

HEALTH & WELLNESS

Healthbeat

CARF accreditation for CenterPoint Human Services

Recently, CenterPoint Human Services was officially notified that the Commission on Accreditation of Rehabilitation Facilities (CARF) has granted CenterPoint national accreditation. CenterPoint was granted a full three-year accreditation and received "exemplary" marks for two

CenterPoint-driven programs. The two programs receiving accolades were the Patient Assistance Program, which provided \$2.7 million in free pharmaceuticals last fiscal year, and CenterPoint's employment and involvement of Peer Support Specialists, trained consumers of services who offer a consumer perspective.

CARF is one of four national accreditation agencies for Local Management Entities approved by the Division of Mental Health, Developmental Disabilities and Substance Abuse Services. CenterPoint and selected providers were reviewed by CARF surveyors in November.

"This is the culmination of eighteen months of planning and implementation efforts. Everyone at CenterPoint should be proud of themselves," says Betty Taylor, CenterPoint Area Director/CEO. "CARF accreditation sends a clear message that CenterPoint is committed to the people and communities we serve. This accomplishment validates collaborative efforts toward high quality services."

Local doctor elected to Endourology Society

Dr. Dean Assimos, a professor of urology at Wake Forest University Baptist Medical Center, has been elected to the board of directors of the Endourology Society. The society works to facilitate scientific dialogue among endourologists worldwide. Assimos, who is vice chairman for academic affairs of the Department of Urology, will join the 14-member board in 2009.



Dr. Assimos

Assimos, who specializes in treating patients with kidney stones, is vice chairman of the American Urological Association's panel that composes guidelines for treating patients with kidney stones. He is funded by the National Institutes of Health to explore the mechanisms of kidney stone formation and prevention. He is on the editorial boards of several medical journals.

Assimos earned his medical degree from Loyola University School of Medicine and completed his residency at Northwestern University Medical Center. He completed fellowships at Bowman Gray School of Medicine (now Wake Forest University School of Medicine) on kidney stone surgery and research on kidney stone formation.

Y slashing joining fees this month

The YMCA of Northwest North Carolina says that exercise is an excellent way to relieve the stress that the current economy can bring.

"Many members of our community are facing financial struggles that can put them and their families under a lot of physical and emotional stress," said Curt Hazelbaker, CEO of the YMCA of Northwest North Carolina. "Now more than ever, it's important to make sure exercise is part of daily routines. Even a short walk or swim can help reduce the negative effects of stress."

To help local people enjoy the benefits of the YMCA, the agency has launched a "Pay the Day" promotion, which reduces the regular Y joining fee to match the date that the member joins. For example, those who joined on Jan. 1, paid only a \$1 joining fee. The promotion will continue through January.

The YMCA's Open Doors policy also offers eligible community members the opportunity to receive financial assistance for fees as well. All Y branches are taking part in the promotion, including the Winston Lake Family YMCA. Call that branch at 336-724-9205 for more information.

Carty speaks at MS event

"Survivor Panama: Exile Island" cast member Austin Carty, a volunteer with the Central NC Chapter of the National Multiple Sclerosis Society, was a featured speaker at the National MS Society's 2008 National Conference held recently in Chicago.

Carty's mother, Mausty, was diagnosed with multiple sclerosis in the summer of 1999. Austin believes that for the past nine years, his mother has been the true survivor in their family. He says that he and his younger sister, Elizabeth, have constantly watched in awe of their mother's ability and determination to "outwit, outplay, and outlast" her MS.

Following in their mother's footsteps of involvement, Elizabeth and Austin formed an MS walk team and surprised their mother on the day of the Walk with team t-shirts in her honor.

A former national model, actor and a critically acclaimed writer, Austin Carty has been internationally sought after to serve as a motivational speaker for a wide array of events. He is also a noted essayist and novelist. He is the author of "Somewhere Beyond Here," released in 2003, which was highly influenced by his mother's fight with MS. He also recently signed a book deal with Penguin Group in NYC and is anticipating a fall 2009 release date of a new book.

Dinner events will benefit AIDS agency

Kick-off party for hosts is tomorrow

CHRONICLE STAFF REPORT

Dining With Friends, a popular fundraising effort for AIDS Care Service (ACS), is returning to Winston-Salem next month.

It has been several years since AIDS Care Service has taken part in Dining With Friends fundraising events. The agency, in recent years, has opted to throw its weight behind a similar fundraising event, I Said RED, which has raised \$50,000 per season in recent years.

Dining With Friends is being revived, ACS says, because so many people are familiar with Dining With Friends, which invites local residents to host dinner parties where guests are educated about HIV/AIDS and encouraged to make financial donations to ACS.

An information session will be held tomorrow, Jan. 9, at the Wine Merchants Gourmet, 1901 Mooney St. # B, from 6-7:30 p.m. for those interested in hosting a dinner event.

During the session, the identity of this year's Dining With Friends "cover" celebrity will be revealed. Dinner party kits will also be distributed and items will be raffled. The event is free and open to the public, but there will be a \$10 charge for those who participate in the wine tasting offered by Wine Merchants Gourmet. A portion of the proceeds from this wine tasting will benefit AIDS Care Service.

Parties should be held through February and donations should be turned in by Thursday, March 5. On that day at the administrative office, AIDS Care Service will hold a drop-in thank-you party for hosts between 4:30-6 p.m. Supporters who wish to host special public and private fundraising events throughout the winter and spring can continue to do so under the I Said RED umbrella.

For more information about AIDS Care Service, visit www.aidscareservice.org or call 336-777-0116.



Eating disorder support group to start

CHRONICLE STAFF REPORT

The Mental Health Association of Forsyth County is launching a new support group for adults dealing with and recovering from eating disorders, such as Anorexia Nervosa and Bulimia Nervosa.

The first meeting of the group will be Monday, Jan. 19 at 7 p.m. at The Association's offices, 1509 S. Hawthorne Road.

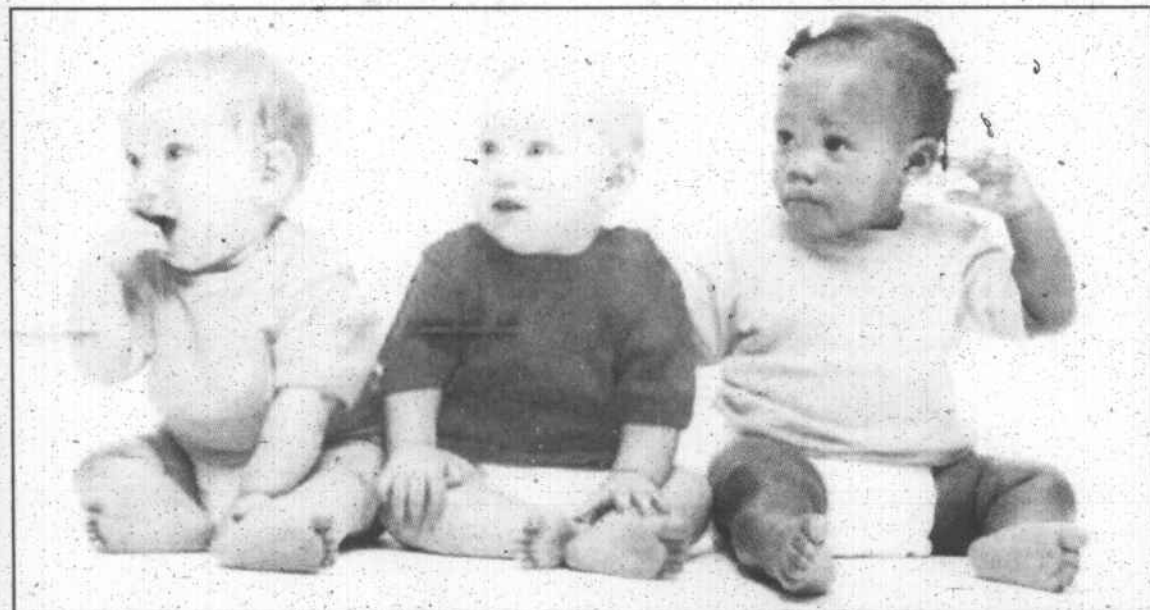
Like the Association's other sponsored support groups, the "Eating Disorders Support Group" is free and open to any adult - age 18 and over - who is struggling with an eating disorder. The group will offer an opportunity for participants to share common concerns, learn and exchange new information, develop natural support systems, and, most importantly, develop appropriate coping skills. After the inaugural meeting, the group will meet twice a month on every first and third Monday at 7 p.m.

Allison Gordon Chapple is slated to lead the Jan. 19 meeting. A licensed professional counselor with a private practice based in Winston-Salem, Chapple has provided counseling services for adolescent and adult females with eating disorders, depression, anxiety and self-esteem issues.

Eating disorders are one of the five major classes of mental disorders. According to the National Eating Disorders Association (NEDA), as many as "10 million females and one million males in the United States are struggling a life-and-death battle with an eating disorder such as anorexia or bulimia, and millions more struggle with binge eating."

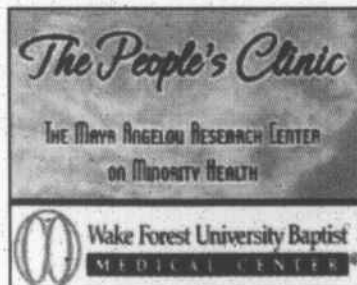
Eating disorders frequently co-occur with other psychiatric disorders such as depression, substance abuse and anxiety disorders. Most people with an eating disorder are teens and young women. However, eating disorders are growing among young men, African-Americans, children, victims of sexual abuse, men who are gay and male athletes who are involved in sports with weight classes.

For more information, contact The Mental Health Association in Forsyth County at 336-768-3880 or email: andy@triadmentalhealth.org.



FOLIC ACID AND YOUR BABY

Did you know that, each year, more than 100 babies in North Carolina are born with brain or spinal cord damage? Birth defects are the number one cause of child death in the United States, and neural tube defects (NTDs) kill more children every year than all other childhood conditions combined. According to the State Center for Birth Statistics, North Carolina has one of the highest rates of neural tube defects



(NTDs) in the nation for all racial and ethnic populations - one out of every 1,160 births in NC will have a NTD. African

Americans are less likely than whites to take folic acid, and they may be at a higher risk for birth defects. Folic acid can help prevent NTDs if a woman takes it before she becomes pregnant. Read on to learn about Folic Acid and how it can help you have a healthier baby.

What are neural tube defects?
The neural tube is the part of

See Folic Acid on A9

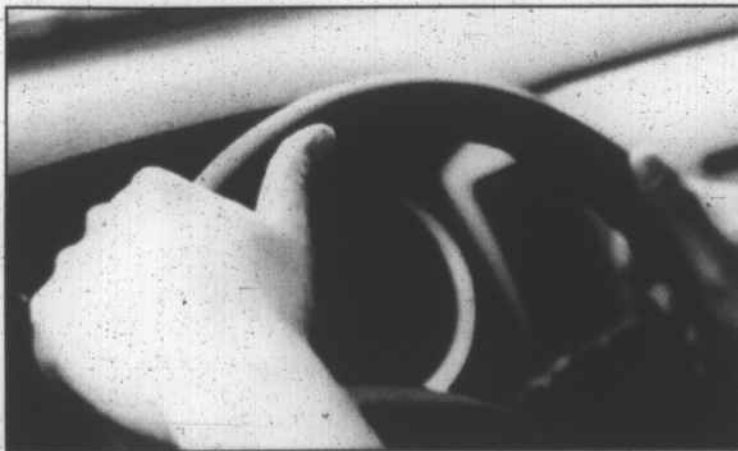
Local man creates teen-driving guide

CHRONICLE STAFF REPORT

A local insurance agent has co-authored a guidebook designed to better train teen drivers and ultimately save lives.

Wake Clinard, of Clinard Insurance Group in Winston-Salem, developed "The Safe Teen Driver Guide" with James Poer, a retired police officer. The 16-step home study course has been released by the Society of Family Insurance Specialists (SFIS). The guide actually is geared toward parents so that they can better equip their teenagers before they get behind the wheel. It provides parents "driving-them" lesson plans and practice exercises.

Car accidents are the leading cause of severe injuries and death among teenagers all



across the U.S., and inexperience is the leading factor in these accidents.

"New drivers just don't know how to react to dangerous situations that, many times, they get themselves into," said Poer, who has investigated car acci-

dents for 30 years. "Education and most importantly, experience, is critical to helping kids learn how to avoid dangerous situations and how to react when they encounter dangerous situations."

Clinard's son lost his best

friend to a teen driver tragedy several years ago. Since then, he has been on a mission to help parents keep their teen drivers safe. His agency offers many tools, including GPS teen driver monitoring systems, "How's My Driving?" bumper stickers and Parent/Teen Driver Contracts.

"The Safe Teen Driver Guide is one tool that has generated a great deal of interest," says Clinard. "Almost every parent that has received it is grateful for having such a great tool to help them teach their teen to drive."

This guide is now available at no cost to Triad area parents who complete a brief on-line SFIS survey. For more information, go to www.teendriversinsurance.com/cclinard.