

# GASTON ALIVE

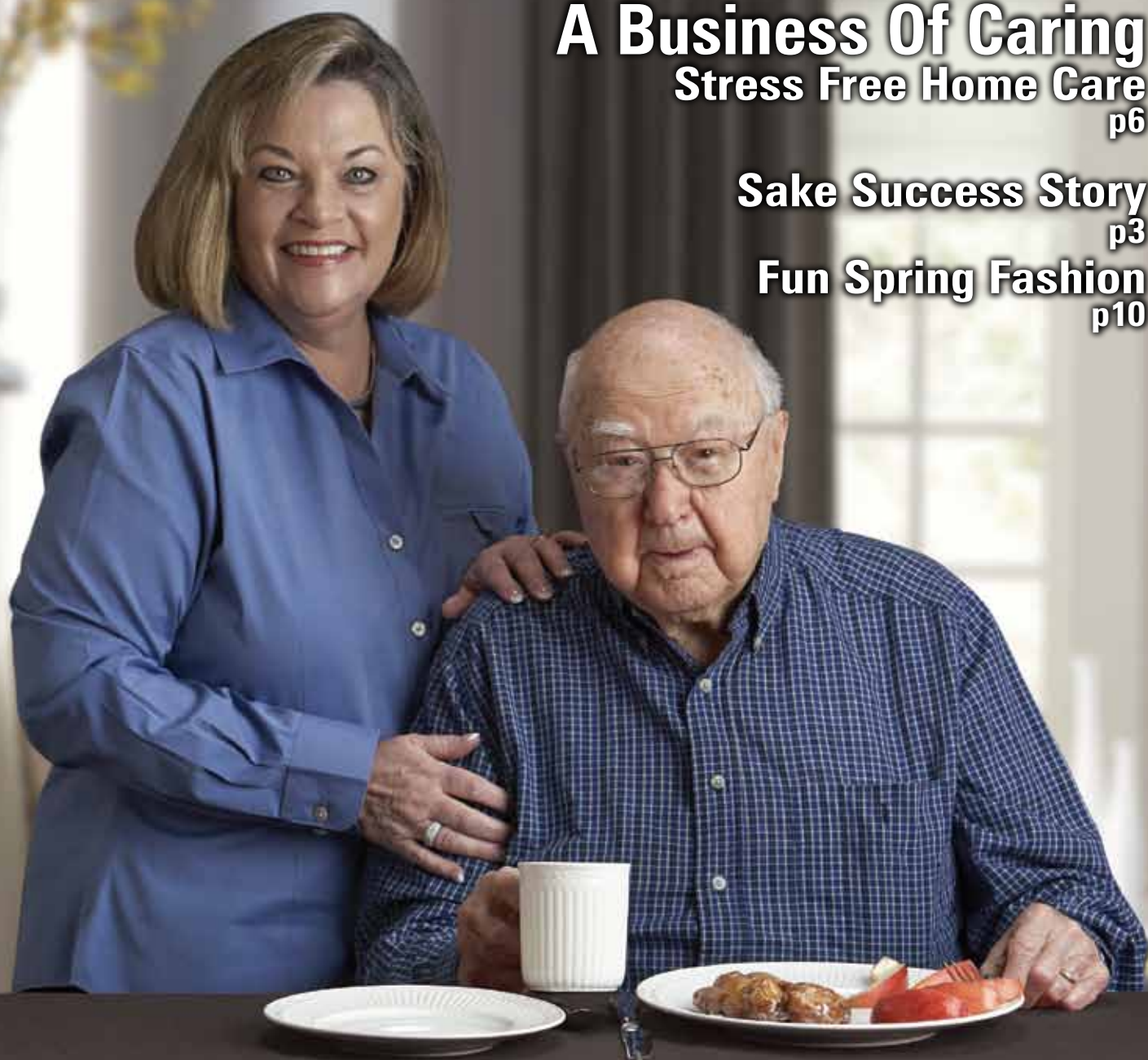
MAGAZINE

HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

**A Business Of Caring**  
**Stress Free Home Care**  
p6

**Sake Success Story**  
p3

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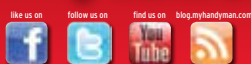
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## FOCUS ON LOCAL BUSINESS

By David Hamrick

**GA: We understand that your new Lake Wylie location is set to open in March-congratulations! Architecturally is it similar to the Gastonia location?**

**Linda:** Thanks! We hope to be open by mid-March. The new Lake Wylie location is 4,900 square feet, while Gastonia is actually 4,500, so it's a little larger.

**GA: You already have stores in Mount Holly, Belmont, and Gastonia- will Lake Wylie have the same menu?**

**Linda:** Yes, our same menu, although we are hoping to add more items once we settle down, especially on the sushi menu.

**GA: Sake seems like a family affair, and a great success! Why do you think you have been so successful?**

**Linda:** As most people know, Sake was started by our father. Lisa and I took over when he fell ill. I feel that we have enjoyed great success because we understand each other as sisters and as business women. We have great chemistry working together and trust each other. Our work ethic that our parents instilled in us is something we live by each and every day. We want to make our parents proud and continue their dreams.

**GA: You have added a lot of menu items since we last talked- Bento Boxes, Sushi, etc.? Have they been popular and what is new?**

**Linda:** Our sushi is pretty popular. We have several specialty rolls that our customers especially like, such as our Dragon Sake Roll and our Spicy Kanikama Roll-be sure to try them! We added sushi to our Bento box because a lot of our customers like both and want a little of each. We sell a lot of Bento Boxes every day.

**GA: What's next for the "Sake Sisters"? Opening a store in Las Vegas?**

**Linda:** Right now we just want to focus on our Lake Wylie opening, and continue our success at the other three locations.



Linda Park and Lisa Nguyen



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HAITHCOX PHOTOGRAPHY

featured this month

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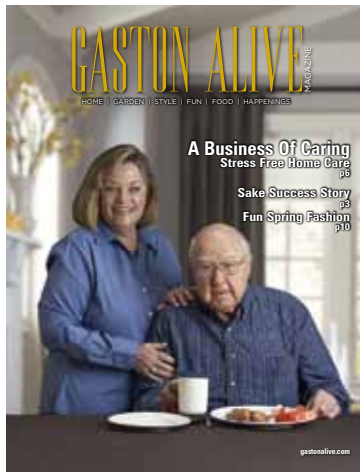
FUN FASHION LOOKS FOR SPRING!



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# on the cover



Pictured on this month's cover is Candi Lethcoe with Stress Free Home Care, and Chester Huskins of Mount Holly (age 96!) See related story page 6. Cover photograph by Rick Haithcox, graphic design by David James.

## our staff

### PUBLISHER

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### CONTRIBUTING WRITERS

DAVID HAMRICK

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Thanks to all the folks that helped with this month's fashion feature, including Dawn Rickus of Talent INC (not pictured), L to R: Hair by Dayna Miller of William Henry McAdenville, model Jennifer O'Barr, Allison Hohman with Bubba Jane's Boutique, model Julia Cornwell, Jessica Hohman with Gigi's Boutique, model Mollie Gould, model Kate Milmeyster. Front row, David Hamrick, Publisher, Rick Haithcox, photographer.



To be part of our team, or to submit art, photo or story ideas, please email us at: [info@gastonalive.com](mailto:info@gastonalive.com)

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## MEET STRESS FREE HOME CARE

*By David Hamrick*

**GA:** Candi, let's do they old southern thing-where are you from, where did you go to school, family, etc.?

**Candi:** I grew up in Charlotte, graduated from West Mecklenburg High School. After that I went onto Western Piedmont Community College and graduated with a major in Human Services. I have been married for 24 years to John Lethcoe, and we have two grown boys and two miniature schnauzers. I am very blessed to still have my parents Maryanne and Red Wheat in my life. My mom is 81 and my father is 84 years old.

**GA:** How did Stress Free Home Care get started? Are you a franchise?

**Candi:** For about 13 years I was a business and medical manager for Ron and Katherine Harper (local Philanthropist). As their health declined, I found it necessary to find an agency to help care for them. After about 2 years of 24/7 care with the agency, Ron Harper told me I should start my own home care business. He said you already interview and train all the aides from the agency anyway, so might as well start your own business. I knew the kind of agency I wanted to have and did not want a franchise to dictate how I run the



company. We wanted to go beyond the call of duty for our business, probably more than a franchise would allow us to do. That being said, Kim Jones and I started the process by researching the industry. Following the guidelines from the Department of Health & Human Services, we started writing the Policy and Procedures Manual. This process took about a year. We had our appointment with the DHHS Licenses department on October 5, 2010 to review the Policy and Procedures Manual. After they interview us and inspected our Policy and Procures manual.....We were granted our license that day!

### **GA: Your business is very successful- what makes you guys different?**

**Candi:** That's a simple question. We care about each of our clients and treat them like family. All of our clients and caregivers have my personal cell phone number and have the ability to call me at any time. We have a very strict hiring policy. We only hire people with a heart. Kim Jones says she can always train someone with special skills but you can't train someone that just wants a job.



### **GA: What services do you provide your clients and families?**

**Candi:** Alzheimer's and dementia care, medication reminders, assistance with bathing, personal hygiene, vital signs and monitoring, housekeeping, laundry, meals, grocery shopping, attending church services, etc. We also act as an advocate while at doctor appointments and facilitate the exchange of information between doctor and family. We also do a home safety check to ensure that our clients are in the safest home setting. We can provide respite care and private wheelchair transport.

### **GA: What is respite care?**

**Candi:** It is part of the overall support that families may need to keep their family member with a disability at home. The word "respite" means to take a break from the daily challenges of caring for a child or a parent with special needs. It can be planned for a few hours or for as long as a weekend.

### **GA: Are your employees CNA's?**

**Candi:** Yes we employee Certified Nursing Assistance (CNA's) and Personal Care Assistance (PCA's). We also have 2 registered nurses on staff. By the way-we are now hiring CNA's and PCA's

### **GA: Who uses your services?**

**Candi:** Senior individuals that want to remain at home, and we also provide a lot of after surgery care.

### **GA: What areas to you service?**

**Candi:** We cover Gaston, Cleveland, Lincoln, Catawba, and northwest Mecklenburg counties.

### **GA: What has been the best part of owning your business?**

**Candi:** The satisfaction after receiving a phone call or a thank you note from a client's family saying thanks for all the love and care you have provided with our loved one.



### **GA: I'll bet you can become very attached to your clients...**

**Candi:** Yes, we get very attached! We learn so much from our clients. Often they have had the most amazing life experiences-it's just a joy to spend time with them. When you are in someone's home providing personal care, a bond will always be formed-we really treasure them!

### **GA: What is your favorite part of your day?**

**Candi:** I really don't have a favorite time of the day. I love what I do and if I get a few days off, I can't wait to come back to work to find out everything I missed!



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