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BROUGHT TO YOU BY THE NASHVILLE GRAPHIC 2022

Bullying is a common issue

BY KENDRA JONES
GRAPHIC STAFF WRITER

Bullying is a common experience and problem among school-age children.

Nashville Police Chief Anthony Puckett said the abundance and advancing in technology has allowed bullying to take on even more forms, including virtually through social media apps.

"It's much more widespread now, or reported now more, not because it occurs more but possibly because of the technological advances we made and it is seen more," he said.

Puckett said to prevent bullying, parents need to be involved with their children by communicating with them and monitoring their social media use, phones, and text messages.

"I know to the children, it sounds like snooping; however, with everything out there, that's the only way to make sure their child is not involved," he said.

Social media apps like Snapchat may be difficult to monitor a child's activity since the stories disappear within seconds.

According to Puckett, bullying is a learned behavior which starts at home with parents and their actions towards each other, other people, and their

children.

Children often emulate what they see, whether the actions are right or wrong.

"If a child is bullying another child, or making derogatory comments to another child, it's because they've been taught that behavior either verbally or through demonstration," Puckett said.

He said it is important for parents to demonstrate positive behaviors to lead by example.

Instilling values in children such as respect, honesty, and consideration of others is a key to diminishing bullying. They must also be taught words hurt and cannot be taken back.

"When those children have those values, then most of the time they're not going to demonstrate bullying," said Puckett.

It is essential for parents to be aware of who their children's friends are to ensure they are befriending people with favorable values since children may also copy what their friends do, he said.

Puckett said the police department normally puts on an anti-bullying campaign for fourth and fifth graders at Nashville Elementary, but it has not been done since COVID hit.

For more information on bullying, one can visit www.stopbullying.gov.

Signs of bullying

There are many signs of bullying and kids may not exhibit them all. In fact, StopBullying.gov notes that some bullied children exhibit no warning signs. So in addition to learning these signs of bullying, parents can make a concerted effort to communicate with their children every day, asking youngsters about how their day went and if they encountered anything that adversely affected their mood.

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors, such as running away from home, harming themselves, or talking about suicide

Parents are urged to report any concerns about bullying to educators immediately, as research indicates bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair. Bullying also can lead to or worsen feelings of depression and anxiety, which can contribute to suicidal behavior.

Learn more about bullying and how to combat it at www.StopBullying.gov.

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Youth suicide

BY KENDRA JONES
GRAPHIC STAFF
WRITER

Suicide is an ongoing issue many children face daily.

Sergeant Yvette Whitley of the Nash County Sheriff's Office Criminal Investigations Division said there are warning signs that can help parents know if their child is considering suicide.

Those signs include the child shutting themselves off from others, talking less, sudden change of appearance, and not participating in normal activities that are appealing to them.

Numerous factors may contribute to child suicide, including social media.

"I feel like social media has a lot to do with how our kids are acting now," she said.

Whitley said children are exposed to content, some that might not be suitable for their viewing, which keeps them glued to the device to the point where they are dependent on it. If a parent takes away their phone, the child may breakdown, or threaten to kill themselves.

Other contributing factors to child suicide are children dealing with a wide range of stressors, lack of attention, and virtual learning.

School is a place for learning, but also a place where

children socialize with others their age, Nash County Sheriff's Office Special Victim's Unit Sergeant Anna Hernandez said.

"Being stuck at home is just getting in their head. If they were already depressed, it makes it worse," she said.

Whitley said virtual learning may be hard on children since some of them use school to get away from hardships encountered at home.

"Every home is not perfect," she said.

Having someone to communicate with is crucial for children to ease their minds so parents should sit down with their children to communicate about what is occurring in their lives as a way of preventing child suicide, Whitley said.

Parents should be mindful about what is happening with their children, Hernandez added.

To combat child suicide, she said the sheriff's office has responders who will send personnel to a child's home to speak with them unless the situation is too dangerous. In that case, the child would be sent to Nash General Hospital.

Anyone contemplating suicide can also contact the National Suicide Prevention Lifeline at 1-800-273-8255.

WARNING SIGNS

• Almost everyone who attempts or completes suicide has given warning signs through their words or behaviors. Do not ignore any suicide threats. The following statements may indicate serious suicidal feelings.

- "I'd be better off dead."
- "I won't be bothering you much longer."
- "You'll be better off without me around."
- "I hate my life."
- "I am going to kill myself."
- Suicide threats are not always verbal.

• Depression is one of the leading causes of suicide attempts. Mental or addictive disorders are associated with 90% of suicide. One in ten youth suffer from mental illness serious enough to be impaired, yet fewer than 20% receive treatment. Depression can be exhibited in many ways including the following which are detailed in more depth:

- Sudden, abrupt changes in personality
- Expressions of hopelessness and despair
- Declining grades and school performance
- Lack of interest in activities once enjoyed
- Increased irritability and aggressiveness
- Withdrawal from family, friends and relationships
- Lack of hygiene
- Changes in eating and sleeping habits

• Other warning signs include:

- Anger, increased irritability
- Lack of interest
- Sudden increase/decrease in appetite
- Sudden changes in appearance
- Dwindling academic performance

• Preoccupation with death and suicide such as essays or poems about death, artwork or drawings depicting death, social media posts or comments or talking a lot about death or dying.

• Previous suicide attempts

• Final arrangements - once the decision has been made to end their life, some young people begin making final arrangements. Giving away prized or favorite possessions Putting their affairs in order Saying good-bye to family and friends, making funeral arrangements

The Jason Foundation
www.jasonfoundation.com

The Jason Foundation, Inc. is a non-profit whose mission statement is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

RISK FACTORS

- Depression, mental illness and substance abuse
 - Aggression and fighting
 - Home environment
- Community environment
 - School environment
 - Previous attempts
 - Cultural factors
- Family history / stresses
- Self-mutilation or self-harm behaviors
- Situation crisis such as the death of a loved one, loss of a valued relationship, parental divorce, or sexual abuse.

ADDITIONAL RESOURCES

- American Association of Suicidology
- American Foundation for Suicide Prevention
- Center for Disease Control: Suicide
- Center for Disease Control: Youth Risk Behavioral Surveillance System
- The Jed Foundation
- Kid Central TN
- NAMI (National Alliance on Mental Illness)
- National Council for Suicide Prevention
- National Strategy for Suicide Prevention (PDF)
- Samaritans USA
- Suicide Awareness Voices of Education (SAVE)
- Tennessee Suicide Prevention Network
- The Trevor Project
- Yellow Ribbon Suicide Prevention Program

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How to talk with your kids about vaping

Courtesy of Partnership for Drug-Free Kids
www.drugfree.org

What is Vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, produced by an e-cigarette or similar device. It's become more popular among teens than regular cigarettes, especially given that vaping devices can be used for anything from flavors like mango, mint or tutti frutti, to flavorings containing nicotine or THC, the chemical compound in marijuana that produces the high.

What are the Risks?

There are several risks to vaping for teens. Below are three major ones for parents to be concerned about:

Vaping is often marketed to kids, downplaying the dangers.

With lots of flavors available for vaping liquids, as well as the variety of colors and devices available that charge just like cell phones, it's clear that vaping products are often marketed to

teens. One of the slang terms for vaping, known as JUULing ("jeweling"), comes from the JUUL brand device that looks more like a flash drive as opposed to an e-cigarette. Vaping is also often sold as a "safer" alternative to cigarettes, and some teens are under the false assumption that because e-cigarettes don't contain tobacco they're safe.

Vaping chemicals used in the liquids can be more concentrated and dangerous.

Inhaling from a vape pen or e-cigarette, especially in the case of one containing nicotine or THC, can enhance a drug user's high and can amplify a drug's side effects. Vaping is also very new and there are literally hundreds of brands, so there's not a lot of firm information about what chemicals might be in what vape liquids. But even beyond nicotine and THC, synthetic chemicals that make up these liquids – including "herbal incense" like spice and synthetic marijuana – expose the lungs to a variety of chemicals, which could include carcinogens and toxic metal

nanoparticles from the device itself. Not only could these chemicals make their way into young lungs, causing irritation and potentially "smoker's cough," but they could also damage the inside of the mouth and create sores. The CDC recommends against avoiding vaping because of the proliferation of lung illnesses.

Vaping may make the transition to cigarette smoking easier in adolescence.

In a meta analysis of six studies, the findings concluded that the risk of smoking increases four times if a teen vapes versus a teen that does not. In another study of more than 2,000 10th graders, researchers found that one in five teens who reported a regular vaping habit at the start of the study smoked traditional cigarettes at least three times a month by the end of the study period. Another 12% of routine vapers smoked at least one day a month. By comparison, less than 1% of students who didn't try vaping reported smoking even one day a month at the end of the study.

What Can Parents Do?

Make it clear to your son or daughter that you don't approve of them vaping or using e-cigarettes, no matter what.

If you think your son or daughter is vaping, take a deep breath and set yourself up for success by creating a safe, open and comfortable space to start talking with your son or daughter. As angry or frustrated as you feel, keep reminding yourself to speak and listen from a place of love, support and concern. Explain to them that young people who use THC or nicotine products in any form, including e-cigarettes or vaporizers, are uniquely at risk for long-lasting effects. Because these substances affect the development of the brain's reward system, continued use can lead to addiction (the likelihood of addiction increases considerably for those who start young), as well as other health problems.

You want your child to be as healthy as possible. Find out why vaping might be attractive to your son or daughter, and work with him or her to replace it with a healthier behavior.



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Look for warning signs of drugs or alcohol

Courtesy of
Partnership for Drug-Free Kids
www.drugfree.org

How to Find Out if Your Child is Using Drugs or Alcohol

Use Your Nose. Have a real, face-to-face conversation when your son or daughter comes home after socializing with friends. If there has been drinking or smoking, the smell will be on their breath, on clothing and in their hair.

Look Them in the Eyes. When your child gets home after going out with her friends, take a close look. Pay attention to his or her eyes. Eyes will be red and heavy-lidded, with constricted pupils if they've used marijuana. Pupils will be dilated, and he or she may have difficulty focusing if they've been drinking. In addition, red, flushed color to the face and cheeks can also be a sign of drinking.

Watch for Mood Changes. How does your teen act after a night out with friends? Are they loud and obnoxious, or laughing hysterically at nothing? Unusually clumsy to the point of stumbling into furniture and walls, tripping over their own feet and

knocking things over? Sullen, withdrawn, and unusually tired and slack-eyed for the hour of night? Do they look queasy and stumble into the bathroom? These are all signs that they could have been drinking, using marijuana or other drugs.

Monitor Driving and the Car. Your teen's car and driving habits can offer clues as well. Is driving more reckless when he or she's coming home after being with friends? Are there new, unexplained dents? If you're suspicious, examine the inside of the car too. Does it smell like smoke or alcohol fumes? Are there any bottles, pipes, bongs, or other drug paraphernalia rolling around on the floor or hidden in the glove box? If you find evidence of drug use, be sure to prepare for the conversation ahead.

Keep an eye out for deceit or secretiveness. Are their weekend plans starting to sound fishy? Are they being vague about where they're going? Can they describe the movie they supposedly just saw? They say parents will be at the party they're attending, but can't give you a phone number and come home acting intoxicated? They get in way past curfew or estimated time with an endless string

of excuses? When excuses fail, do they respond to your inquiries and concern by telling you that it's none of your business? If these ring true, something is wrong and it's time to take action.

Should You Search Their Room?

The limits you set with your child do not stop at their bedroom door. If you notice concerning changes in behavior, unusual odors wafting from their room (like marijuana or cigarette smoke), smells to mask other smells like incense or air fresheners, or other warning signs, it's important to find out what's going on behind that "KEEP OUT" sign.

One note of caution, however. Be prepared to explain your reasons for a search, whether or not you decide to tell them about it beforehand. You can let them know it's out of concern for their health and safety. If you discover that your kid is not drinking or doing drugs, this could be a good time to find out if there's something else that may need to be addressed.

Kids come up with some crafty places to conceal alcohol, drugs, and drug paraphernalia. Some possible hiding spots include:

- Dresser drawers beneath or between clothes
- Desk drawers
- CD/DVD/Tape/Video cases
- Small boxes – jewelry, pencil, etc.
- Backpacks/duffle bags
- Under a bed
- In a plant, buried in the dirt
- In between books on a bookshelf
- Inside books with pages cut out
- Makeup cases – inside fake lipstick tubes or compacts
- Under a loose plank in floor boards
- Inside over-the-counter medicine containers (Tylenol, Advil, etc.)
- Inside empty candy bags such as M&Ms or Skittles

Don't overlook your teen's cell phone or other digital devices. Do you recognize their frequent contacts? Do recent messages or social media posts hint at drug use or contradict what they've told you?

If your search turns up evidence of drug use, prepare for the conversation ahead and do not be deterred by the argument of invaded privacy. Stand by your decision to search and the limits you've set.

GET DRUGS OUT OF THE HOUSE!

The Nashville Police Department and the Town of Nashville offer a "Medicine Drop Box."

The drop box is located in the lobby of the Nashville Police Department (501 S. Barnes St) and is accessible to the public Monday through Friday from 8 am until 5 pm each day. Citizens are encouraged to drop off their unwanted or unused prescription medicine and over-the-counter medicine in the drop box to avoid the medicine falling into the wrong hands. Please keep pills in original containers and do not combine pills. The only restrictions are NO liquids or Syringes will be accepted. The Medicine drop box is emptied each day.



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Top 8 reasons why teens try alcohol and drugs

The following is provided by
www.drugfree.org

There is no single reason why teenagers use drugs or alcohol. But here are some of the core issues and influences behind the behavior of teenage drug and alcohol use.

It's important that you, as a parent, understand these reasons and talk to your kids about the dangers of drinking and doing drugs.

1. Other People. Teenagers see lots of people consuming various substances. They see their parents and other adults drinking alcohol, smoking cigarettes and, sometimes, trying other substances. Also, a teenager's social scene often revolves around drinking and smoking marijuana. Sometimes friends urge one another to have a drink or smoke pot, but it's just as common for teens to start trying a substance because it's readily available and they see all their friends enjoying it. In their minds, they see drug use as a part of the normal teenage experience.

2. Popular Media. Forty-five percent of teens agree with the statement: "The music that teens listen to makes marijuana seem cool." And 45 percent of teens agree with the statement "Movies and TV shows make drugs seem like an ok thing to do." (PATS 2012) So be aware of the media that your son or daughter is consuming and talk to them about it.

3. Escape and Self-Medication. When teens are unhappy and can't find a healthy outlet for their frustration or a trusted confidant, they may turn to chemicals for solace. Depending on what substance they're trying, they may feel blissfully oblivious, wonderfully happy or energized and confident. The often rough teenage years can take an emotional toll on children, sometimes even causing depression, so when teens are given a chance to take something to make them feel better, many can't resist. For example, some teens abuse prescription medicine to manage stress or regulate their lives. Sometimes they abuse prescription stimulants (used to treat attention deficit hyperactivity disorder) to provide additional energy and the ability to focus when they're studying or taking tests. Others are abusing prescription pain relievers and tranquilizers to cope with academic, social or emotional stress.

4. Boredom. Teens who can't tolerate being alone, have trouble keeping themselves occupied or crave excitement are

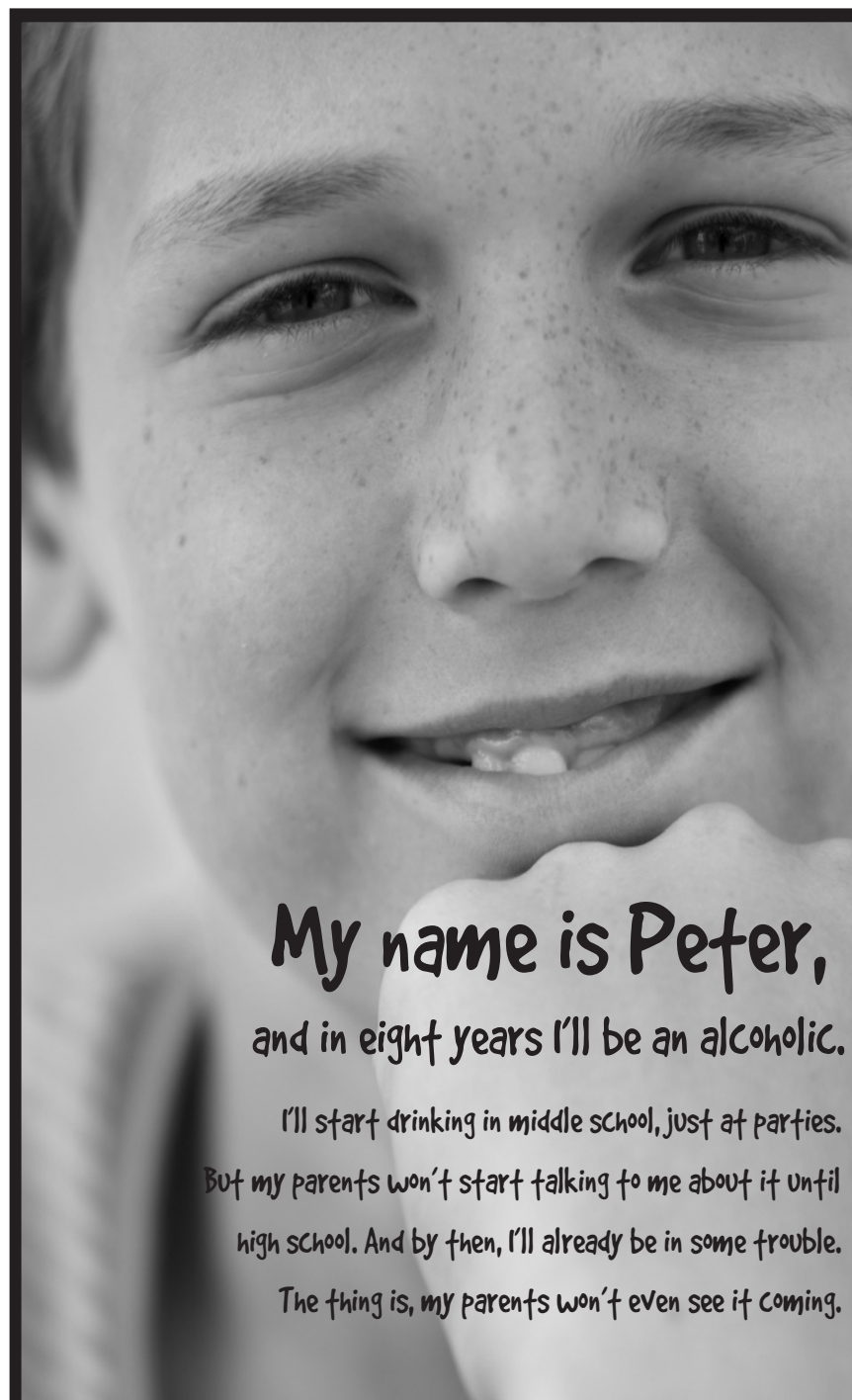
prime candidates for substance use. Not only do alcohol and marijuana give them something to do, but those substances help fill the internal void they feel. Further, they provide a common ground for interacting with like-minded teens, a way to instantly bond with a group of kids.

5. Rebellion. Different rebellious teens choose different substances to use based on their personalities. Alcohol is the drug of choice for the angry teenager because it frees him to behave aggressively. Methamphetamine, or meth, also encourages aggressive, violent behavior, and can be far more dangerous and potent than alcohol. Marijuana, on the other hand, often seems to reduce aggression and is more of an avoidance drug. Some teens abuse prescription medicine to party and get high. LSD and hallucinogens are also escape drugs, often used by young people who feel misunderstood and may long to escape to a more idealistic, kind world. Smoking cigarettes can be a form of rebellion to flaunt their independence and make their parents angry. The reasons for teenage drug-use are as complex as teenagers themselves.

6. Instant Gratification. Drugs and alcohol work quickly. The initial effects feel really good. Teenagers turn to drug use because they see it as a short-term shortcut to happiness.

7. Lack of Confidence. Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not otherwise. This is part of the appeal of drugs and alcohol even for relatively self-confident teens: you have the courage to dance if you're a bad dancer, or sing at the top of your lungs even if you have a terrible voice, or kiss the girl you're attracted to. And alcohol and other drugs tend not only to loosen your inhibitions but to alleviate social anxiety. Not only do you have something in common with the other people around you, but there's the mentality that if you do anything or say anything stupid, everyone will just think you had too many drinks or smoked too much weed.

8. Misinformation. Perhaps the most avoidable cause of substance use is inaccurate information about drugs and alcohol. Nearly every teenager has friends who claim to be experts on various recreational substances, and they're happy to assure her that the risks are minimal. Educate your teenagers about drug use, so they get the real facts about the dangers of drug use.



**My name is Peter,
and in eight years I'll be an alcoholic.**

*I'll start drinking in middle school, just at parties.
But my parents won't start talking to me about it until
high school. And by then, I'll already be in some trouble.
The thing is, my parents won't even see it coming.*

START TALKING BEFORE THEY START DRINKING

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Signs of alcohol use

When parents welcome children into the world, they see innocence and little ones who rely on them to meet every need. Through the years, children grow by spreading their wings and learning to be more independent. As they dabble in new things, children learn through trial and error, and certain mistakes may be made along the way. One of those mistakes may be getting involved with drugs or alcohol.

Alcohol is the most commonly used substance among young people in the United States, advises the Centers for Disease Control and Prevention. The 2019 Youth Risk Behavior Study found that 19 percent of people between the ages of 12 and 20 reported drinking alcohol in a 30-day period. Other findings indicated that 29 percent of high school students drank alcohol and 14 percent engaged in binge drinking.

It is not so easy for parents to realize their children are experimenting with alcohol. However, the following are some signs that kids may be engaging in such behavior.

- Your child is exhibiting mood changes, such as flare-ups of temper, irritability and defensiveness.
- Your child appears impaired, including slurred speech, red eyes, staggered gait, and trouble with coordination.
- Your child is spending time with new friends and/or sneaking around.

- Your child exhibits altered appetite and sleep patterns, as well as changes in weight.
- Your child has frequent nosebleeds, which could be indicative of methamphetamine or cocaine use.

· You notice that bottles of alcohol in your home are missing or not at levels where you left them. You may notice missing prescription pills or over-the-counter cold medicines as well.

· Your child's appearance may be deteriorating and there is a lack of interest in personal grooming.

· Your child has injuries or bruises of unknown origin.

· You find alcohol or drugs in your child's possession.

According to the treatment center Ashwood Recovery, someone who is abusing alcohol may have ashen or jaundiced skin as well as bloodshot eyes. Signs of methamphetamine usage include loss of teeth and the skin takes on a dull appearance. People abusing heroin appear lethargic, dazed and confused. They may be emaciated and have brittle hair and nails. It's important to note that some young adults start using heroin to help them lose weight.

Parents can help their children by recognizing early on if they are abusing alcohol or illegal substances.



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Common household poisons

Childhood is time of exploration for youngsters. Curiosity is a healthy way for kids to broaden their horizons. However, in an effort to learn more about their worlds, children may find themselves in harm's way.

The Victoria State Government says accidental poisoning is most commonly a problem in young children. Most poisonings happen at home, but they also can occur while visiting friends and family or while on vacation. The Centers for Disease Control and Prevention says that more than 300 children in the United States between the ages of zero and 19 are treated in an emergency department every day, and two children die as a result of being poisoned.

Parents may think that only chemicals with clear warning labels pose a threat to youngsters. However, many everyday items can be poisonous. Here's how to recognize some of the more common hazards lurking in typical homes.

Medications

Medications account for roughly half of potentially toxic exposures, according to NYU Langone Health. A child who gets into over-the-counter or prescription medications can be in real trouble. To children, medicines may seem like food, beverages, candy, or toys. Some medicines need not be ingested to be dangerous, so make sure all are kept well beyond the reach of curi-



ous tykes.

Pesticides/herbicides

Chemicals used to treat lawns and gardens may be toxic to children and pets. It is important to read labels thoroughly and to always strictly follow instructions.

Household plants

Houseplants can be dangerous. Although many common indoor plants only cause mild gastrointes-

tinal symptoms if consumed, daffodils, dumb cane, foxglove, hydrangea, lilies, oleanders, rhododendrons, and wisteria, may have toxins that can affect the stomach, respiratory system, liver, or heart. Speak with a pediatrician about how to keep kids safe around these plants.

Alcohol/nicotine

It may only take a small amount of alcohol to make children ill. Alcohol can be found in beverages, but also in perfume, mouthwash, cleaning products, hand sanitizers, and over-the-counter cold medications. NYU Langone says alcohol poisoning in children can cause low blood sugar, which can lead to seizures and coma.

Liquid nicotine or nicotine replacement gum can be hazardous as well. Illicit substances also carry serious health consequences for children. Changes in breathing, unconsciousness or seizures may result depending on the substance.

Keeping children away from potential poisons takes diligence. Certain substances may be best kept behind lock and key and/or up high where curious hands cannot reach. Homes should have the poison prevention hotline number clearly displayed. The CDC also recommends discarding unused products, medicines and vitamins to limit children's access to them.

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Youth organization offers learning environment and resources

Local Boys & Girls Club unit director welcomes new members

BY KENDRA JONES
GRAPHIC STAFF WRITER

The Boys and Girls Clubs of the Tar River Region, Nashville Area Clubhouse director cherishes every moment he receives to help children strive to become their best selves for their futures.

Troi Thomas started his career at the Boys and Girls Club in a corporate setting helping with its alumni association. He said he was unsure he wanted to work directly with children which abruptly changed after he became a program assistant in 2016 and then the town's club director in April 2019.

As the director, Thomas is responsible for community relations, program strategy, safety and site operations, and personnel management and administration. He said his typical day involves meetings and building community partnerships as well as strategically planning ways to make an even greater impact for its members.

Thomas said the connections he has established with the children are the best part of serving as a director for the town's boys and girls club. He said he enjoys every minute he serves as a role model to children and their success stories of accomplishments.

"We have a chance to make a big impact in their lives in that time that we have them. It's really a family at Boys and Girls Club. You really get connected with the kids and their parents. You just really get to see these kids grow up before your eyes and before you know it, they're out in the community doing great things."

He continued, "A lot of them don't have that specific role model or someone they can look up to so if I can be that person for them, if I can stand in and fill that gap then I know I have a responsibility."

The Nashville Area Clubhouse serves as a safe place for children ages five through 18 to learn while having fun. It provides life-enhancing programs focused on academics, health,

and leadership with mentors to help each child stay on the pathway of success.

Nashville Area Clubhouse currently operates out of Nash Central Middle School, Monday through Friday from 2:30 p.m. to 7 p.m. Thomas said the middle school serves as a temporary location until the club eventually gets its own building.

Previously, the Nashville Area Clubhouse operated out of W.L. Greene School until having to relocate August 2021. The school system, which owns W.L. Greene, needed the building to conduct virtual learning for a program it developed for students in the town.

He said children all throughout Nash County from areas including Nashville, Spring Hope and Red Oak come to the club daily.

The middle school allows the club to use specified classrooms exclusively for its activities and programs such as Power Hour where students receive homework help, Passport to Manhood, which teaches students how to conduct themselves, and Street Smarts which teaches about drug and alcohol prevention, gang awareness, and bullying.

Students also receive meals and participate in Triple Play Plus, an exercise program that focuses on the mind, body and soul in which they engage in 60 minutes of physical activity. Programs are rotated and changed quarterly.

According to Thomas, there are a total of five classrooms with roughly eight students per room. Each room is adorned to not have the presence of a typical classroom.

"We're able to decorate in there so we've made it feel like a Boys and Girls Club in those rooms so the kids don't feel like they're in school because they've been at school all day," he said.

Working at the Nashville Area Clubhouse at the beginning stages of COVID has been a challenge for Thomas, but the club has gotten creative with programming it provides and continues to do so as the pandemic lingers.

Thomas explained, "For a good time, we weren't serving kids in our traditional capacity but we were still delivering meals. We did a virtual program and when they decided to do remote learning, we saw that as an opportunity to step in so we actually opened our

doors to our members. They were able to come to the club and do their remote learning so they were on Zoom. We had our staff helping them with their schoolwork which was really great because we were able to fill in that gap for parents. That was one less thing they had to worry about."

The club is still employing safety measures to keep all of its students protected against COVID. He said students and staff are still wearing masks and social distancing, temperatures are being checked, and desks in the classrooms are six feet apart.

Thomas said regardless of the pandemic, children are still able to enjoy activities while remaining safe which he truly appreciates.

"That's been a blessing in disguise for us because we've been able to still operate and we've been able to have our kids," he said.

Moving forward, Thomas said his expectations are making sure every student prevail academically and implementing diversity in the sense of exposing them to new things, a personal goal that is a huge priority of his.

He said he will take any necessary means to guarantee the club's children are successful, whether it is talking to the teachers of the students or staying behind a little extra time to assist students.

"I have no doubt that we'll be able to meet our expectations and exceed them," Thomas said.

Parents interested in signing their children up for the Nashville Area Clubhouse could contact Thomas at 252-567-8876, or go to Nash Central Middle School in Nashville or the corporate office in Rocky Mount for an application.

How to Tell if Your Kid is Struggling – Plus 5 Ways You Can Help

Contributed by
Boys & Girls Clubs of America
www.bgca.org

The COVID-19 health crisis has brought about many changes to daily life, and kids know that things are different. Like adults, kids and teens experience stress too. While small amounts of stress are a normal part of life, some young people may have worrisome responses to disrupted routines, school closures, social distancing, event cancellations and missed milestones.

Reacting negatively to current events, school stress or other common stressors can lead to decreased academic performance, social isolation and even declines in mental health. Parents, family members and mentors are often the first to recognize signs of stress in children and help them learn coping skills to navigate challenging times.

Physical Signs and Emotional Symptoms of Stress

Kids and teens may show physical, emotional and behavioral signs of stress. These signs are relatively consistent throughout children of all ages;

however, some indicators are less obvious than others. Pay special attention to any sudden shifts in behavior or unusual complaints your child brings up to you.

Physical signs of stress in children

Headaches
Upset stomach
Chest pain
Heart palpitations or increased heart rate
Insomnia
Nightmares
Bedwetting
Decreased appetite, comfort-eating, or bingeing
Pretending to be sick to avoid activities

Emotional symptoms of stress in children

Anxiety
Mood swings
Restlessness
Clinginess
New or recurring fears
Increased crying, anger, stubbornness, or aggression
Decreased concentration or motivation

Continued on page 10

CONTINUED FROM PAGE 9

Emotional overreactions to minor incidents

Regressing toward comforting behaviors from early childhood (i.e. thumb-sucking, nail-biting, sleeping with a stuffed animal)

Social isolation, withdrawal, or unwillingness to participate in formerly enjoyed activities

Common Stressors in Children and Teens

If you notice any of the physical, behavioral or emotional symptoms of stress, take a minute to consider what may be causing these reactions. Stress in children is commonly caused by significant life changes, both positive, like starting a new grade, and negative, like family turmoil or classroom bullying.

To help you troubleshoot for possible causes, we've listed common familial, academic and social stresses that children of all ages can experience. While you're reading, remember that all kids are unique in what they find stressful. Younger children, preteens and teens react differently to triggers in their environment. So, an incident causing stress to an 8-year-old boy may not trouble his 15-year-old sister.

Potential stressors for kids of all ages

Conflict with friends, bullying, and peer pressure

Changing schools

Struggling in school (i.e. curriculum, grades, homework, socializing)

Balancing responsibilities (i.e. school and extracurricular activities)

Disappointing their parents

Parental divorce or separation

Financial difficulties within the family

Unsafe or precarious living situation

Potential stressors for children

New experiences and places

Being away from home

Performing in front of others (i.e. sports, speeches, recitals)

Getting picked last for sports teams

Perceived dangers (i.e. kidnapping, fires, burglars, natural disasters, the dark)

Potential stressors for preteens and teens

Going through puberty and bodily changes

Poor self-esteem and negative thoughts about themselves

Fear of the future (i.e. going off to college, getting a job)

Cyberbullying

Romantic relationships and dating

Pressure to try drugs and alcohol with friends

How to Help Alleviate Childhood Stress

Ensure your child feels safe. When faced with parental separation, a precarious living situation or illness or death in the family, kids of all ages may begin to question their physical security and adults' ability to take care of them. During these instances, it's important to reassure the child that you will keep them safe and loved, and then take the necessary steps to ensure you can uphold your promises.

Talk to your child. Communicate in an open, supportive manner. Ask your child directly how they're feeling and really listen to their answers. No matter what they tell you, remember to stay calm and avoid making them feel judged or self-conscious. Also, don't get upset if your child can't or won't open up. Some kids need more time and encouragement than others.

Younger children typically don't have the vocabulary necessary to say "I feel stressed," so they will use other words like "scared," "sad," "confused," or "mad." Meanwhile, preteens and teens may say dismissive things about themselves like "I can't do anything right," "no one likes me," or "I have no friends." Gently prompt the child to keep talking and try to pinpoint the driving force behind these statements. Emotional check-ins can be fun and easy

too.

Develop healthy coping methods. Kids often aren't equipped with the tools needed to lower their stress levels. Teaching mindfulness techniques or breathing exercises can be very beneficial in promoting relaxation. Additionally, you can explain how physical exercise can help combat the feeling of stress. Promoting a healthy lifestyle with balanced meals, time outdoors, and limits on their screen usage, including TV, cellphone, and laptops, is also recommended.

Spend quality time together. If your child is going through stressful changes in their life, show them that you'll always be their pillar of support. Try to reduce their anxiety by planning fun activities together and regularly offering praise, hugs, and affection to boost their feelings of self-worth. Having family routines, like weekday dinners together or Sunday movie nights, can also bring stability and comfort to a child's week.

Manage your own stress. Children often follow the emotional cues of the adults in their lives. If you've been going through a stressful time and you're feeling the negative effects of stress, anxiety or depression, don't forget to take care of yourself. Parents and caregivers need to prioritize their

own happiness too, so they're able to serve as loving, attentive presences in their children's lives.

Finally, don't pressure your child into immediately telling you what's wrong. If they are feeling scared or anxious, they may take longer to confide in you. Remember to always be loving and patient, and allow your kid to talk openly when they're ready.

With younger children, they may truly not know or understand why they're feeling stressed. In these cases, consider speaking to their teacher or after-school youth mentor if you're unable to pinpoint a stressor in your child's home life.

When to Seek Professional Help

Despite the best efforts of parents and loved ones, some children may still be unable to open up. If your child or teen won't disclose the source of their stress or you observe their symptoms worsening, it's time to seek out professional help. Don't hesitate to contact your family doctor or get in touch with a trained therapist who specializes in treating children and adolescents. A child in crisis deserves your immediate help and support so they can return to enjoying their childhood to the fullest.

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IS YOUR TEEN USING?

The following is provided by
www.drugfree.org

There's no easy way to figure out if your teen is using drugs or alcohol. As you'll see, many of the signs and symptoms of teen substance abuse listed below are also, at times, typical adolescent behavior. Many are also symptoms of mental health issues, including depression or anxiety disorders.

If you've noticed any of the changes related to substance abuse listed below, don't be afraid to come right out and ask your teen direct questions like "Have you been offered drugs?" If yes, "What did you do?" or "Have you been drinking or using drugs?" While no parent wants to hear a "yes" response to these questions, be prepared for it. Decide, in advance, how you'll respond to a "yes". Make sure you reassure your child that you're looking out for him or her, and that you only want the best for his or her future.

Of course, not all teens are going to fess up to drug or alcohol use, and a "no" could also mean your child is in need of help for mental health issues. That's why experts strongly recommend that you consider getting a professional assessment of your child with a pediatrician or child psychologist to find out what's going on. In the case of teen substance abuse, don't be afraid to err on the side of caution. Teaming up with professionals to help your teen is the best way to make sure he or she has a healthy future.

Personal Appearance

- Messy, shows lack of caring for appearance
- Poor hygiene
- Red, flushed cheeks or face
- Track marks on arms or legs (or long sleeves in warm weather to hide marks)
- Burns or soot on fingers or lips (from "joints" or "roaches" burning down)

Personal Habits or Actions

- Clenching teeth
- Smell of smoke or other unusual smells on breath or on clothes
- Chewing gum or mints to cover up breath
- Heavy use of over-the-counter preparations to reduce eye reddening, nasal irritation, or bad breath
- Frequently breaks curfew
- Cash flow problems
- Reckless driving, car accidents, or unexplained dents in the car
- Avoiding eye contact

- Locked doors
- Going out every night
- Secretive phone calls
- "Munchies" or sudden appetite

Behavioral Issues Associated with Teen Substance Abuse

- Change in relationships with family members or friends
- Loss of inhibitions
- Mood changes or emotional instability
- Loud, obnoxious behavior
- Laughing at nothing
- Unusually clumsy, stumbling, lack of coordination, poor balance
- Sullen, withdrawn, depressed
- Unusually tired
- Silent, uncommunicative
- Hostility, anger, uncooperative behavior
- Deceitful or secretive
- Makes endless excuses
- Decreased Motivation
- Lethargic movement
- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Inability to focus
- Hyperactivity
- Unusually elated
- Periods of sleeplessness or high energy, followed by long periods of "catch up" sleep

- Disappearances for long periods of time

School- or Work-Related Issues

- Truancy or loss of interest in school-work
- Loss of interest in extracurricular activities, hobbies, or sports
- Failure to fulfill responsibilities at school or work
- Complaints from teachers or co-workers
- Reports of intoxication at school or work

Health Issues Related to Teen Substance Abuse

- Nosebleeds
- Runny nose, not caused by allergies or a cold
- Frequent sickness
- Sores, spots around mouth
- Queasy, nauseous
- Seizures
- Vomiting
- Wetting lips or excessive thirst (known as "cotton mouth")

- Sudden or dramatic weight loss or gain
- Skin abrasions/bruises
- Accidents or injuries
- Depression
- Headaches
- Sweatiness

Home- or Car-Related

- Disappearance of prescription of over-the-counter pills
- Missing alcohol or cigarettes
- Disappearance of money or valuables
- Smell in the car or bottles, pipes, or bongs on floor or in glove box
- Appearance of unusual containers or wrappers, or seeds left on surfaces used to clean marijuana, like Frisbees,
- Appearance of unusual drug apparatuses, including pipes, rolling papers, small medicine bottles, eye drops, butane lighters, or makeshift smoking devices, like bongs made out of toilet paper rolls and aluminum foil
- Hidden stashes of alcohol

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Monitor your child's online activity

The following is provided by
www.onguardonline.gov

Social networking sites, chat rooms, virtual worlds, and blogs are how teens and tweens socialize online; it's important to help your child learn how to navigate these spaces safely. Among the pitfalls that come with online socializing are sharing too much information or posting comments, photos, or videos that can damage a reputation or hurt someone's feelings.

Applying real-world judgment can help minimize those risks.

•Remind Kids that Online Actions Have Consequences

The words kids write and the images they post have consequences offline.

•Kids should post only what they're comfortable with others seeing.

Some of your child's profile may be seen by a broader audience than you — or they — are comfortable with, even if privacy settings are high. Encourage your child to think about the language they use online, and to think before posting pictures and videos, or altering photos posted by someone else. Employers, college admissions officers, coaches, teachers, and the police may view your child's posts.

•Remind kids that once they post it, they can't take it back.

Even if you delete the information from a site, you have little control over older versions that may exist on other people's computers and may circulate online.

•Tell your kids not to impersonate someone else.

Let your kids know that it's wrong to create sites, pages, or posts that seem to come from someone else, like a teacher, a classmate, or someone they made up.

•Tell Kids to Limit What They Share

Help your kids understand what information should stay private.

Tell your kids why it's important to keep some things — about themselves, family members, and friends — to themselves. Information like their Social Security number, street address, phone number, and family financial information — say, bank account or credit card numbers — is private and should stay that way.

•Talk to your teens about avoiding sex talk online.

Research shows that teens who don't talk about sex with strangers online are less likely to come in contact with predators. In fact, researchers have found that predators usually don't pose as children or teens, and most teens who are contacted by adults they don't know find it creepy. Teens should not hesitate to ignore or block them.

•Encourage Online Manners

Politeness counts.

You teach your kids to be polite offline; talk to them about being courteous online as well. Texting may seem fast and impersonal, yet courtesies like "pls" and "ty" (for please and thank you) are common text terms.

•Tone it down.

Using all caps, long rows of exclamation points, or large bolded fonts are the online equivalent of yelling. Most people don't appreciate a rant.

•Cc: and Reply all: with care.

Suggest that your kids resist the temptation to send a message to everyone on their contact list.

•Limit Access to Your Kids' Profiles

Use privacy settings.

Many social networking sites and chat rooms have adjustable privacy settings, so you can restrict who has access to your kids' profiles. Talk to your kids about the importance of these settings, and your expectations for who should be allowed to view their profile.

Set high privacy preferences on your kids' chat and video chat accounts, as well. Most chat programs allow parents to control whether people on their kids' contact list can see their status, including whether they're online. Some chat and email accounts allow parents to determine who can send messages to their kids, and block anyone not on the list.

•Create a safe screen name.

Encourage your kids to think about the impression that screen names can make. A good screen name won't reveal much about how old they are, where they live, or their gender. For privacy purposes, your kids' screen names should not be the same as their email addresses.

•Review your child's friends list.

You may want to limit your children's online "friends" to people they actually know.

•Talk to Kids About What They're Doing Online

Know what your kids are doing.

Get to know the social networking sites your kids use so you understand their activities. If you're concerned about risky online behavior, you may want to search the social sites they use to see what information they're posting. Are they pretending to be someone else? Try searching by their name, nickname, school, hobbies, grade, or community.

•Ask your kids who they're in touch with online.

Just as you want to know who your kids' friends are offline, it's a good idea to know who they're talking to online.

•Encourage your kids to trust their guts if they have suspicions.

Encourage them to tell you if they feel threatened by someone or uncomfortable because of something online. You can then help them report concerns to the police and to the social networking site. Most of these sites have links for users to report abusive, suspicious, or inappropriate behavior.

PROTECTING YOUR KIDS ONLINE 2.0

CONNECT

Set some ground rules.

Establish clear guidelines like what types of sites kids can visit, apps they can download, and when they can have access to electronics. Consider "blackout" periods that require disconnection.

Research before you buy.

It's important to learn about a device's capabilities before you buy. Will it allow unknown people to communicate with my child? Will this allow children to make unchecked purchases?

Go beyond safeguards.

Installing monitoring software doesn't guarantee your child will be safe online. Time, attention and active conversation are the best tools to protect them.

REPORT!

If your kids are dealing with cyberbullies or potential online enticement, report it to the website, cell phone provider, law enforcement or CyberTipline.org

LEARN

Know the platforms.

Online enticement happens across all platforms, so be aware of the sites, games and apps your children frequent. Ask them to show you how they use them.

Be proactive.

Teach your kids to spot common tricks used by online offenders. In NCMEC CyberTipline reports, the most common tactics used to entice a child online were:

- Engaging the child in sexual conversation/roleplay as a grooming method.
- Directly asking the child for sexually explicit images of themselves, or offering to mutually exchange images.
- Developing a rapport with the child through compliments and other supportive behaviors such as "liking" their online posts.
- Sending unprompted sexually explicit images of themselves.
- Pretending to be younger.
- Offering incentives for explicit content.

Spot the Red Flags.

A child who is experiencing online enticement may be:

- Spending increasing time online.
- Getting upset when he or she is not allowed on their device.
- Taking extra steps to conceal what they are doing online.
- Receiving gifts from people you don't know.

ENGAGE

Talk about it!

Your kids might not tell you everything, but ask anyway. Regular conversations about safety can go a long way in increasing trust and communication.

Get involved.

Challenge them to a duel. If you have kids who like to play online games, ask if you can play, too. When you respect their interests, they're more likely to respect your rules.

Don't pull the plug.

Taking away internet access because they may have made mistakes online doesn't solve the problem. Talk to them about protecting themselves and respecting others online.

NetSmartz

For more resources, visit MissingKids.org/NetSmartz

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It's never too early to talk about drugs!

Tips when talking with 5-8 year olds

Contributed by
www.drugfree.org
Partnership for Drug-Free Kids

Five - eight year-olds are still tied to family and eager to please, but they're also beginning to explore their individuality. The following scripts will help you get conversations going with your 5- to 8-year-old child:

SCENARIO

Your child has expressed curiosity about the pills she sees you take every day — and the other bottles in the medicine cabinet

WHAT TO SAY

Just because it's in a family's medicine cabinet doesn't mean that it is safe for you to take. Even if your friends say it's okay, say, "No, my parents won't let me take something that doesn't have my name on the bottle."

SCENARIO

Your child dresses herself for school in a pink zebra print tank top, a polka dot vest, striped leggings and an orange beret.

WHAT TO SAY

"You look great. I love how you express your personality in your outfits." Celebrate your child's decision-making skills. Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions for herself.

Tips for Conversations with Your Early Elementary School Child

Talk to your kids about the drug-related messages they receive through advertisements, the news media and entertainment sources. Ask your kids how they feel about the things they've heard — you'll learn a great deal about what they're thinking.

Keep your discussions about substances focused on the present — long-term consequences are too distant to have any meaning. Talk about the differences between the medicinal uses and illegal uses of drugs, and how drugs can negatively impact the families and friends of people who use them.

Set clear rules and explain the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending to your children.

Work on problem solving: Help them find long-lasting solutions to homework trouble, a fight with a friend, or in dealing with a bully. Be sure to point out that quick fixes are not long-term solutions.

Give your kids the power to escape from situations that make them feel bad. Make sure they know that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also let them know that they don't need to stick with friends who don't support them.

Get to know your child's friends — and their friends' parents. Check in once in awhile to make sure they are giving their children the same kinds of messages you give your children.



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What to say to your preteen about drugs

Contributed by
www.drugfree.org

Partnership for Drug-Free Kids

Preteens, (9-12 year-olds) are on their quest to figure out their place in the world, tend to give their friends' opinions a great deal of power, while at the same time starting to question their parents' views and messages. The following scripts will help you get conversations going with your 9- to 12-year-old:

SCENARIO

Your child is just starting middle school and you know that eventually, he will be offered drugs and alcohol.

WHAT TO SAY

I know we talked about drinking and drugs when you were younger, but now is when they're probably going to be an issue. I'm guessing you'll at least hear about kids who are experimenting. I just want you to remember that I'm here for you and the best thing you can do is just talk to me about the stuff you hear or see. Don't think there's anything I can't handle or that you can't talk about with me, okay?"

SCENARIO

You find out that kids are selling prescription drugs at your child's school. Your child hasn't mentioned it and you want to get the conversation about it started.

WHAT TO SAY

Hey, you probably know that parents talk to each other and find things out about what's going on at school. I heard there are kids selling pills – prescriptions that either they are taking or someone in their family takes. Have you heard about kids doing this?" Let him know that in the future, he can always blame you to get out of a bad situation. Say, "If you're ever offered drugs at school, tell that person, "My mother would kill me if I took that and then she wouldn't let me play baseball."

SCENARIO

Your child's favorite celebrity—the one he or she really looks up to—has been named in a drug scandal

WHAT TO SAY

Being in the public eye puts a ton

of pressure on people, and many turn to drugs because they think drugs will relieve that stress. The thing is, when a person uses drugs and alcohol—especially a young person because he's still growing—it changes how his brain works and makes him do really stupid things. Most people who use drugs and alcohol need a lot of help to get better. I hope the celebrity has a good doctor and friends and family members to help him/her.

Tips for Conversations with Your Preteen

Make sure your child knows your rules — and that you'll enforce the consequences if rules are broken. Research shows that kids are less likely to use tobacco, alcohol, and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.

Kids who don't know what to say when someone offers them drugs are more likely to give in to peer pressure. Let her know that she can always use you as an excuse and say: "No, my mom [or dad, aunt, etc.] will kill me if I smoke a cigarette."

Feelings of insecurity, doubt and pressure may creep in during puberty. Offset those feelings with a lot of positive comments about who he is as an individual — and not just when he brings home an A.

Preteens aren't concerned with future problems that might result from experimentation with tobacco, alcohol or other drugs, but they are concerned about their appearance — sometimes to the point of obsession. Tell them about the smelly hair and ashtray breath caused by cigarettes.

Get to know your child's friends — and their friends' parents. Check in by phone or a visit once in awhile to make sure they are on the same page with prohibiting drug or alcohol use, particularly when their home is to be used for a party or sleepover.

Help children separate reality from fantasy. Watch TV and movies with them and ask lots of questions to reinforce the distinction between the two. Remember to include advertising in your discussions, as those messages are especially powerful.

Tips when talking with your preschooler

Contributed by
www.drugfree.org

Partnership for Drug-Free Kids

What to Say to Your Preschooler About Drugs

(2-4 years old)

Since the foundation for all healthy habits — from nutrition to toothbrushing— is laid down during the preschool years, this is a great time to set the stage for a drug-free life. The following scripts will help you get conversations going with your 2- to 4-year-old child:

SCENARIO

Giving your child a daily vitamin

WHAT TO SAY

Vitamins help your body grow. You need to take them every day so that you'll grow up big and strong like Mommy and Daddy—but you should only take what I give you. Too many vitamins can hurt you and make you sick.

SCENARIO

Your kids are curious about medicine bottles around the house

WHAT TO SAY

You should only take medicines that have your name on them or that your doctor has chosen just for you. If you take medicine that belongs to somebody else, it could be dangerous and make you sick.

SCENARIO

Your child sees an adult smoking and, since you've talked about the dangers of smoking, is confused.

WHAT TO SAY

Grownups can make their own decisions and sometimes those decisions aren't the best for their bodies. Sometimes, when someone starts smoking, his or her body feels like it has to have cigarettes—even though it's not healthy.

And that makes it harder for him or her to quit.

Tips for Conversations with Your Preschooler

Explain the importance of taking good care of our bodies – eating right, exercising and getting a good night's sleep. Discuss how good you feel when you take care of yourself — how you can run, jump, play and work for many hours.

Celebrate your child's decision-making skills. Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.

Turn chores like brushing teeth, putting away toys, wiping up spills, and caring for pets into fun experiences that your child will enjoy. Break the activities down into manageable steps so that your child learns to develop plans.

Help your child steer clear of danger-

ous substances that exist in her immediate world. Point out poisonous and harmful chemicals commonly found in homes, such as bleach, kitchen cleansers and furniture polish. Explain that she should only eat or smell food or a medicine from a doctor that you, a relative or other known caregivers give to her. Also, explain that drugs from the doctor help the person the doctor gives them to but that they can harm someone else.

Help your child understand the difference between make-believe and real life. Ask your child what he thinks about a TV program or story. Let your child know about your likes and dislikes. Discuss how violence or bad decisions can hurt people.

Turn frustration into a learning opportunity. If a tower of blocks keeps collapsing during a play session, work with your child to find possible solutions to the problem.

Able Home Health Care...

Over 20 years of service to our community!



Since 2000, Able Home Health Care has based our promise to you on family values and commitment to excellence. Our company and our employees live by the following characteristics while in service to you:

Compassion... We and our caregivers understand our

client's challenges. Our caregivers look at what they do as a calling, not a job.

Integrity... We believe trust is the foundation of every genuine relationship. We will strive to be honest and ethical with you at all times.

Respect... We regard the value of every human spirit. We will always treat you with respect, courtesy, dignity and kindness.

Expertise... We are committed to being the best at what we do. We will maintain a highly-qualified team of professionals, who are ready to meet and exceed your needs.

Attentiveness... We will respond instantly and carefully to your needs and concerns.

Cost-Compassion... We understand the ups and downs

of this life. We work very closely with Medicaid and other agencies to benefit the client. We work for you to keep health care competitive and fair.

All employees have been trained and tested... Our Caregivers are trained & certified to keep themselves and their clients safe during the Covid-19 pandemic and are provided the necessary PPE to carry out their tasks.

These are the foundations that Able Home Health Care was built on and will continue to grow on... It's just who we are and what we look for in others.



Hey, Kids! Let's Fight COVID-19!

1 Wash your hands for 20 seconds! How do you count to 20 seconds? Sing the Happy Birthday song twice.

2 Cover your sneeze or cough! Sneeze or cough into your elbow - not your hand. And never into a friend's face.

3 Follow instructions from grown-ups! Only participate in activities that your mom and dad say are safe. And always wear your mask.

4 Mask up! And try to stay six feet away from other folks! Make it into a game of 'keep away!'

Compassion. Integrity. Respect. Expertise. Cost-Compassion.



ABLE HOME HEALTH CARE, LLC

Able Home Health Care is a locally owned and operated in-home health care service employing quality caregivers to assist individuals and families in living dignified, independent lifestyles in their own homes.

Proudly serving the clients of Halifax, Nash, Edgecombe, and surrounding counties, we provide innovative, high-quality home care services and respite care to our clients.

Since our beginning in 2000, we've made our clients a promise, based on our family's values and commitment to excellence.

Able Home Health Care prides itself on a passion for compassion.



Left to Right:
Tiffany Parker, RN - Community In-Home Supervisor;
Loretta Evans, Agency Director; Susan Carlisle, Client Service Representative; Evetta Bradley, RN - Clinical Director



June Shearin, Owner and Founder,
and Hanna E. Roppo, CEO

AHHC employs quality caregivers to assist individuals and families in their homes.

We are dedicated to helping our clients lead dignified, independent lifestyles in the comfort and safety of their own homes

Personal Care Services:

Bathing • Grooming • Dressing • Toileting
Hygiene • Walking • Mobility • Eating

Respite Care:

Community Alternatives and
Programs for Disabled Adults (CAP/DA)

Compassion. Integrity. Respect. Expertise. Cost-compassion.
Able Home Health Care prides itself on a passion for compassion.

1078 Hwy 48 • Roanoke Rapids, NC 27870
854 Tiffany Blvd. #101 • Rocky Mount, NC 27804

Call us today for a complimentary phone consult!

(252) 535-4400 • (252) 973-8534

www.AbleHomeHealthCareNC.com



A FRIENDLY REMINDER:

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Reg \$8.99.....

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FRIDAY • #5 Super Top Sirloin **\$10⁹⁹**
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SATURDAY • #9 Super Top Sirloin **\$12⁵⁹**
Reg \$13.99.....

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french fries. And when you dine in...complimentary
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