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**Triad  
Coordinated  
Services**



# The Triad Times

TCS Quarterly Newsletter  
October-December 2018

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# Hurricane Florence Recovery

Donate through the **NC Disaster Relief Fund** today, or by texting “**Florence**” to **20222**! Please **WATCH OUT** for scammers when donating to any organization!

Here’s how to help victims of the storm!

<https://www.nbcnews.com/better/news/how-help-victims-hurricane-florence-ncna909746>

## Hurricane Articles.....

<https://www.ncdhhs.gov/assistance/hurricane-florence/behavioral-health-after-hurricane-florence>

<https://www.ncdhhs.gov/assistance/hurricane-florence/hurricane-florence-mosquitoes>

<https://www.ncdhhs.gov/assistance/hurricane-florence/hurricane-florence-wounds-and-tetanus>

<https://weather.com/safety/hurricane/news/2018-09-12-help-hurricane-florence-victims-donations>

# Hurricane Michael Recovery

Here's how to help victims of the storm!

<https://www.fastcompany.com/90250482/how-to-help-hurricane-michael-victims-15-things-you-can-do-right-now-from-airbnb-to-gofundme>

<https://www.nytimes.com/2018/10/11/reader-center/how-to-help-hurricane-michael-victims.html>

## Important Articles to Read

[https://www.greensboro.com/news/local-news/duke-energy-whittles-away-remaining-power-outages-in-guilford-county/article\\_710fd8a6-b387-54cb-b08f-5ffb34308ef2.html](https://www.greensboro.com/news/local-news/duke-energy-whittles-away-remaining-power-outages-in-guilford-county/article_710fd8a6-b387-54cb-b08f-5ffb34308ef2.html)



October is  
National **Down  
Syndrome**  
Awareness Month

“It’s not about celebrating disabilities, it’s about celebrating abilities.” -NDSS

Goodwill Ambassador,  
Chris Burke

## Down Syndrome Facts

Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21.

Down syndrome occurs in people of all races and economic levels.

People with Down syndrome attend school, work, have meaningful relationships, vote, and contribute to society in many wonderful ways.

There are three types of Down syndrome: trisomy 21 (accounts for 95% of cases), translocation, and mosaicism.

Sources:

<https://www.ndss.org/about-down-syndrome/down-syndrome-facts/>

<https://www.upwithdowns.org/down-syndrome-awareness>

# DON'T TEXT AND DRIVE!

Did you know?

It is *illegal* to text and drive in North Carolina, as well as 46 other states and the District of Columbia.

## Practice Safe Driving This Winter By...

**Clearing ice and snow off your car before driving!**

**Driving with headlights!**



**REMEMBER** that safety is always the first priority!

Driving slowly and remembering speed limits are meant for dry roads!

**Reminder of our Inclement Weather Policy:** During Inclement Weather, TCS will post the directive to follow Inclement Weather Policy at [tc.services.org](http://tc.services.org)  
**Triad Coordinated Services Inclement Weather Policy.** Staff who choose to work may do so at their own risk however are not permitted to transport clients. **ALL services are to be provided in the client's home.**

# FREE

## Upcoming Parenting and Professional Classes

### Provided by **ABC of NC!**

**October 3**  
**Reducing Problem Behavior I**

**October 10**  
**Reducing Problem Behavior II**

**October 17**  
**Introduction to Autism**  
Understanding Autism Spectrum Disorder (ASD).



## FREE PARENT AND PROFESSIONAL CLASSES:

### WHO ARE WE?

ABC of NC is a nonprofit center dedicated to providing high-quality, evidence-based diagnostic, therapeutic, and educational services to people with autism spectrum disorder; ensuring service accessibility to individuals from any economic background; offering support and hope to families; and advocating for inclusion and acceptance.

### INFORMATION:

ABC of NC's parent/professional classes are free and open to the community. The classes are beneficial if you are waiting for services through ABC of NC or another autism services provider. Continuing education certificates are available to professionals upon request.

For more information or to register for a class, please contact Leigh Ellen Spencer at (336)251-1180 ext. 120 or [leighellen.spencer@abcofnc.org](mailto:leighellen.spencer@abcofnc.org). You must register at least one week in advance. ABC of NC reserves the right to cancel classes if there are not enough participants.

### FALL 2018 CLASS LOCATION:

SECU  
Autism  
Clinic  
"ABC of NC"

The vision of ABC of NC is that all children with autism spectrum disorder reach their full potential through effective diagnostic, therapeutic and educational services.

### CLASSES 9:00 - 11:00AM

- AUG 8** **Increasing Social Motivation**  
Motivating Children with autism to engage/interact with others.
- AUG 15** **Communication Strategies**  
Increasing communication and understanding the communication of others.
- AUG 29** **Reducing Problem Behavior I**  
Strategies for reducing frustration and increasing cooperation: Accepting "no", first-then instructions, waiting and transitions.
- SEP 5** **Reducing Problem Behavior II**  
Strategies for coping and calming: increasing adaptive behavior with social narratives and video modeling strategies, and accepting when things don't go as planned.
- SEP 12** **Developing Play**  
Strategies to expand interests and develop functional play routines.
- SEP 19** **Diet Expansion**  
Motivating children with autism to eat healthier foods.
- SEP 26** **Toilet Training Strategies**  
Increasing success with toilet training.
- OCT 3** **Reducing Problem Behavior I**
- OCT 10** **Reducing Problem Behavior II**
- OCT 17** **Introduction to Autism**  
Understanding Autism Spectrum Disorder (ASD).

**FREE**

**Upcoming Parenting and  
Professional Classes  
Provided by ABC of NC!**

**October 24**

**Toilet Training Strategies**

Increasing success with toilet training.

**November 7**

**Increasing Social Motivation**

Motivating Children with autism to engage/interact with others.

**November 28**

**Communication Strategies**

Increasing communication and understanding the communication of others.

**December 5**

**Reducing Problem Behavior I**

Strategies for reducing frustration and increasing cooperation. Accepting “no”, first-then instructions, waiting and transitions.

**December 12**

**Reducing Problem Behavior II**

Strategies for coping and calming: increasing adaptive behavior with social narratives and video modeling strategies, and accepting when things don't go as planned.

# TCS Community Events This Quarter!



Join us on Saturday  
**November 3rd** for the  
grand opening of  
**A Special Blend!**

**There will be a ribbon  
cutting ceremony at  
10 AM!**

RSVP to  
[news.tcservices@gmail.com](mailto:news.tcservices@gmail.com)  
by **October 30th!**

Join us on  
**December 6th** for  
our TCS annual  
outing to the  
**Festival of Lights  
at Tanglewood  
Park!**



**Time: 7 PM**  
Greensboro group will  
meet at TCS at 5:30 PM  
and carpool.

Winston-Salem group  
will meet 6:15 PM in the  
Harris Teeter parking  
lot at 4150 Clemmons  
Road in Clemmons!

PLEASE RSVP by  
November 30th to  
[news.tcservices@gmail.com](mailto:news.tcservices@gmail.com)



# TCS Employee of the Quarter!

*Carmon  
Gilmore*

*What Others Have To Say about Carmon:*

*“Carmon is always willing to help whenever she possibly can. She is respectful, thoughtful and caring towards her clients, families, and fellow staff. She is a very dedicated staff.”*

*“Carmon has been one of the most reliable employees at TCS. She has gone above and beyond her normal responsibilities to help out in any way she can. We appreciate her and everything she does for her clients”*

# Core Competencies Mandatory Training!

**This training will include the following new Core Competencies effective 11/1/18:**

- **Communication**
- **Person-Centered Practices**
- **Evaluation and Observation**
- **Crisis Prevention and Intervention**
- **Professional and Ethical Practices**
- **Health and Wellness**
- **Community Inclusion & Networking**
- **Cultural Competency**
- **Education, Training, & Self-Devpmt**

**When: Tuesday, October 30th**

**Time: 5pm-9pm**

**RSVP by Oct 15th**

**RSVP to:**

**news.tcservices@gmail.com**