thrust into the role of caregiver to her parents. During his visit, Barg saw his mother being pushed aside by the health care community and dealing with insurance companies and insensitive doctors. Barg noticed how grueling and stressful her situation was, although to her, it was normal, he says.

Barg realized that his mother, and caregivers like her – more than 66 million in the country – weren’t getting the support they needed, so he set out to change that. Barg founded *Today’s Caregiver* magazine in 1995 and has made it his mission since to care about caregivers.

Barg believes caregivers must be fearless – they must believe in themselves and be confident that what they’re doing is right. Barg tells caregivers they are “the CEO of Caring For Your Loved One, Inc.”

Barg developed the Fearless Caregiver conference to give caregivers the chance to

advise and support one another, as well as learn about support available in the community. “It’s about learning about the pieces of the puzzle,” he says. “People should come with both questions and advice.”

Barg has learned from many people around the country. One caregiver who was having a hard time getting her mother – a former bank vice president – to accept home care had a novel approach. She sat down with her mother and said, “You’re so busy here; I want to hire you an administrative assistant.” Her mother was then able to accept the idea of someone helping because her feelings were validated and she felt she still had some control.

Barg says that being fearless is also about caregivers asking for what they need. If someone asks what they can do, tell them something specific and manageable. “When you go to the grocery store, could you pick up a few things for me? Or ‘Come over for dinner and let’s talk about anything but caregiving.’”

Conference participants will learn about support available for family caregivers, how to partner with family members, and how to handle difficult conversations like persuading a loved one to stop driving. The event, from 8:30 a.m.-2:30 p.m., includes lunch and is offered at no charge for family caregivers who register online at <http://www.caregiver.com> or who call 877-829-2734. Free adult day services will be available.

Novant Health Rowan Medical Center is the lead sponsor for the event. Other sponsors include Grove Medical and the Rowan County Family Caregiver Support Program.

Trinity Elms
(Assisted Living)
3750 Harper Road
Clemmons, NC 27012
336-766-2131

Trinity Elms
(Health & Rehab)
7449 Fair Oaks Drive
Clemmons, NC 27012
336-747-1153

Trinity Glen
849 Waterworks Road
Winston-Salem, NC 27101
336-595-2166

Trinity Grove
631 Junction Creek Drive
Wilmington, NC 28412
910-442-3000

Trinity Oaks
(Health & Rehab)
820 Klumac Road
Salisbury, NC 28144
704-637-3784

Trinity Oaks
(Independent Living)
728 Klumac Road
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Trinity Place
24724 South Business 52
Albemarle, NC 28001
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Trinity Ridge
2140 Medical Park Drive
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Trinity View
2533 Hendersonville Road
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828-687-0068

Trinity Village
1265 21st St., NE
Hickory, NC 28601
828-328-2006

Adult Day Services

Trinity Living Center
1416-A S. Martin Luther King, Jr. Ave.
Salisbury, NC 28144
704-637-3940

Home Care

Trinity at Home
820 Klumac Road
Salisbury, NC 28144
704-603-2776



Learn more about LSC

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or by visiting the LSC website at **LSCarolinas.net**.

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"Empowered by Christ, we walk together with all we serve."

Rowan Chamber honors LSC leaders

Lutheran Services Carolinas was very much in the spotlight at the recent Rowan County Chamber of Commerce's annual gala, a celebration of 90 years of chamber history. LSC President Ted W. Goins, Jr. received the gavel as the new chamber chair from Dari Caldwell, the outgoing chair. Ann Pressly of Trinity Oaks was named the Paul E. Fisher Volunteer of the Year for her many contributions to the chamber, including organizing the highly successful Dragon Boat Festival. Giving back to the community is important, and LSC leaders are setting the standard in the local business community.



Ann Pressly



Ted Goins

LSC Voices is a quarterly publication of Lutheran Services Carolinas, P.O. Box 947, Salisbury, NC, 28145, Mary Ann Johnson, editor, Katie Scarvey, writer and photographer. For more information contact mjohnson@LSCarolinas.net or call 704-754-8224.

LSC Administrative Office
1416 S. Martin Luther King, Jr. Ave.
Post Office Box 947
Salisbury, NC 28145
704-637-2870

LSC Charlotte Office
1225 E. Morehead Street
Post Office Box 30066
Charlotte, NC 28230
704-940-3333

LSC Columbia Office
1118 Union Street
Columbia, SC 29201
803-750-9917

LSC Raleigh Office
616 Hutton Street
Raleigh, NC 27606
919-832-2620