



# Specialized Services & Personnel, Inc.

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*Meraki...a verb... Labor of love...It means to do something with passion, with absolute devotion, with undivided attention.*

## A Letter From Admin...

Welcome to the first edition of "Meraki", SS&P's new newsletter!

Meraki (pronounced May-rah-key) is a term that means to do something with passion, soul, and heart, leaving a part of yourself behind.

Specialized Services & Personnel, Inc. has experienced a great loss with the passing of Director/Owner, Jennifer McGill. Jennifer's passion was mental health and the individual's impacted by the many aspects of it. Jennifer left a part of her soul in SS&P. She expressed her wishes that the company she built continue to thrive well into the future, and that it should continue to operate normally in her absence. The administration of SS&P is grateful for the outpouring of love and support from the "family of Specialized Services" during the loss that we have suffered with Jennifer's passing. We wish to ensure that all individuals and families, as well as employees and business associates, know that SS&P will continue to do business as usual without interruption of services or operations. SS&P is committed to providing quality services and in honoring Jennifer's memory, looks forward to making strides in enhancing the lives of our individuals and continuing to grow the agency in the coming years. We value your commitment to maintain excellence in service.

*~Thank You~*



## In Memory of Jennifer McGill

Jennifer Strother McGill of Aberdeen died on August 15, 2017 at First Health Moore Regional Hospital in Pinehurst. She was the only child of Elease Moss Goodwin and Charles H. Strother. She was preceded in death by her only child Tara S. McGill and her father Charles Strother and grandparents Lee and Mary Alberta

Moss of Aberdeen, and JW and Minnie Strother. She has one granddaughter Elizabeth Damara Laws, also of Aberdeen.

Jennifer graduated from Aberdeen High School, attended Sandhills Community College and UNC-P with a degree in mental health services.

Her professional career began with the establishment of Moore County Children's Center in Southern Pines and was the first Executive Director for 18 years. It later became known as Sandhills Children's Center. She then established her own business in Aberdeen, "Specialized Services and Personnel".

Jennifer was very passionate about taking care of those less able to care for themselves. This passion also extended to her love for animals. She also has left behind a large circle of dear friends who will miss her greatly, including special friend Bill DeSoto.

Funeral services were held on Friday, August 18th at Boles Funeral Home in Southern Pines, officiated by Dr. Reverend Zeb Moss and Reverend Sam Walker. Burial followed at Bethesda Cemetery. Memorials may be made to Sandhills Children Center or animal advocates organizations.

## In Case of Emergency: What Information Will You Need?

In this day and age, we must be prepared for any natural or man-made disaster. It is important to build a kit that can include essential food, water and supplies to last at least 72 hours. It's also vital to have a communication plan so every family member knows the how to attempt to reach one another after a disaster. The third piece of your disaster plan should be preparing the documents that help you put your life back together after an emergency. The Emergency File is a place to store critical information that will make it easier to recover in the event of a disaster.

**Think Ahead** Information can be your greatest asset in an emergency. Your emergency file needs to contain vital information that you would need in a variety of emergency situations. Possible emergencies include:

- Fire
- Natural disasters
- Health crisis
- Theft
- Enemy attack

Contacts, health and insurance information and other critical records can help you react quickly in an emergency.

**Gather What's Important** What belongs in the Emergency File? Think of what you would need to recover from a disaster. It's important to have information about:

- Bank accounts
- Investment accounts
- Insurance policies
- Homeowner's insurance policies
- Social security numbers
- Marriage and birth certificates
- Personal property

You are encouraged to maintain a written and photographic inventory of your possessions, including model and serial numbers, so you can estimate the value of your property for insurance or tax purposes in the event of damage or loss. Irreplaceable keepsakes and photographs should be stored in a fire safe box. Consider sending copies of vital records to an out of town friend or relative as an extra precaution.

**Keep It Handy** In an emergency, you need to be able to get your emergency file as quickly as possible. Make sure all household members know where the Emergency File is kept. Ideally, this file should be kept on a designated "grab and go" location near an exit.

**Keep It Safe** Because it contains all of your family's critical personal information, it should be protected against identity theft. Keep the emergency file in a locked, portable fire-safe. Carry the key on your keychain.

When a plan is in place for the unexpected, you can feel more secure and confident that your recovery time after an emergency will be shortened.



### A Note from Payroll

#### **DUE DATES**

Please remember that timesheets and documentation are due on the **4<sup>th</sup>** and **19<sup>th</sup>** of each month following the ends of the service periods. Turn your paperwork in **ON TIME!**

### A Note from Medical Records

#### **DOCUMENTATION**

All service entries shall include the date (month/day/year) the service is rendered and shall be legible and written in permanent **black ink**.

# HAPPY BIRTHDAY TO YOU...♪♪♪♪

(October Birthdays)

- ANDREA CHANEY (2)
- MARY BAKER (5)
- SKYLER WOMBLE (5)
- EUGENE FLOWERS (7)
- DEBRA SANCHEZ (8)
- NANCY JACKSON (12)
- AMERICA MORALES (12)
- GWENDOLYN PERSON (14)
- KIM COWELL (14)
- JEANNIE DONALDSON (15)
- BRYNN DEFRIESS (15)
- MICHELLE WATKINS (16)
- RHONDA SPIVEY (20)
- TONYA COOK (23)
- SHAYLA JOYNER (23)
- SHEM GODFREY (24)
- KIMBERLY ARD (27)
- EVERETTE MITCHELL (29)
- MEGAN MUSE (31)

- SAFAHARI B (5)
- MATTHEW M (5)
- RAYMOND H (8)
- SONYA G (9)
- DIAMONTEE B (10)
- LAURA M (18)
- MELVIN E (23)
- KATHLEEN J (23)



## Watch this area for upcoming Monthly Incentives



### BIPOLAR DISORDER

ABILITY	DEPRESSION	FEELINGS	MENTAL HEALTH
AFFECT	DEPRESSIVE	FUNCTION	MOOD
ALCOHOL	DIAGNOSIS	HAPINESS	OVERACTIVE
ALTERNATE	DISORDER	HYPOMANIA	PERIOD
ANIPSYCHIOTIC	DOCTOR	HYPOMANIC	SAD
ANTIDERESSANTS	DRUG	ILLNESS	SEVERE
ATTRIBUTED	EFFECT	IMBALANCE	SICK
BIPOLAR	EMOTIONS	MANIA	SLEEP
BRAIN	EPISODE	MANIC	STRESSFUL
CHEMICAL	EXPERIENCE	MEDICAL	STRUGGLE
CONDITION	EXTREME	MEDICATION	SYMPTOM
CUT	FAMILY	MENTAL	

Y	J	S	I	B	A	H	N	D	I	A	G	N	O	S	I	S	N	L	U	E	T
P	A	R	T	H	T	L	A	E	H	L	A	T	N	E	M	E	O	F	C	Y	F
T	C	N	N	R	L	C	T	S	S	E	N	L	L	I	C	H	A	N	I	O	N
C	I	L	T	I	E	D	E	E	M	Z	F	R	F	N	O	M	E	H	S	E	O
E	N	A	S	I	A	S	E	F	R	F	U	L	A	C	I	I	O	G	W	V	I
F	A	T	E	A	D	R	S	T	F	N	Z	L	L	L	R	J	N	D	R	I	T
F	M	N	D	M	D	E	B	F	U	E	A	A	Y	E	T	I	D	D	H	T	A
A	O	E	O	S	O	X	R	A	U	B	G	T	P	L	L	M	P	E	A	C	C
J	P	M	C	E	C	T	I	E	M	L	I	X	E	E	V	E	E	P	P	A	I
F	Y	R	T	Y	D	N	I	I	S	S	E	R	E	M	Q	D	D	R	I	R	D
Z	H	C	O	M	A	O	Z	O	C	S	E	F	T	J	T	I	E	E	N	E	E
K	K	N	R	M	A	R	S	D	N	F	A	V	N	T	O	C	P	S	E	V	M
N	K	C	O	K	A	N	R	I	U	S	C	N	E	E	A	A	R	S	S	O	D
Y	N	P	I	I	R	U	I	N	P	S	W	J	T	R	A	L	E	I	S	P	L
F	Y	O	N	S	G	T	C	C	D	E	P	L	F	S	E	O	S	V	P	U	E
H	A	A	I	C	I	T	O	I	H	C	Y	S	P	I	N	A	S	E	S	D	X
D	M	B	N	T	I	Y	S	C	I	X	T	Q	U	P	U	G	I	P	Y	O	T
V	O	T	I	O	I	O	A	C	C	H	E	M	I	C	A	L	O	E	M	O	R
L	Z	I	N	L	R	D	U	S	T	R	U	G	G	L	E	T	N	E	P	M	E
S	T	P	R	D	I	C	N	T	N	T	H	Z	G	V	Q	X	I	L	T	L	M
V	U	O	E	E	A	T	E	O	S	I	B	I	P	O	L	A	R	S	O	Y	E
D	C	R	F	L	P	D	Y	C	C	L	N	S	Z	Z	X	Z	B	M	M	R	E

**CONGRATULATIONS  
to the following employees with  
SERVICE ANNIVERSARIES in  
OCTOBER:**

**17 yrs EARLENE MCCRIMMON**  
**14 yrs EARL SWANN**  
**11 yrs RITA RAPE**  
**8 yrs THOMASINA SPENCER**  
**5 yrs JOHN HILL II**  
**5 yrs AISHA BRYANT**  
**5 yrs STEPHONIKA DAWKINS**  
**4 yrs STEVEN MELAMED**  
**4 yrs ANNIE PURCELL**  
**3 yrs FRANCES BLAKE**  
**2 yrs THERESA PERSON**  
**2 yrs PRECIOUS HASKELL**  
**1 yr CHERYL MCLEOD**  
**1 yr MELISSA BANKS**

## How Can I Lower My Risk?

Some main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help lower your breast cancer risk. The *Know: BRCA* tool can help you assess your risk of having changes in your BRCA genes.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

CDC's [\*Bring Your Brave\*](#) *campaign* provides information about breast



cancer to women younger than age 45 by sharing real stories about young women whose lives have been affected by breast cancer.

## Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram. Are you worried about the cost? CDC offers free or low-cost mammograms. Find out if you qualify.

## What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

## Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects [younger women](#). About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Find a copy of this newsletter on our **NEW** Facebook page <http://fb.me/SSandPInc>.

