Special Points of Interest

- **Unsung Hero** - Dione Goldsborough
- **Highlight** - Corey Evans
- **Graduation Pics**
- **Program Spotlight** - Peer Support
- **A Healthier You**
- **Did You Know**

Community Events

**Anderson:**
- Williamston Spring Water Festival August 24th and 25th
- Anderson Greek Festival September 14, 15, & 16
- Downtown Sounds every Thursday night through September - Carolina Wren Park

**Oconee:**
- 4th of July Celebration July 4th Seneca Gignilliat Field 6:00PM
- 57th Annual SC Apple Festival September 4th in Westminster

**Pickens:**
- Dacusville Farm Show Labor Day weekend on Hwy 186

**Dione Goldsborough**

Ms. Dione Goldsborough is dedicated to helping children improve their emotional health in her role as a school based counselor at Amber Elementary School in Pickens County. She has recently completed a personal goal of becoming a licensed professional counselor. She works diligently with her patients to help make their lives better. When she is asked to help with additional job duties, she responds with a positive attitude and gets the work done as assigned. Ms. Goldsborough is a very organized individual, coming from a family with an extensive military background. She is also into several health and fitness activities. She has a cheerful personality and deals well with adversity. When difficulties come her way, she rises to the occasion and faces the challenge with a confident and positive outlook. Her patients, family and coworkers appreciate her calm, caring personality. She is a pleasure to work with and an asset to the Anderson Oconee Pickens Mental Health Center and an asset to the patients and families that she serves.
Corey Evans, an instructor in the Humanities department who also teaches developmental English and college skills classes for the Comprehensive Studies department, was honored May 7 with the highest award presented to the faculty. He received the Presidential Medallion for Instructional Excellence at the College’s spring commencement.

Dr. Ronnie L. Booth, president, presented the medallion to the Anderson resident. The medallion is presented each year to the instructor who has contributed the most during the academic year to the profession of teaching, to the development of the College and to the students.

Evans began teaching developmental English at Tri-County during the 2005-2006 academic year. Later, after joining the Arts and Sciences Division as a full-time Spanish instructor in January 2010, he revived his interest in teaching developmental English and added college skills and freshman seminar courses for the Comprehensive Studies department into his mix of classes.

Evans began college at Tri-County where he earned associate in arts and associate in science degrees. He went on to earn a B.A. (double major in Spanish and English) from Clemson University and a master’s in teaching foreign language from the University of Southern Mississippi.

Dr. Vanhuss served as his advisor and department head when he was a student at Tri-County. “I can remember many long conversations about his plans and goals. Tri-County is best served when our faculty/staff believe in the mission of the College. Corey is one of our success stories. He now has the opportunity to show his students how to make their dreams come true.”

Hulehan said he models personal and professional development through lifelong learning. “He takes every opportunity to learn and grow and is one of the most enthusiastic participants at the annual Teaching and Learning workshop. He volunteered to go through extensive training to teach classes (such as Freshman Seminar). Every time he teaches these classes it is a little different because he is continuously learning new things to improve the courses and his teaching methods,” she said.

She continued: “Corey makes himself available to students by offering as many options for individual learning as possible. He engages them in meaningful conversations about their lives, making learning relevant to them and helping them to see it in the context of their day-to-day lives.”

Instructor Tonia Faulling said one of the many reasons Evans helps so many students is because he does not believe in ‘one size fits all’ instruction. “He treats students as individuals and is creative and flexible enough to adapt to any situation,” she said.

“He truly views each class he teaches as a vital component to helping students make the academic, social and cultural transition to college,” said Hulehan.

Evans also serves as a Comprehensive Studies ambassador at the College’s Anderson Campus and ensures that colleagues stay up to date in the latest offerings and helps to advise students.

He also encourages co-curricular learning in Spanish classes by encouraging students to participate in the Spanish Club (he is one of the faculty advisors) and the annual international festival.

“One student summed it up when he wrote, “He brought in great resources and people to let us know we do not have to struggle through college, much less struggle alone.”

Dr. Vanhuss - Humanities Department Head

“Corey Evans is the son of Bob Hall who is an Administrative Specialist in the billing department of Tri-County.”

“Corey is passionate about helping students succeed so he embraces the opportunity to reach as many students as possible in as many ways possible,”

Jennifer Hulehan - College’s Comprehensive Studies department
Congratulations to our 2018 Graduates!

Miah Alyse Ferguson
Legacy High School
Daughter of Shenell Floyd Ferguson

Camdyn Cherry
Grandson of Kristy Stone

Allie Cash
Daughter of Ginger Cash

Dorie Freeman with Sadie Lou Freeman

Raeshawn Lewis
Son of Tamba Williams

Alexander Burgess
Son of Jennifer Burgess

Amelia Patterson—Salutatorian, Westside High School
Daughter of Queenna Patterson
What is Peer Support? For those of you who haven’t heard of this service, or even those who have, Certified Peer Support Specialists are individuals who use their own mental health and/or substance use recovery experience to support others who are in, or entering into recovery. In other words, another piece to the ever important recovery team that includes a variety of providers including, but not limited to psychiatrists, clinicians, nurses, and case managers, just to name a few. Through Peer Support, we provide not just personal experience with mental illness, but also hope. Hope that recovery is possible, and that one can and will lead a meaningful life. During our time with patients, we can assist them in a variety of areas, including developing coping skills, establishing and maintaining appropriate boundaries, independent living skills, anger management, active listening, and much more. The areas we work with, and the frequency of services depends on the patient’s needs and can be adjusted as necessary. These services can be provided in a traditional one-on-one setting, or in a group. Some of our Peer Support Specialists lead groups at our recovery centers, as well as in the community at the South Main Chapel and Mercy Center. We utilize resources such as the Recovery Life program materials and the WRAP plan here at AOP, we now have five Certified Peer Support Specialists. Three work primarily in the Anderson area, including the main clinic and Daybreak. Our other two CPSS’ work in the Pickens and Oconee clinics/day programs. In Anderson, we have Shirley Jones, Monty Murphy, and Bianca Hanson. Holly Cantrell is seeing and building her caseload in the Pickens Clinic, and Jo Smoak at the Oconee Clinic. Each individual has been called to the position for a reason. Each of us has our own recovery story and experience with mental illness and/or substance use. As previously mentioned, we use these experience and skills to help patients in their own recovery and to provide hope. We have each attended an approved Certified Peer Support Specialist training, and attend re-certification through SC Share each year to keep up to date on our skills and mental health knowledge. In addition to that re-certification, we are often looking towards other trainings we can attend to learn more skills and gain more knowledge. We love what we do, and are grateful to be a part of the team. We are looking forward to continuing working with you all, and helping our AOP patients in their recovery journey.
I believe that it is safe to say that we all desire to be healthy. Right? After all, God gives us only one body for the here and now, and it is our responsibility to take care of it! Genetics may dictate some aspects of our health, however, we all can make some deliberate, and healthy choices! Through the years, I have learned not to take health for granted. If you are healthy, consider yourself richly blessed! We all experience some sort of stress in our lives even if we are relatively healthy. Others of us know the stress of having various health or medical issues. It is easy for us to get off work from a hard day of “fixing problems,” go home, eat comfort food or fast food, and veg out in front of the TV because we are just too tired to do anything else … If you don’t already make a habit of exercising, allow me to challenge you to incorporate some sort of physical activity into your weekly schedule at least 4 days a week! Choose one or several of your favorite activities with one or several of your favorite people and make a commitment to exercise (walk with a friend or that special someone or pet, jog while strolling your child or grandchild around the neighborhood, go the gym with a friend, swim, etc …) It is good to have an accountability partner for encouragement especially when we are tempted to be lazy! In addition, incorporate exercise into your daily activities. For example, park far away instead of driving around for 10 minutes to find a space closer, and be thankful for those extra steps! Take 20 or 30 minutes of your lunch hour to walk around the mall or outside of the office, and then reward yourself by eating a healthy lunch. Speaking of eating healthy, who enjoys counting calories and eating “diet food?” No one that I know! Try this … pay attention to what you eat on a regular basis Take advantage of the summer time, and eat more tasty fruits and vegetables. Limit refined sugars and late night snacks. If it grows in the ground or on a tree, and you like it, eat more of it! If it comes in a package or you have to microwave it, eat less of it or limit it all together! Reinforce your healthy choices by rewarding yourself once a week with your favorite thing to eat … even if it is ice cream or Oreos … just don’t eat the whole container!

Okay my friends, here are our treatment objectives: 1. At least 4 out of 7 days per week, we will exercise up to one hour a day. 2. On a daily basis, we will make deliberate, healthy choices (as noted above) while planning meals, and reward this accomplishment with one “cheat” 1x a week.

Have a productive, happy, and healthy summer!

SALSA VERDE SHRIMP WITH CILANTRO RICE

**INGREDIENTS**
- 1 cup of white rice
- 2 tbsp. extra virgin olive oil
- 2 tbsp. diced shallot
- 2 cloves garlic, minced
- 1 lb. shrimp, peeled and deveined
- Salt and pepper to taste
- 1 cup of salsa verde
- 1/4 cup of fresh chopped cilantro
- Lime wedges

**INSTRUCTIONS**
1. Cook rice according to package instructions
2. In a large skillet over medium heat, heat oil. Add shallot to the skillet and season with salt and pepper. Cook until beginning to soften, about 3 min. Stir in garlic and cook until fragrant, about 1 min.
3. Season shrimp with salt and pepper and cook until cooked through, about 2 min. per side. Add salsa verde and stir until warmed. Stir in about half of the cilantro.
4. Before serving, fluff the rice and fold in remaining cilantro. Top with salsa verde shrimp and serve with lime wedges.
**Did You Know?**

1. The average American eats around 5 1/2 gallons of ice cream a year. July is the National Ice Cream month because it is the month the most ice cream is sold.

2. Mosquitoes have been around for 30 million years. They can detect mammals from 100 feet away especially warm-blooded creatures (that’s why they love human!!) And they have visual sensors that detect movement and contrast in colors.

3. A cricket’s chirp frequency fluctuates with temperature. Count the number of times a cricket chirps in 15 seconds, then add 37 to whatever number you reach and you have an approximate outside temperature (in Fahrenheit)!

4. Watermelon is actually a vegetable, not a fruit! It is most closely related to cucumbers, pumpkins and squash. The watermelon is composed of 92% water and early explorers often used allowed out watermelons as canteens.

5. Popsicle was invented by accident by an 11-year-old boy named Frank Epperson in 1906. He accidently left a mixture of powdered soda and water, with a stirring stick, on his porch, and awoke the next morning to find a frozen pop! Cherry flavor popsicle is the number one favorite flavor.

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**AOP Selfie Summer Bingo**

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<tbody>
<tr>
<td>Take a swim</td>
<td>Fly a Kite</td>
<td>Have a Picnic</td>
<td>Dance in the Rain</td>
<td>Watch the sunset</td>
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<td>Make Ice Cream</td>
<td>Have a cup of Coffee</td>
<td>Selfie with Sunglasses</td>
<td>Skip Rocks</td>
<td>Color a picture</td>
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<td>Go to a Park</td>
<td>Blow Bubbles</td>
<td>Free Space!</td>
<td>Eat Watermelon</td>
<td>Go to the Lake</td>
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<td>Eat a Snow cone</td>
<td>Take a Hike</td>
<td>Take a Vacation/Trip</td>
<td>Make Lemonade</td>
<td>Celebrate 4th of July with Family/Friends</td>
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<tr>
<td>Wear Flip Flops</td>
<td>Find a Palm Tree</td>
<td>Attend a community event</td>
<td>Have a BBQ</td>
<td>Ride a Bike</td>
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Selfie Summer Bingo. Let’s see who can take the most summer selfies. Take pictures of yourself this summer doing as many of the activities listed as possible and submit them to chris.plunk@scdmh.org. Anyone who can complete a row; down, across, or diagonally will win a prize. Complete the whole card and win an even bigger prize!

(all pictures submitted are subject to be used in future AOP NOW publications unless otherwise stated)