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Abilities illuminated

December through March
Percentage of landscape plans/installations, hourly consultations will be donated to LIFESPAN, Creative Campus-Guilford

LIFESPAN transforms the lives of individuals with developmental disabilities- providing education, employment, and enrichment programs promoting inclusion, choice, family supports, and more

Gift certificates available for-stocking stuffers, homebuyers/sellers, newly weds, contact Diana@justacloudaway.com or DianaDigsDirt.com

The Season of Helping Others: Local Companies who Give Back

DianaDigsDirt.com - Fifty percent of consultations valued at \$100 per hour and a percentage of landscape designs or installations are donated to LIFESPAN

Brixx Pizza - On the first Thursday of the month, \$3 for every adult pizza and \$1 for every children's-size pizza are donated to HeartstringsSupport.org

Nixon Photography - Participates yearly in Help-Portrait™, in 2010 at Salvation Army

Go Free® Pants - New pants for women. Proceeds donated to support hospice and cancer research.

Divine Weddings and Beyond - Donates twice a year to Friends for an Earlier Breast Cancer Test®

Power Home Technologies - Security Systems (Todd Anderson) - Donates yearly to Make-a-Wish Foundation.

Harpist (Carol Rauch) - Donates 2 hours for non-profit silent auction fundraisers

Ameriprise Financial (Marty McFarling) - Volunteers yearly at the Greensboro Alzheimer's Association Memory Walk®

Tammy Councilman (Local Photographer) - Volunteers for Now I Lay Me Down To Sleep

Clark Insurance Group, Inc. - Sponsors and coaches the Pleasant Garden soccer team

Marty Designs - Donates to Hospice

Create a Cake Catering - Donates desserts to Children's Home Society

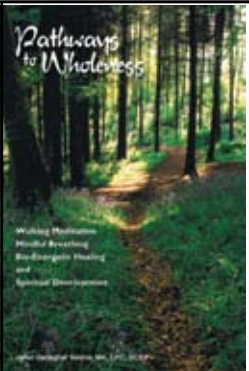
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Pathways to Wholeness

Group classes based on the book are being held in Winston-Salem and Stoney Creek.

336-413-0455
Janet Gallagher Nestor, MA, LPC, DCEP
To purchase book, visit centerofwellbeingonline.com

FREE MONTHLY

Just a Cloud Away

December 2010 Journal

Losing a loved one, pregnancy or pet and grieving their absence is a tragic reality. Time does not heal all. How we decide to live determines the strength and health of our hearts. We are offering guidance and support for your journey.

Her New Heart Beat For a Brief Moment How a Second-Time Offender Took More Than a Life

by Diana Gardner-Williams

Tara received her new heart while in her early twenties, only to enjoy life for another two years before a local man decided to drive intoxicated for the second time with a blood-alcohol content (BAC) of .18. After only 59 months of incarceration, he was driving the streets again. Tara's stepsister and half-sister were also killed in this tragedy.

Tara was the girl next door, full of life, known to talk to anyone, selfless and giving, with a soul stronger than her heart. Her story has many chapters, one being her heart condition. Tara had endured several surgeries but was in need of a stronger heart. She was in a hospital bed for 12 weeks before receiving a donor heart. Tara was ecstatic; but in a split second, she was melancholy due to the realization someone had died. She often thought of others first and needed to pray for the family. She later befriended the donor's mother, Mildred.

Another chapter of Tara's life would be her son, Jagger. Tara married Sean in 2000, and because of her heart condition, could not have children. This did not stop Tara from being a mother. The couple was involved in an open adoption and cared for their newborn baby boy for 9 weeks before Tara's death. Jagger will never know how wonderful his mommy was, how she would spoil him, how she would fix his boo-boo's, or just to be able to snuggle up with her at night during a storm.

Tara's mother, Cathy, now speaks on behalf of her daughter and MADD (Mothers Against Drunk Drivers) at the Guilford County Courthouse. MADD continues to support her. Cathy also mentions Michael Jackson, founder of Crash Prevention Network of North Carolina, in her efforts to support families touched by vehicular accidents and crimes. An associate preacher at Pleasant Garden Baptist Church would also be of tremendous comfort to her. Cathy has her memories and will hold her daughter's ashes when she needs to feel close to Tara.



Tara, a wife, mother, sister, daughter and friend to many



Mommy and son



Sisters who perished too soon

Starlights

- * Gemstone and Flower: Turquoise, Blue Topaz, Holly, Narcissus
- * Awareness Month: Drunk & Drugged Driving, AIDS, Seasonal Depression, Prevention
- * 1st- World AIDS Day
- * Send questions to our sponsors, by emailing Diana@justacloudaway.com
- * We are accepting high resolution photographs of pets for publication, Diana@justacloudaway.com

Alcoholism Doesn't Care How Old You Are

A Decade of Challenge

by Diana Gardner-Williams

Ten years of alcohol abuse and she is under the age of 40. Candy Dickson, a triad resident, was raised in a broken home, which could have contributed to her lack of self-esteem. Being a late bloomer with acne did not help her shyness towards other schoolmates.

At age 17, Candy was coerced into drinking alcohol at a party because of her quiet nature. Drinking became a regular activity that increased her confidence and allowed her to be the center of attention at parties. Unfortunately, Candy did not know her limit. "Binge drinking" became the norm. She could go for long periods without drinking but would drink in excess when alcohol was available.

At age 19, law enforcement caught her drinking in a park. Her mother put her in the "The North Carolina First Offenders Program" and enrolled her in Alcoholics Anonymous. She did not continue with the classes. At age 25, Candy moved into an apartment with some friends. Her reckless behavior combined with her binge drinking allowed the wrong people to take advantage of her.

After being demoted in her job, her true friends brought up the subject of "rehab" and encouraged her to pursue it. At age 29, Candy was in an abusive relationship and consequently sought counseling. The therapist directed Candy to a substance abuse program before she could treat the relationship abuse issues. This was the start of Candy's rehabilitation journey.

Candy was able to beat the disease without professional help even though her father was an alcoholic. According to the American Academy of Child & Adolescent Psychiatry, children of alcoholics are four times more likely than other children to become alcoholics, Environmental factors could be a major factor in many of these cases.

At the age of 38, she is finally at peace with herself and who she is. Candy is available to speak on the topic of Alcoholism and can be reached at dickson7candy@yahoo.com.



Candy has a new outlook on life

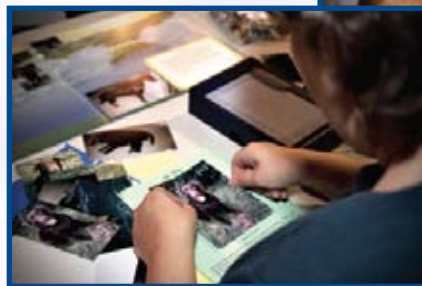
Papercrafting Helps in the Grieving Process

A Therapy Session Where Speaking is Not Necessary

by Basil Augusta

The art of papercrafting incorporates a few supplies with mementoes of loved ones. At the first Love Memorial™ Workshop sponsored by *Just a Cloud Away, Inc.™ Journal*, the community brought pictures of their loved ones, infants, and pets that have passed on. The participants expressed their gratitude to have the opportunity to remember and create keepsakes with their own hands. Various vendors provided snacks, drinks, and music; and Rich Brenner helped out at the microphone.

Please email Diana@justaccloudaway.com if you are interested in attending a casual papercrafting workshop on a monthly basis. Our next workshop will be on Friday, December 3rd, at the Emerald Event Center (2000 East Wendover Avenue) from 5-11 PM. *Just a Cloud Away, Inc.™ Journal* will sponsor the workshop by supplying scrapbook papers, stickers, cutters, stamps, adhesives, and more. We ask that you bring pictures or any two-dimensional mementoes of loved ones, pregnancy photographs, or beloved pets. A \$10 charge will cover food and drinks. The workshop is open to avid scrapbookers who would like a comfortable, quiet, and convenient atmosphere to craft cards, collages, scrapbooks, holiday gifts, and whatever else brought to the table!



Top: Take Shape for Life Lemonade

Left: Remembering a beloved pet

Bottom: Children creating keepsakes

Have Questions? Ask our Professionals

Sponsors of the Journal

by emailing, Diana@justaccloudaway.com

What is the difference between a Medicare Medigap policy and a Medicare Advantage policy?

from Sarah in Greensboro

There are several differences, but the biggest difference is a Medigap or Supplement policy is insurance purchased from an Insurance Company to offset the costs that Original Medicare A & B do not cover. There are several different policies available in NC, and the only difference in the policies from company to company is how the insurance company prices the plans. When choosing a Medigap policy, then you would also need to purchase a Medicare Part D plan from an Insurance company.

A Medicare Advantage plan is considered a Medicare Part C plan. They are offered through several insurance companies and usually consist of Parts A, B & D. They either have a small cost or no cost. These plans will be used in lieu of original Medicare.

If you would like to know more about the differences in a Medicare Supplement and a Medicare Advantage plan, or if you need help evaluating your situation during the annual enrollment period, please feel free to call Melody Anderson, your local Broker.

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