

# PRS PERSPECTIVE

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www.prs-tn.org

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## Mission Statement

"To provide the developmentally disabled, geriatric, and mentally ill consumer with community placement opportunities and alternatives as well recreational, vocational, and therapeutic services. Our goal is to help these individuals function at their optimum potential with all the rights afforded them as full citizens."

## **GALLATIN OFFICE OPENING!**

We opened our newest office the first of August. It is located near the Wal-Mart plaza and route 109, which is centrally located to better serve the Sumner and Robertson county areas. This is appreciated by all who have traveled thru the construction on Briley Parkway this past year. Christina would love to have you visit. Please stop by and see us at: 180 N Belvedere Dr. Suite 16.

## **PRS WELCOMES OUR NEWEST MEMBERS**

### **CHRISTINA WILSON AND SHERYL HOUSTON**

Christina Wilson joined P.R.S. of Tennessee in August as a Program Coordinator. Christina is a graduate of Middle Tennessee State University with a degree in Social Work. Her most recent position prior to joining our ranks was as an ISC. Her experience and expertise in that area will be helpful to all. Christina has accepted responsibility for our Sumner County and Rutherford County consumers and will be working from our new Gallatin office.

Sheryl Houston, who prefers to be called Sheri, also joined P.R.S. of Tennessee in August. We are so excited to have her with us. Prior to accepting the Program Coordinator position for the Nashville area, Sheri worked as an ISC companion and did billing for a therapy agency. Her multiple positions and years of experience will make Sheri a great reference for all. She will be covering Davidson County and working out of our Nashville office.

### **Greetings to Our New Companions and Home Managers:**

Keith Mayes at Hillcrest Dr.

Tammy Byas at Moss Landing

Jennifer Saylor PA manager

Angela Hasty at South Rd

Mary Beth Black at Village Green

## Consumer Advocate Joins Board



### JEFFERY SHELL

Jeffery Shell met with Everett DeHut, C.E.O., last month and accepted a position on the P.R.S. Board of Directors. He has been served by P.R.S. in Clarksville for two years. He enjoys the independence that Supportive Living has given him. Jeff will be a great advocate for all P.R.S. consumers. He will be glad to talk with anyone having concerns that he and the Board may be able to work on this next year. You can contact Jeff through the Clarksville Office.

## How to Save Hundreds of Dollars Buying Drugs On-Line

Internet pharmacies can provide big savings for people who need prescription drugs. Prices average 18% less than even discount retail store prices. For some drugs, the savings are as high as 45%.

**How it works:** A patient orders a drug on-line. The patient or his/her doctor sends a written prescription to the Internet pharmacy. A pharmacist reviews and fills the prescription, which is then shipped through the mail. Many over-the-counter products are available at Internet pharmacies too. You have to make sure the pharmacy is reputable and shop wisely to get the best deals.

**Look for the VIPPS seal.** Internet pharmacies that advertise themselves as Verified Internet Pharmacy Practice Sites have been inspected by the National Association of Boards of Pharmacy (NABP). NABP evaluates participating pharmacies on the quality and consistency of their procedures. Check a company's status at [www.nabp.neet](http://www.nabp.neet).

**Check insurance participation.** Most Internet pharmacies work with a limited number of insurance companies. Some bill the insurers directly and others do not.

**Figure in extra costs.** Some Internet pharmacies offer free shipping for standard ground delivery. This usually takes two weeks so order well in advance.

**Buy in bulk.** Some insurance companies allow people to get a three-month supply of medication for a single co-payment when they order from Internet pharmacies, cutting costs by 67%.

**Pick a company that has a live pharmacist.** Avoid Internet pharmacies that don't provide customer support.

**Ask a pharmacist.** Some drugs are sensitive to extremes in temperature and so can degrade while they're in the mail.

### Best on-line pharmacies:

AARP ([www.aarppharmacy.com](http://www.aarppharmacy.com)), ClickPharmacy ([www.clickpharmacy.com](http://www.clickpharmacy.com)), Costco ([www.costco.com](http://www.costco.com)), CVS ([www.cvs.com](http://www.cvs.com)), Drugstore.com ([www.drugstore.com](http://www.drugstore.com)), Express Pharmacy ([www.eckerd.com](http://www.eckerd.com)), Familymeds.com ([www.familymeds.com](http://www.familymeds.com)), Walgreens ([www.walgreens.com](http://www.walgreens.com)).



## Current Happenings

### Clarksville Clips:

The Clarksville Office has moved two doors down into a larger office area to accommodate our growing needs. Jennifer, Stephen and TJ invite you to stop by and visit them.

We are opening two homes in Clarksville as this newsletter goes to print. Details will be shared next edition.

JJ has been busy with Vocational Rehab looking for the right job. He is hoping to have a permanent job by November.

Garrett and Jessica are the newcomers to Personal Assistance services in the Clarksville area.

Horseback riding has started for the fall. Daniel's horse Cody is glad he is back.

Reports are that everyone enjoyed the summer with swimming, bowling, going to picnics, going to the movies, the Farmer's Market and fishing.

### Gallatin Gossip:

A big hello to Steven who has moved in with Timothy.

Sean F. has had a great summer. He enjoyed attending two concerts this summer - Duran Duran and OzzFest. The handicap area, Sean said, had the best seats at the concert with lots of open area to dance to the music. Sean also has located a job helping out at a video store a few hours a week.

Paul is looking forward to a move. Paul will be moving into a house and out of his apartment this next month. He is glad he will have a larger lawn and new neighbors.

William is also looking for a home with a larger bathroom and a handicapped shower. He hopes to be settled before the holiday season. The two guys and their staff are getting used to their different schedules and busy days.

Jared is now receiving Personal Assistance services which sure helps mom out.

James has two new housemates! Jonathon and Sean H. have moved into their country home with James. Angela, their home manager, reports that the guys are enjoying the country and each other. They have a small garden and a couple of kittens. Plans for planting spring bulbs and job searches are also underway.

### Nashville Notes:

We would like to welcome Jose, Prince, Javontez, Sabrina and Betty into our PA program.

A Big Welcome to Wanda and Alberta!  
They are busy making their house into their home. With the help of their Home Manager, Tammy Byas, they have been busy shopping, decorating and getting settled in. The ladies also are planning a fall Open House for their families and friends. They can't wait to show it off. Rumor has it they have been dancing up a storm!

### Country Fall Trivia:

What is green and round and the size of a softball?  
**Hint...** It's name says it is a fruit but you can't eat it?



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We're on the Web...  
[www.prs-tn.org](http://www.prs-tn.org)

We want to thank all our supporters for their gifts over the years. Charitable donations including cash, stocks and professional services assist in our continuing efforts to promote personal growth and enrich the lives of the people we serve. If you would like to discuss a donation with a member of our staff, please contact our office:

615-232-8186

**All Donations are Tax-Deductible**

## **DID YOU KNOW...November is National Family Caregivers Month ?**

Over the next decade approximately 47 million baby boomers in North America are or will be facing the role of caregiver to a parent, relative or elderly friend - an odyssey that will change many of your lives. At the same time countless thousands of seniors face the dilemma of caring for a chronically ill spouse.

A new survey from the National Family Caregivers Association ([NFCA](#)) shows that the number of persons who provided care for an elderly, disabled or chronically ill, friend or relative during the past year is more than twice as large as had been previously thought. Survey results indicate 26.6 percent of the adult population was involved in caregiving during the past 12 months. Based on current census data, that translates to more than 54 million people.

The NFCA survey, conducted this summer, was sponsored by CareThere.com, a new Web site dedicated to supporting family caregivers.