

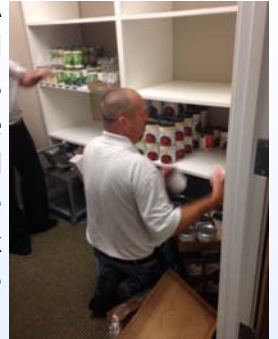


GHAzette

AUGUST 2015

Food Lion Feeds Program Stocks GHA's First Food Pantry

On June 4th, store associates from both Food Lion locations in Albemarle, along with several members of the Community Relations staff from the corporate office in Salisbury, stocked the first ever GHA Autism Supports food pantry. The pantry is housed inside the GHA Administrative building and will be accessed by the staff at all of the residential sites to feed the more than 90 individuals with autism that GHA currently serves. For a number of years, residential managers utilized the Second Harvest Food Bank located in nearby Montgomery County to supplement their meal planning. The non-profit underwent some organizational restructuring and has since closed the Montgomery County site. "With rising food costs in general, coupled with our local food bank closing, we have been impacted heavily," said Sandra Morton, GHA Chief Financial Officer. "The *Food Lion Feeds* program has been instrumental in the development of our own internal program." Food Lion associates delivered more than 1,200 pounds of food on June 4th, which will provide approximately 1000 meals and included non-perishable items such as peanut



butter, pasta, tomato sauce, oatmeal, macaroni and cheese, tuna and canned vegetables to name a few. Food Lion launched *Food Lion Feeds* in 2014 with a commitment to donate 500 million meals by the end of 2020. Through the sale of *Food Lion Feeds* reusable bags, the company provided 1 million meals. Food Lion Feeds also donated 5 meals to a food bank each time a customer purchased specially marked bagged gala apples resulting in another 1 million meal donation. To accompany each campaign, Food Lion has made an additional corporate contribution of 500,000 meals. Although Food Lion was the sole contributor to initially stock the pantry, GHA officials are hopeful that its other network of supporters will continue to make food-related donations.



GHA WELCOMES JAPANESE VISITOR

A resident of Yokohama, Japan, Rumi Ninomiya visited GHA during the month of May. She currently works at the Yokohama Autism Support Social Welfare Corporation, where she serves as a Qualified



Professional. Yokohama's population of 3.7 million makes it Japan's largest incorporated city. During her visit, Rumi was interested in learning a great deal about residential services, day services, community services and the supported employment program. "I enjoyed my time with my friends at GHA and have taken so much knowledge back to Japan with me. My wish is to come back for a second visit," shared Rumi.

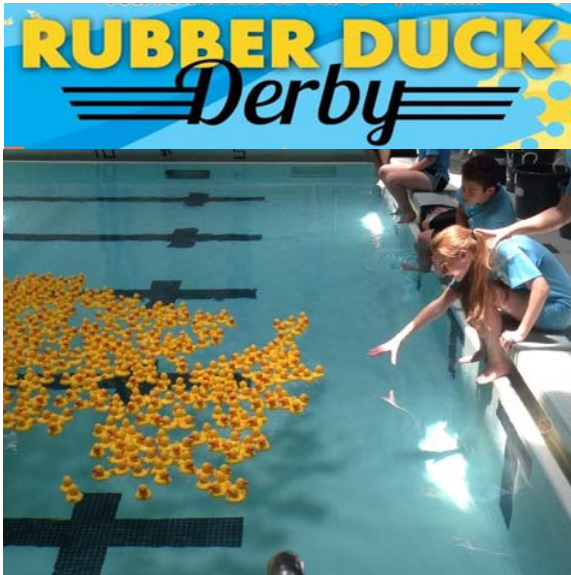


Rumi tours Stanley Regional Medical Center with CEO, Dawn Allen during her visit to GHA in May.

GHA Family Support Network Meeting

September 27th
2 pm

Second Street Sundries
221 N. Second Street
Albemarle



A record crowd gathered at the Stanly County Family YMCA Park in Albemarle on Saturday, May 16th for the **7th Annual GHA Autism Supports Rubber Duck Derby**, which raised just under \$40,000. At 1:00 pm on event day, 5,434 rubber ducks were dumped from buckets by GHA volunteers and staff members as those in attendance watched excitedly inside the YMCA Olympic-size pool facility. A \$5,000 prize package was a stake which included \$4,000 in cash and a number of gift certificates. Timothy Shank was the proud owner of the “Lucky Duck”, the first duck to cross the finish line, winning \$3,000 cash. Bea Pardo won \$1,000 cash as the owner of the “Runner Up Duck”. Other winners included the following: “Hungry Duck” owner Maureen Davis took home a \$100 Harris Teeter gift card courtesy of Harris Teeter of Albemarle; “Yummy Duck” owner Buck Hill enjoyed a \$50 Dairy Queen gift card courtesy of Albemarle Oil Company; “Dining Duck” owner Bear Insurance picked up a 8 meals at Second Street Sundries courtesy of Second Street Sundries; “Cookout Duck” owner Alexa and

Luke Cain won a Charbroil Grill and Smoker courtesy of Lowe’s of Albemarle; “Keep Me Movin’ Duck” owner Jane Lisk won a \$50 BP gas card courtesy of Albemarle Oil Company and “Thrill Seeker Duck” owner Charles Macon won two tickets to Carowinds. Prior to the rubber ducks taking the plunge into the pool, those in attendance took advantage of lots of free family-friendly fun including inflatables sponsored by All 4 Fun Inflatables of Albemarle, numerous children’s games, balloon art and face painting by Vicki Galloway. Representatives from the Albemarle Police Department, the Albemarle Fire Department, Stanly Regional Medical Center, NC Forestry Service, Stanly County Sheriff’s Office and the Stanly County Family YMCA were also on hand with activities for children.



Brittany and Katie, along with GHA staff person Sarah participated in the 2015 YMCA Beach Dash at Ft. Fisher Recreational Area this past spring. The ladies dashed down the beach and experienced over 6 obstacles with various blast stations throughout! The Dash is approximately 1.4 miles in length with obstacles geared for all ages and fitness levels, making it a perfect event for many!



The Food Bank of Eastern/Central North Carolina hosted a Volunteer Luncheon in April at Hops Supply Company. Jenny, Chris and Katie were all honored as three

of the “Top 10 volunteers” for the Food Bank of Central and Eastern NC. Each week the group assists with the egg distribution process which includes inspecting, cleaning and packaging. Joining our volunteers are Donna Bay, volunteer coordinator for Food Bank, and GHA Autism Supports job coaches Courtney, Dave, and Cierra.



Board of Directors

Marianne Bright
Jane Lisk
Al Sadowsky

Sue Bohnsack
John Lowder
Sandy Selvy

Carl “Buck” Hill
Ronnie Michael
Dr. Russ Sharples

Jim Hively
Dr. Rob Morrell
Brinn Smith

Robert Thompson, Ex Officio

Dawn Allen, CEO

*** * Staff Spotlight * ***



GHA Welcomes new AG Specialist - With nearly fifty shareholders enrolled in this year's Carolina Farms community supported agriculture program, **Rachel Donner** hit the ground running as the new Agricultural Specialist at Carolina Farms. Rachael graduated from UNC Charlotte with a major in Communication Studies with an emphasis on International Public Relations. "Growing" has always been a passion of Rachael's since she was a child residing in Mooresville, NC. For the past three to four years, Rachael dove right into the agriculture industry from taking classes through UC Davis in Napa, CA and working on various farms spanning from an organic asparagus farm in Maine to a conventional fruit and vegetable farm in Concord, NC. Her passion drives her to learn more and find creative solutions and methods to get the job done. "I always try to learn something new every day," said Rachel. She resides in Concord, NC and has been happily married to AJ since last November. Rachel's hobbies include home gardening, preserving food and sewing.

Carolina Farms Participates in Cooking Camps



The staff at Carolina Farms were excited to host visits from a groups of children that were participating in cooking camps sponsored by the Stanly County 4-H and the North Carolina Cooperative Extension Service

this summer. The camps consisted of information related to healthy eating habits and basic cooking skills. During one day of the camps, the participants learned a great deal about farming in general, caring for animals and composting. From picking blueberries and tomatoes, to digging up potatoes and gathering eggs, the youth members from the community learned the importance of the "farm to table" philosophy. Hats off to GHA and Carolina Farms staffers that worked hard to make this such a valuable experience.



Special thanks also to the Stanly County 4-H program for allowing GHA to showcase Carolina Farms.

SCCM GRANT RECEIVED FOR CAROLINA FARMS

GHA was recently awarded a \$3,000 grant from the Stanly County Community Foundation (SCCM) towards the purchase of an Automated External Defibrillator (AED) at Carolina Farms. The SCCF is a permanent endowment established in 1999 by local leaders to benefit a broad range of charitable purposes in Stanly County. The Foundation assists donors in making charitable gifts to the community, provides services for nonprofit organizations to create new or manage existing endowments and makes grants for new projects. An AED on site will allow staff to be better equipped should a cardiac arrest emergency occur. Carolina Farms attracts a number of visitors and tour groups from around the globe each year. Approximately \$18,000 in grants from the SCCF has been awarded to GHA since 2006, which also includes funding for the construction of the barn, greenhouse, roaming chicken coops and the therapeutic horseback riding ring, as well as funding for the kiln for the creative art program.

Savory Samplings

Second Edition Coming Soon—Call for Recipes!



It's time to break out the family recipes and submit them for publishing in the 2nd Edition of the GHA Cookbook: *Savory Samplings—A Collection of Recipes and Recollections Compiled By Families & Friends of GHA*. Slated for availability in November just in time for holiday purchases, the cookbook will feature recipes from GHA families, friends, employees and from the communities we serve. The collection of recipes will continue through Labor Day. To submit your recipes via computer, visit the website www.typensave.com. Use the user login "beth52174" and password "blender352" to start the process. If you would prefer submitting a hard copy of your recipe, please contact Chief Development Officer Beth Olivieri at (704) 982-9600, ext.125 to request a "Recipe Collection Sheet".

REUBEN CRESCENT BAKE

Tonya Graeff

- | | |
|--|-------------------------------------|
| 2 tubes (8 oz. each) refrigerated crescent rolls | ¾ c. Thousand Island salad dressing |
| 1 lb. sliced Swiss cheese | 1 egg white, lightly beaten |
| 1¼ lbs. sliced deli corned beef | 3 tsp. caraway seeds |
| 1 can (14 oz.) sauerkraut, rinsed and drained | |

Unroll one tube of crescent dough into one long rectangle; seal seams and perforations. Press onto the bottom of a greased 13-in. x 9-in. baking dish. Bake at 375° for 8-10 minutes or until golden brown. Layer with half of the cheese and all of the corned beef. Combine sauerkraut and salad dressing; spread over beef. Top with remaining cheese. On a lightly floured surface, press and roll second tube of crescent dough into a 13-in. x 9-in. rectangle, sealing seams and perforations. Place over cheese. Brush with egg white; sprinkle with caraway seeds. Bake for 12-16 minutes or until heated through and crust is golden brown. Let stand for 5 minutes before cutting.



GHA PARTNERS WITH AUTISM SOCIETY FOR 5th ANNUAL COASTAL RUN/WALK FOR AUTISM

Over 500 runners and walkers participated in the 5th annual Coastal NC Run/Walk for Autism at the Mayfaire Town Center in Wilmington on April 25th. The fundraising effort that benefitted GHA Autism Supports and the Autism Society of NC was also an awareness event and included a 5K race as well as a 1 Mile Fun Run/Walk. The local ASNC Chapter also sponsored a play area complete with inflatables and a number of sensory-related games. Donations exceeded \$22,000 and most importantly, the event was an opportunity to educate the Cape Fear area about both organizations and the supports provided to individuals with autism and their families. The event would not have been possible without the generous support of sponsors including the following:

Mayfaire Town Center and Try Sports, *Champions*; Cape Fear Center for Inquiry and Dr. Halley White Pediatric Dentistry, *Partners*; Cape Fear Camera Club, Coastal Kids Therapy and OT Solutions, *Advocates*; Starbucks, R.A. Jeffreys Distributing Company, HomeCare Management Corporation, Chick-fil-A, Panera Bread, Butterfly Effects and The Fresh Market, *Friends*.

HUGE SUCCESS AT “GOLF FORE AUTISM”



Twenty-seven teams gathered at Cape Fear National Golf Club at Brunswick Forest in Leland, NC for the 4th annual Golf Fore Autism tournament on May 18th presented by Anlyan&Hively. The morning began with muffins, fruit and coffee as golfers prepared to have some competitive fun on what turned out to be a beautiful spring day. Awards were given for the top 8 teams while all in attendance enjoyed a southern style pig pickin'. Over \$31,000 was raised to support expansion efforts in the Wilmington area. This event would not have been successful without the support of sponsors including the following: Anlyan and Hively, **PRESENTING SPONSOR**; Live Oak Bank and Carole Morrison, **PATRON SPONSORS**; Alger, American Beacon Advisors, American Century Investments, Angel Oak Funds, Artisan Partners, Baron Capital, Brandes Investment Partners, CAIS, Deutsche Asset & Wealth Management, Direxion Investments, Ernie Els Foundation, Fidelity Investments, First Trust Portfolios, Goldman Sachs,



Guggenheim Investments, Hartford Funds, Hatteras Funds, James Alpha, Janus, JP Morgan, KDI Capital Partners, LLC, LoCorr Funds, McKinley Building Corporation, Natixis, Neuberger Berman, PIMCO, Prudential Investments, RC Securities, REMS Group, Schaeffer BMW, Schrodgers, Stadion, SunAmerica Mutual Funds, Touchstone Investments and Yadkin Bank, **CORPORATE SPONSORS**; Active Entertainment, Circa Restaurant Group, Coca-Cola Bottling Co., Cool Sweats, Costco, Fitness for Life, Pembroke's, Queensboro Shirt Company, RA Jeffreys, Reeds Jewelers and Walgreens, **BUSINESS DONORS**; Jill Bernstein, “Birdie” Burkholder, Helen Dixon, Martha and Jack Erdody, Keri Hartman, Richard Haas, Lesley and Jim Hively, Team Travis Luxenberg, Kathleen Meyerson, Jodie Wrenn Rippey and Pat and Mat White, **INDIVIDUAL DONORS**.

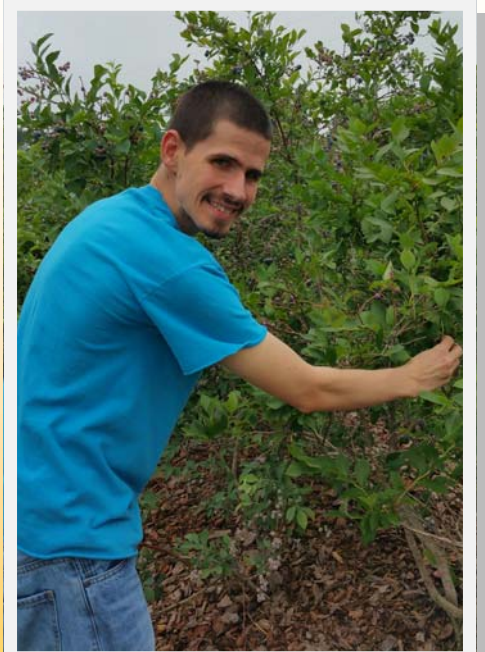
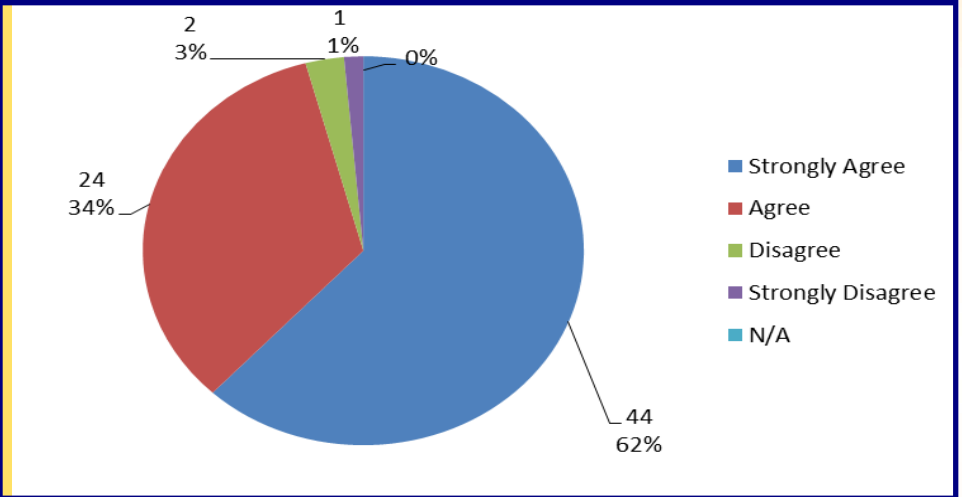
Special thanks to Bill Anlyan, Jim Hively, Ginger Longino, all of the business associates at Anlyan&Hively and the other numerous volunteers whose tireless efforts added to the huge success of this event!

**GHA Autism Supports:
Overall Satisfaction of Parents
and Guardians 2011-2015**
*Parent/Guardian Quality of Life:
The Impact of GHA Autism
Supports*—For five years, our Parent/
Guardian Satisfaction Survey has
included the same question asking
about the impact of GHA’s supports
and services.
Our Quality Management Department
examined the pattern of parent/
guardian responses to this global
question over time. Good News!
Answers provided on the 2014 and
2015 Satisfaction Surveys reflected
the most positive patterns to date.

<i>As a result of services with GHA Autism Supports, the quality of my life has improved.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
2011 Parent/Guardian Satisfaction Survey	82%	18%	0%	0%
2012 Parent/Guardian Satisfaction Survey	85%	15%	0%	0%
2013 Parent/Guardian Satisfaction Survey	58%	41%	1%	0%
2014 Parent/Guardian Satisfaction Survey	88%	12%	0%	0%
2015 Parent/Guardian Satisfaction Survey	88%	12%	0%	0%

2015 Staff Survey
**I understand that my work directly
contributes to the overall success
of the individuals supported by
GHA Autism Supports.**

96% Agree
3 % Disagree
1% No Response



Picking blueberries on the farm



Enjoying a day of gardening projects and looking forward to all the vegetables we will grow



Enjoying a sunny day on the lake

Visit us on the web at www.ghautismsupports.org