

Two Yancey friends join Brian Elston Law in Asheville

Brian Elston Law is pleased to announce that Yancey County native Chad Ray Donnahoo has joined the firm as an attorney and shareholder.

Chad's focus will be representing individuals in workers' compensation and personal injury matters. Chad was born in Yancey County and is a graduate of Mountain Heritage High School.

Along with Legal Assistant Jenna Jarrett, a fellow Mountain Heritage graduate, Chad's arrival brings a second douse of Yancey County local spirit to the Brian Elston Law team.

With over a decade of legal experience, Chad is focused on understanding his clients' goals and delivering smart solutions. Chad is a perfect fit for the Brian Elston Law team.

Together, Chad and Jenna are excited to work together to help people from their home-



Chad Donnahoo



Jenna Jarrett

town of Yancey County, who find themselves faced with personal injury and workers' compensation issues and provide them trusted answers and the legal support most needed, by a familiar face.

Brian Elston Law is a law office in Asheville dedicated to fighting for people who need it most. The practice areas include personal injury, workers' compensation, wrongful death, motor vehicle accidents, and

civil litigation.

To learn more about how the firm can assist with your case, call or a text 828-575-9700 or visit BrianElstonLaw.com.

Program at library for individuals with Alzheimers/dementia

Play Me A Memory on April 26 from 1 to 3 p.m. at Yancey Library is the second in a series of monthly events for persons diagnosed with Alzheimer's and/or dementia or who are experiencing EML (Early Memory Loss).

This activity is designed to provide respite time for caregivers and an enjoyable afternoon for participants. A nurse will be in attendance. The series is co-sponsored by Yancey Hospice, High Country Caregivers and funded by Brookdale Foundation. Call the library at 682-2600 for details and to register.



The Fit Families 5K is always a fun community event with people of all ages participating. You can register online by April 26 to guarantee getting a t-shirt.

10th Annual Burnsville Fit Families 5K on May 11

The 10th Annual Burnsville Fit Families 5K will take place on Saturday, May 11, with a 9 a.m. race start time.

The USATF certified 5K course starts and finishes on the Burnsville Town Square, running through downtown Burnsville.

Packet pick-up and race-day registration will be at First Baptist Church in Burnsville, beginning at 8 a.m. on race day.

The event is open to runners of all ages, strollers, groups who run or walk together, first-time 5K runners and experienced runners! Organizers provide

smoothies, music, and prizes, and volunteers and the community provide motivation and support for participants.

Costumes, crazy hats, bubbles, music, noise makers, and all manner of silliness are encouraged!

The runners are really motivated by businesses and community members along the course who show their support.

The Burnsville Fit Families 5K places a special emphasis on engaging youth and the surrounding community to develop lifelong fitness. All youth under 18 run for free! Please plan to

join this fun event.

Learn more about the race and register to participate at <http://bit.ly/bff5k>. Register by April 26 to guarantee a t-shirt. Details can be found on our Facebook event by searching "10th Annual BFF 5K."

The awards ceremony will be held after the race on the Burnsville Town Square where volunteers will be giving out smoothies, prizes and more!

A special thanks is extended to the 2019 5K Title Sponsor Blue Ridge Regional Hospital for their generous support of this event.

Home Remedies sessions explore behavioral therapy for chronic pain response April 8 and 15

If there's one thing Deirdre Doran, MSW understands, it's that over time, people who experience chronic pain tend to experience an increase in fear, anger, sadness, depression or anxiety. Doran, a licensed clinical social worker and addictions specialist, serves as a behavioral health specialist for the Mountain Community Health Partnership.

Partners Aligned Toward Health is pleased to welcome Doran as she shares the benefits of Cognitive Behavioral Therapy (CBT) during the April 8 and 15 Home Remedies sessions. Newcomers are welcome to attend the free hour-long classes held each Monday from 5:30 – 6:30 p.m. at the Mauzy-Phillips Center in Spruce Pine.

As both a social worker and former massage therapist, Doran has a long history of working with people in pain. "These feelings, such as fear or depression, are generated by thoughts such as 'will I ever be able to do an activity again, will it get worse, will people avoid me as a result of my pain or limitations?'" Those emotions and thoughts can make pain worse. According to Doran, CBT helps people become aware of their emotions, thoughts and behaviors, and offers an easy-to-implement approach to help them learn new behaviors that

can shift their response to the physical pain.

"The goal of CBT isn't to eliminate pain but to help participants take the focus off their pain and place it instead on achievable goals," Doran says. "Let's say one goal is to be able to work in the yard. By looking at their beliefs and responses to both pain and not being able to do what they used to, we can work together to notice the barriers that keep them from doing what they want. Then we create a plan for moving forward. I might ask, for example, if they can work in the yard for 10 minutes, instead of working for longer time and overdoing, which can lead to more pain and exhaustion." Doran notes that pacing one's rest and activity helps one stay active in things that add meaning and quality to life.

"The skill of being able to notice as well as be curious and non-judgmental about sensations, thoughts and emotions requires practice," says Margot Rossi, Home Remedies Program Director. For this reason, every Home Remedies class begins with 15 minutes of mindfulness practice where Rossi, a certified mindfulness educator, helps participants learn how to put the mind to work to address chronic pain. Research recently published

(British Medical Journal) Evidence-Based Mental Health shows that mindfulness practices or CBT can be more effective for addressing chronic pain than standard care, including pain medication. Patients who practice regularly report improvements in pain intensity, physical function and depression symptoms.

Rossi emphasizes there is no one-size-fits-all treatment for chronic pain. "Home Remedies offers participants an opportunity to experience mindfulness practices as well as explore many other proven-effective complementary and alternative healthcare options available locally, like CBT, that address pain and improve quality of life. We welcome folks to take advantage of the benefits either by dropping in or attending regularly."

Home Remedies: Community Options Addressing Pain and Stress is a collaborative effort by the local non-profit organization Partners Aligned Toward Health, RHA Health Services, and Blue Ridge Regional Hospital. The program's overarching goal has been to reduce or prevent opioid use for pain relief. To learn more about the program, visit pathhomeremedies.org or contact PATH staff at info@pathwnc.org or 682-7899.

Circle of Security® parenting inspiring and supportive resource for families starts in April at St. Thomas Church

We all want our kids to be happy, to behave, and to have success in their lives now and later. Circle of Security® shows parents the secret ingredients to that recipe – and how we've already got them available.

We can raise our children to get along with us and with one another while they are little so that they will turn to us in those teen years when they'll need us the most.

The 2019 spring offering of Circle of Security® begins on Tuesday, April 16, at 3 p.m. Please note that this is an eight-week experience, not a drop-in.

The first Circle took place last fall and received many positive reviews from parents: "Circle of Serenity was a great series that not only taught us tools to better help us parent, but it also gave us skills to be better understand our own needs. In addition, we enjoyed being able to connect with other local parents, some of who have become new friends!"

The fee for the class is a modest \$5 per week per family (or \$40 for the whole class) that covers the cost of onsite childcare. Families will be given a delicious take-home evening



Circle of Security

The Difference That Makes the Difference in How Everything Else Turns Out for Our Kids

meal upon departure in support of their participation.

The Circle will be held at St. Thomas Church, 372 Reservoir Road, Burnsville, which is located just off highway 19E and up the hill behind CVS.

To register: bit.ly/family-mattersregistration or call 828-284-2287

The focus of Circle of Security® is on secure relationships – "the difference that makes the difference." After 50 years of research we know that the more secure children are, the more they are able to:

- *Enjoy more happiness with their parents and caregivers
- *Feel less anger at their parents and caregivers
- *Turn to their families for help when in trouble
- *Solve problems on their own
- *Get along better with

friends

- *Have lasting relationships
- *Solve problems with friends
- *Have better relationships with brothers and sisters
- *Have higher self-esteem
- *Know that most problems will have an answer
- *Trust that good things will come their way
- *Trust the people they love
- *Know how to be kind to those around them
- *See www.circleofsecurityinternational.com for more information.
- Circle of Security® in your neighborhood is made possible through the generosity of these community partners: Parent-to-Parent Family Support Network of the High Country, Yancey Alliance for Young Children, The Abbey of St. Thomas, and Resources for Resilience.



Life Changer.

Personal Injury & Workers' Compensation

Welcoming Chad Ray Donnahoo
Attorney & Shareholder

Brian Elston Law

Let's Talk.
Contact us 828.575.9700
BrianElstonLaw.com

Grand Opening Celebration

Yancey County Community Center

April 11, 2019 from 4 – 7 pm



Come and tour the center and enjoy visiting with other folks as we celebrate this wonderful new asset in our community.

***Door prizes *Free Health Screenings**
***Light hors d'oeuvres**



Formerly known as the Yancey Senior Center.

503 Medical Campus Drive
Burnsville NC 28714

