



FAMILYCARE
Senior SolutionsSM
inc.

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**FamilyCare's Angela Whitlock and Christine Warfel
Receive Care Manager Certification**

(Portsmouth, Va., Dec. 12, 2008) – Two FamilyCare Senior Solutions senior staff members, Angela Whitlock and Christine Warfel, have received their Care Manager Certification from the National Academy of Certified Care Managers, announced President and CEO Bill Murden.

Known as Certified Geriatric Care Managers, Whitlock and Warfel are part of a burgeoning industry of health and human services professionals—such as gerontologists, social workers, psychologists and nurses—with a specialized focus on aging and eldercare. These individuals, who have undergone extensive training and adhere to a strict code of ethics, help families cope with the many challenges of caring for an aging family member.

“Certified Geriatric Care Managers are a lifeline for adult children and their aging parents, especially when the children live far away,” said Murden. “They can coordinate medical and home care assistance, in addition to providing emotional support for all involved.”

Described as being the “eyes and ears” for family members of older loved ones, Certified Geriatric Care Managers act as an objective guide and advocate—identifying problems and offering solutions, from the assessment of an aging parent's needs to addressing the life change of a family affected by Alzheimer's Disease, Parkinsons or other symptoms of dementia.

“The cost savings are significant as well,” Murden added. “Compared to the cost of long-distance care giving, the services of Certified Geriatric Care Managers are less expensive and provide peace of mind.”

Angela Whitlock and Christine Warfel

FamilyCare’s Vice President of Client Services, with FamilyCare for the past six years, Angela Whitlock has graduated from Radford University and studied at the Medical University of South Carolina with an emphasis on health administration. She began her career in Charleston, S.C., coordinating medical equipment services between senior clients, their physicians and insurance intermediaries. Whitlock also worked for a regional HMO as a supervisor in its member services division, coordinating client services and payments. In addition to being a Certified Geriatric Care Manager, she is a Certified Senior Advisor. Whitlock has served on the board of the Portsmouth Service League, is the past chairperson of the Portsmouth Social Services Advisory Committee, and is a member of the Portsmouth Task Force on Aging.

Christine Warfel has held several human services management positions; first with Portsmouth Psychiatric Center and then with The Barry Robinson Center in Norfolk, followed by two years with the Alzheimer’s Association. Prior to joining FamilyCare as a Geriatric Care Manager, Christine led a company that assisted seniors with analyzing and filing medical claims. She graduated from Virginia Wesleyan College with a degree in social science, is accredited as a Certified Senior Advisor and now as a Certified Geriatric Care Manager. Warfel is on the board of directors of Senior Services of Southeastern Virginia, holds memberships in the Portsmouth, Norfolk, Virginia Beach and Peninsula chapters of the Task Force on Aging, and is a member of the Senior Services Coalition of Williamsburg.

For additional information about FamilyCare’s geriatric care management services, go to www.forfamilycare.com

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About FamilyCare Senior Solutions, Inc.

Since 1983, FamilyCare Senior Solutions, Inc has been southeastern Virginia's leader in healthcare and home services for families. Through a staff of 200 screened, bonded and insured employees, FamilyCare helps its clients navigate the changes and challenges of aging while remaining in their own homes. For more information, visit www.forfamilycare.com

About the National Academy of Certified Care Managers

The purpose of the National Academy of Certified Care Managers (www.naccm.net) is to advance the quality of care management services by assuring individual competence to perform the full range of care management tasks through a validated, standardized examination that tests the skills, knowledge, and practice ethics needed to serve consumers. All eligible individuals who pass the examination will be credentialed and acknowledged by the Academy as a CMC (Care Manager, Certified). The certification period is for three years. In order to maintain the CMC, care managers must apply for renewal every three years and document ongoing care management practice and continuing education.