

Meetings are often held in different locations and at different times. If you are interested in attending a meeting or group, please call the number provided or 828-298-1977 for more information.



# March 2012



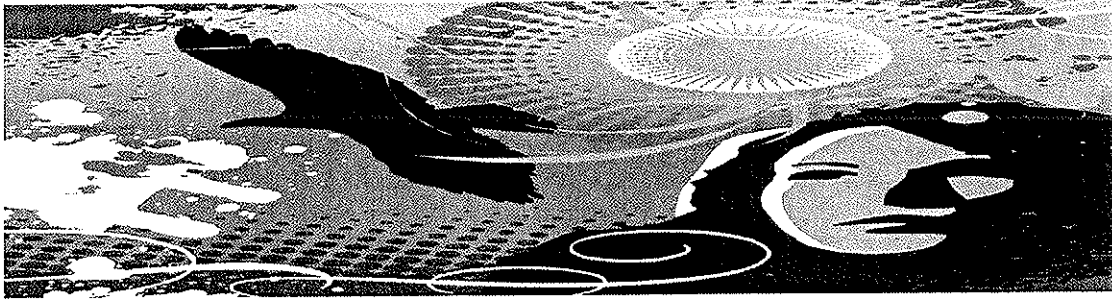
**Acronyms**

- TBI -Traumatic Brain Injury
- NAMI - National Alliance On Mental Illness
- NAMI WC—AVL meeting
- NAMI FS—HVL meeting
- AVL—Asheville
- HVL—Hendersonville
- More info:**
- HVL Mayor's Advocacy Council**  
828-298-1977
- AVL Mayor's Comm for Persons w/ Disabilities**  
828-277-4868
- Brain Injury Support Group**  
828-277-4868
- HVL Aktion Club**  
828-424-1697
- Myasthenia Gravis Group**  
828-698-3928
- NAMI Four Seasons (FS)**  
1-888-955-6264
- Listening Heart Crisis Center**  
828-239-1111
- NAMI Western Carolina (WC)**  
828-505-7353
- Rutherford Behav Coalition**  
[shendrick@isothermal.edu](mailto:shendrick@isothermal.edu)
- Transylvania Co Mental Health**  
[steve.smith@transylvaniacounty.org](mailto:steve.smith@transylvaniacounty.org)
- Henderson Co Mental Health**  
[director@p-f-h.org](mailto:director@p-f-h.org)
- {info updated 2.15.2012}

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 4p Green Grub Potluck	3 10am NAMI WC 828-505-7353
NAMI Four Seasons Support Group for family members or caregivers of an adult with a mental illness is on the 4th Saturday each month at 10am at Grace Lutheran Church. Call for other meeting dates and support groups: 1-888-955-6264.						
4	5 NAMI Polk Co Support Group 864-457-7278	6 8:30a HVL Mayor's Adv Council Mtg	7 4-5:30p AVL Aktion Club Mtg 298-1977	8	9	10
11 Daylight Savings Time Begins Spring Forward!	12 11am NAMI WC 505-7353	13 10am AVL Mayor's Comm Mtg 4p HVL Aktion Club	14	15	16	17 St. Patrick's Day 
18	19	20 9:30a-5p Volunteer day	21 10a-2p Volunteer day	22	23	24 NAMI FS Support Group 1-888-9559-6264
		7p NAMI WC 828-505-7353	MG Supp Grp 828-698-3928			
25	26 11a NAMI WC 505-7353	27 Brain Injury Supp Grp 277-4868	28	29	30	31



**Brainstormers—A support group for Brain Injury/Concussion Survivors Meets 1st & 3rd Wednesdays at Trinity United Methodist Church 587 Haywood Rd—Asheville Contact Tamara at 828-254-0507 or puffer61@gmail.com**



## **EMPOWER YOURSELF**

**Are you a youth with a disability between ages 15-28 preparing for the future and in need of support to face the challenges toward living independently?**

**Are you seeking peer support from other youth with disabilities and to participate in group activities?**

**Would you like to learn leadership and advocacy skills to achieve the needed services and supports?**

**ALL OF THE ABOVE IS POSSIBLE  
CALL DISABILITY PARTNERS TODAY TO GET  
STARTED.**

**828-298-1977**

**Disability Partners is a 501 © 3 non-profit organization promoting independence for people with disabilities**

Our VOICE serves all individuals in Buncombe County affected by sexual assault and abuse through counseling, advocacy and education. DisAbility Partners is collaborating with Our VOICE to present a workshop in prevention of sexual assault and abuse. We would like to get a consensus of how many would be interested in this workshop.

Below is a list of topics the workshop will offer and please write down other topics in the space below you would be interested in;

Media (TV, magazines, movies)

Myths and Facts about sexual violence

Assertive Communication

Body Image

Relationships and power

Sexuality and Values

How to protect yourself

Laws and Consent

Other \_\_\_\_\_

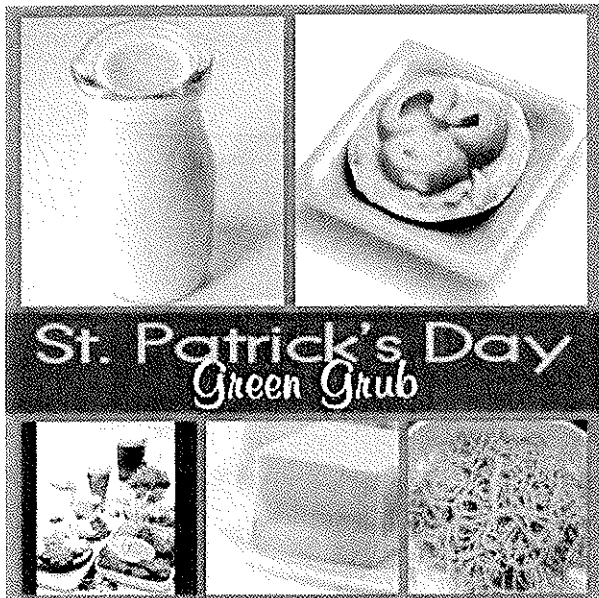
I am interested in participating in a sexual assault and abuse workshop.      CIRCLE ONE    YES    NO

Send your response to Kathy Hollingsworth at DisAbility Partners

108 New Leicester Asheville NC 28806 or e-mail

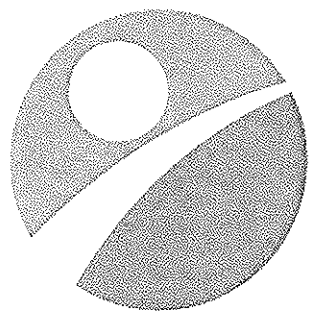
khollingsworth@disabilitypartners.org

You can also call in your response to Kathy at 828-298-1977



**Friday, March 2<sup>nd</sup>  
4pm**

## **GREEN GRUB POTLUCK**



# **DISABILITY PARTNERS**

**Your Pathway to Independent Living**

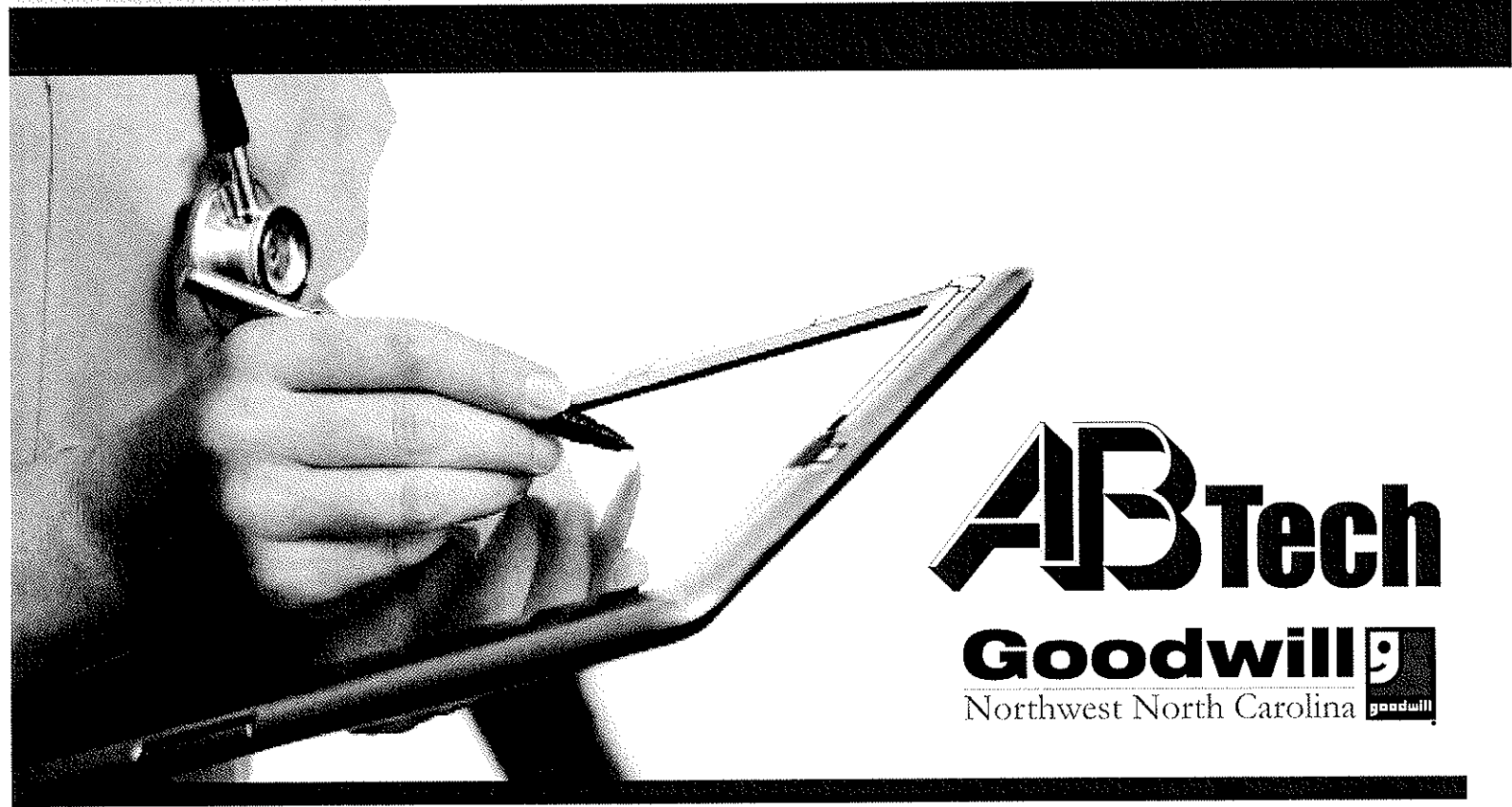
108 New Leicester Highway \* Asheville, NC 28806 \* 828-298-1977

**Ideas include:**

pears, apples, peas, jello, cabbage,  
peppers, zucchini, spinach, tomatoes,  
cucumbers, celery, mint, broccoli, kiwi,  
lettuce, onions, green beans, sprouts,  
olives, grapes & pistachios



We ask that each person contribute \$2 to help cover the cost of the meats, plastic cups, plates and cutlery!



# Electronic Medical Records

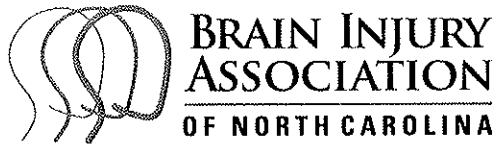
The Federal Government has mandated that all health records be converted to electronic format by 2014. Be a part of this explosive job growth in the medical field!

No textbook required. Must have a GED or HS diploma, basic keyboarding skills and pass a basic computer assessment administered at the AB-Tech Enka site or Goodwill Workforce Center. Call 828-298-9023 to schedule an assessment.

Tu/Th	3/1-3/27	8:30am-3:00pm	MED-7401-405
M/W	3/5-4/25	6:00pm-9:00pm	MED-7401-408
Tu/Th	4/3-5/1	8:30am-3:00pm	MED-7401-406
M/W	5/2-6/27	6:00pm-9:00pm	MED-7401-409
Tu/Th	5/8-5/31	8:30am-3:00pm	MED-7401-407

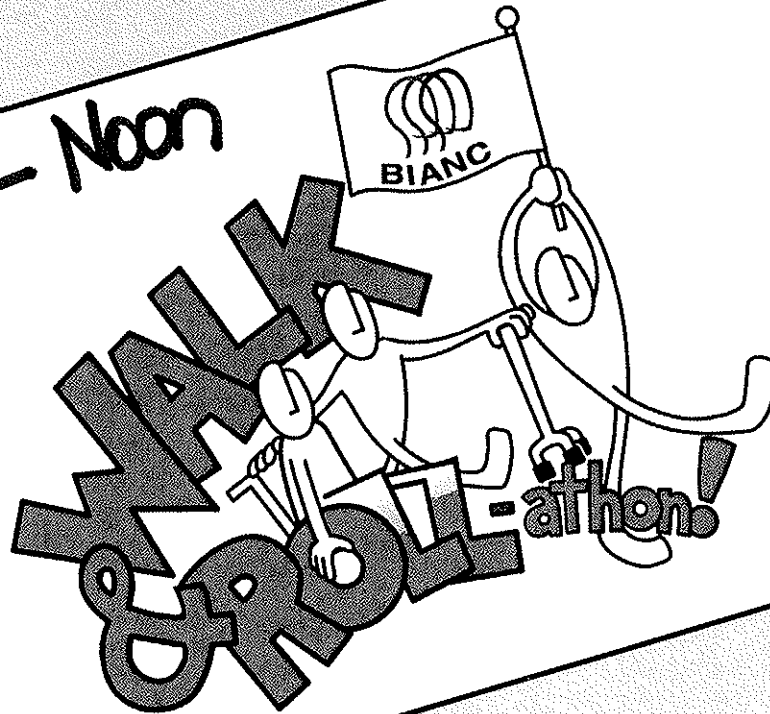
Classes held at Goodwill's Workforce Center at 1616 Patton Avenue, Room 155.  
Fees: Course \$120, Tech. \$5

Questions: Call 828-254-1921 Ext. 5802



**You're invited to attend the  
Brain Injury Association of North Carolina's  
6th Annual**

**9am - Noon**



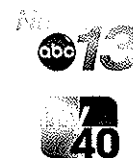
**Walk & Roll-athon**

**April 14, 2012**

**Carrier Park  
Asheville, NC**

**Register at [www.bianc.net](http://www.bianc.net) or call 1-800-377-1464**

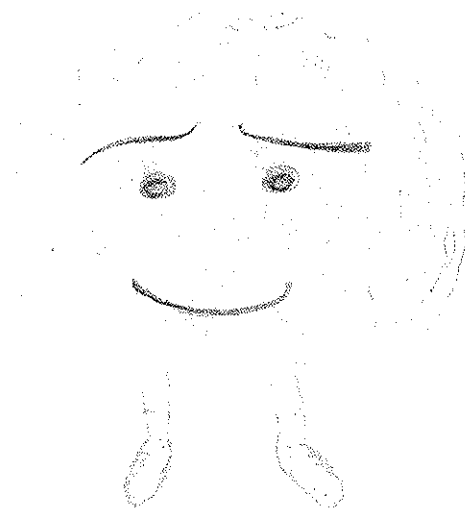
**Help us help people with brain injury.**



Please take a save the date card for more information on how to register or make a donation.

# Brainstormers

**A support group for Brain Injury/ Concussion survivors**



- Safety
- Support

- Conversations
- Sharing

Brainstormers is for brain injury/concussion survivors seeking support and understanding.

Join us for survivor-led sharing, listening and reflection. Focus is on those who may be working, in school, retired, or volunteering, and their allies.

Common signs and symptoms of brain injury:

- ◆ headache, problems with memory, word finding, problem solving, concentration, vision, sleep or balance
- ◆ fatigue, slowed thinking, depression, anxiety, irritability, difficulty performing at your job/school

## ***We meet ...***

**1st and 3rd Wednesdays**  
**6 - 8 pm**  
**Trinity United Methodist Church**  
**587 Haywood Road**

next to the Family Dollar  
across from West Asheville Yoga

## ***Facilitators:***

**Michael Galovic** is a Licensed Professional Counselor and  
**Tamara Puffer** is Presbyterian Minister  
—both have experience in working with people with  
Brain Injury and are survivors of brain injury.  
**Tamara blogs at:** <http://tamara-nogginnotions.blogspot.com/>

Contact: Tamara at 828-254-0507  
Puffer61@gmail.com

**Brainstormers**





*My Body! My Test!*



## Free Health Screening for Women in Buncombe County

*Safe, private, and easy!*

Get free testing and up to \$45 by participating  
in a research study.

**MyBody, MyTest** is a  
research study looking at  
new ways to help women  
get checked for cervical  
cancer and HPV.

To be part of the study, you  
must...

- Be overdue for a Pap test

To do the study, you will...

1. Do a self-test at home and mail it back,
2. Go to the study clinic to do a second self-test and get a free Pap smear,
3. Take a short survey by phone.



- Be between 30 and 64 years old
- Not be pregnant
- Live in Buncombe County
- Be willing to go the study clinic in Asheville to get a free Pap test

# Interested?

**Call 1-877-MyTest1**

**(1-877-698-3781)**

## Learn more about...

Cervical Cancer • Pap tests • HPV • Other STDs • This study •  
Contact Us