



May is Mental Health Month

LCMHS Art Show
In conjunction with
Labette Community College

LCMHS is working in conjunction with Labette Community College to host their annual Art Show. The artwork will be displayed in the gallery at the College. The children's art work will be judged with the top three pieces from each age category being sent to the Association of Community Mental Health Center's of Kansas Annual Convention in September. The showing, a collection of submitted pieces by child or adult clients of LCMHS, or from the sibling of a child client, will take place from May 19 through the 26th and is open to the public. It will be held in the Hendershot Gallery located at Labette Community College. Artwork can be a very fulfilling way to work through mental health issues. We enjoy seeing all of the pieces of artwork, in all the various forms each year and we look forward to seeing this year's entries. Please stop by and enjoy the artwork as well as casting your vote for the children's pieces! For more information you may contact Monica Simpson at msimpson@lcmhs.com or come by my office. (Please see flyer attached)

The Art Show is something that LCHMS does in May of each year to mark Mental Health Awareness Month. Celebrated by numerous organizations throughout the United States, Mental Health America, formerly known as the National Mental Health Association, is one of many that sets aside the month of May each year, to raise awareness nationwide about mental health conditions and the importance of mental wellness for all. This year's theme is "Live Your Life Well," and challenges Community Mental Health Centers to promote health and wellness in homes, communities, schools, and inform those who don't believe it's attainable.

An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year. Mental health problems affect one in five young people. When just taking adults, ages 18 and older, into account, this figure translates to 57.7 million people.

Every day, Americans are affected by the myriad challenges, stresses and demands on their lives. And every day, they seek help in responding to them. Mental health problems are painful—emotionally, spiritually and socially. Words that make fun of mental health create a sense of shame, feelings of guilt and loss of self-esteem. People exposed to such a negative view of themselves feel rejected, lonely and isolated. This "stigma" is often the greatest barrier to a complete and satisfying life.

"Live Your Life Well" is dedicated to helping people better cope with stress and enhancing their well-being. Stress can take a huge toll on a person's health, mood, productivity and relationships, but specific, evidence-based tools can help counterbalance these effects.

Labette Center is proud to take part in "Live Your Life Well" to bring awareness to the silent issues as well as increase the number of people who take action to protect their mental health, both in the face of ongoing stress and in times of great personal challenge.

May 6th is National Children's Mental Health Awareness Day

On May 6th National Children's Mental Health Awareness Day will celebrate it's 5th Anniversary! This is a day to "promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families." This year the day will focus on the topic of early childhood. According to the SAMHSA website, "Communities across the country will observe the day with events, youth demonstrations, and social networking campaigns to raise awareness about the importance of mental health and increase understanding of the mental health needs of children and their families." Awareness Day 2010 will specifically focus on increasing basic awareness of the importance positive mental health has on a child's healthy development, with the key message that "positive mental health is essential to a child's healthy development from birth." For more information :
<http://www.samhsa.gov/children/index.aspx>



New Employees

Melissa Dold began working at the Center on April 26th, 2010. Melissa will be working from 11am - 8 pm M-W, 9am to 6pm Thursday's and from 8am to 5pm on Friday's. Her job duties will include front desk work, and getting the next day charts in order. Melissa is originally from Fredonia, where she was born and raised in Fredonia and moved to Parson in 2006. She worked at the Parsons State Hospital before joining the LCMHS family. We welcome Melissa to the Center!



Mother's Day

Mother's day is on Sunday May 9th this year. Don't forget to let your mom know how much she means to you. Mom's can be many different things to a child and come in many different forms. If there is a special person in your life who comes to mind when you hear the word mom, let that person know that you care.



Relay for Life Fundraising Begins!



We have begun fundraising for Relay for Life!!! As a reminder to all, the Relay for Life event will take place on June 18th at 6:00 pm until June 19th at 6:00 am. The event takes place every June in Labette County to help raise money for cancer research, rehabilitation and prevention. We are proud to be both a supporter and team involved in this event! Most of us know and/or care about someone who has suffered from the effects of cancer. There are several ways individuals can participate in the Relay for Life this year. You can either just make a

donation, you can join the team, you can sell luminaries, and/or you can come to the event on the night of the Relay. All are welcome to spread the word and help LCMHS raise funds for the event. To register as part of the team, or to make a donation under the LCMHS team, you can go to: http://main.acsevents.org/site/TR/RelayForLife/RFLFY10PL?pg=entry&fr_id=23788. When looking up a team, we are listed as Labette Center for Mental Health Services. You may then click on our team name and follow the instructions given. If you join the team, you can either pay the sign up fee online, or choose pay later and bring the money to Monica Simpson to be turned into the Relay for Life committee. Once you have joined you can spread the word on social media avenues such as Facebook! You can also find more information about joining or donating on our website, www.lcmhs.com. We appreciate all help and donations received for this event! Thank you all for helping to make this another successful year for Relay for Life!

Farewell to Lori Shaw!

Mr. Atteberry made the following announcement on 5/6/2010:

"It is with regret that I make you all aware that Lori Shaw has given me her resignation, with her last day being at the end of May. She is leaving us to go to work at the Parsons VA Clinic. Lori has given many years of valuable service to Labette Center, and helped a great number of people. While I sincerely wish she was not leaving, I hope you all will join me in wishing her well at her new position. The VA's gain is our loss."

We all wish Lori the best in her upcoming endeavors. Lori began her employment with LCMHS on December 1st of 1994. Along with being a therapist at LCMHS, Lori began her duties with the Center as a children's case manager. She has worked with numerous clients and will be missed by them as well as by the staff of LCMHS. Good luck Lori!

Drawing for PEC Certificate

On Monday May 3rd a drawing was held for a gift certificate to PEC for a one year family membership at the facility. The winner of the drawing was Melissa Dold! Thank you to everyone who participated in this drawing, and congratulations to Melissa. We hope you enjoy your membership.

Walk Kansas

Our Walk Kansas Teams have completed their 8 week journey to healthier living! Congratulations to our two teams. Both teams have reached the goal of "walking across Kansas" with their exercise time, and will all receive a prize for that. If you are a part of either team and have not received your prize yet, please come by my office to pick it up. Thank you to all of those who participated!

Navigator's Team

Nikkii Rosenstiel
Mandy Shaw
Britini Murphy
Emily Clem
Adam Westhoff
Kathryn Shelton
8 Week Totals:
Exercise: 16415
Fruits/Veg.: 877
Daily Grains: 201

LCMHS Team 2

Melissa Stephens
Tara Fleck
Matt Atteberry
Misti Mustain
Norma Cunningham
Jon Tower
8 Week Totals:
Exercise: 18185
Fruits/Veg.: 790.50
Daily Grains: 174

2nd Learn at Lunch Scheduled

LCMHS will be hosting it's 2nd Learn at Lunch with the Ministerial Alliance on Wednesday May 12th. The Learn at Lunch program is a way to spread information about the services and help that the Center provides to our community. The Ministerial Alliance will be meeting with LCMHS to gain information they will be able to pass along to the members of their various congregations. The meeting will take place in the multipurpose room. We welcome the Ministerial Alliance to our Center and look forward to the conversation and information that will ensue from this meeting!



Arboretum Restoration Project 2010

Community members are working toward restoring the Parsons Arboretum which is located on the South Side of Parsons. Unfortunately, over time, there has been deterioration to the grounds including the flowers and trees that are planted there. There have been work days scheduled to restore the Arboretum to it's original beauty!

The next work day is currently set for: Saturday - May 22 from 9am-2pm. Individuals may come and go as their schedules allow.

Volunteers should bring their own work gloves and rakes. Help is needed to rake leaves, pick up branches, pull weeds and till soil so new and existing foliage can flourish.

Volunteers of this project are working towards preserving the hard work, time and money that was initially invested in developing the Arboretum as a resource for families. It is a nice place for our clients to go to be able to walk and enjoy nature. Many trees hold memorials for community members living and who have passed on. Included in those memorials is a tree dedicated to Calvin Priest, son of former employee Brenda Martin and sister of Alice Priest who works in the Navigator's program. Also located at the Arboretum is a Frisbee Golf Course dedicated to Calvin Priest. If anyone is interested in lending a helping hand with this project please feel free to attend. For more information please contact Trinette Craddock at teraddock@lcmhs.com.

The Newsletter has gone digital. For those who I do not have an email address for, a paper copy will be mailed. Please let me know if you would like to receive a paper copy so that your name can be added to the list.

Thank you - Monica

Our Vision ~ Provide the highest quality of comprehensive services to empower the people and communities of Labette County. We envision fulfilling and meaningful lives for those we serve.

Our Mission ~ Create hope and opportunities for life change by providing education, support, consultation and therapeutic behavioral health services to the people and communities of Labette County.

Visit our Website!

Check out all the changes to the Website! Visit www.lcmhs.com and see what the center is doing. There are now biographies for Management Team on the website as well. Those who have biographies are: Mr. Matthew Atteberry, Mrs. Shereen Ellis, Mrs. Sandra Dickerson, Mrs. Misti Mustain, Mrs. Beth Engels, Mrs. Nikkii Rosenstiel, Mr. Thomas Schibi, Ms. Ashley Heady and Mrs. Monica Simpson. Be sure to let your clients know if they need any information they can check our website. There are also forms available that can be printed off. Employees can get on the website, log in and get employee specific information! If an employee needs their password, please feel free to contact me at msimpson@lcmhs.com

Also - Join us on **FACEBOOK!!!** Updates, quotes, mental health news, etc are posted on the Center's FACEBOOK page on a regular basis.

Grilled Herb Pork Tenderloin

1½ tablespoons olive oil
2 teaspoons balsamic vinegar
2 cloves garlic, crushed or 1 teaspoon garlic powder
1½ teaspoons chopped fresh rosemary or ½ teaspoon dried
1½ teaspoons chopped fresh oregano or ½ teaspoon dried
½ teaspoons chopped fresh basil or ½ teaspoon dried
1½ teaspoons chopped fresh thyme or ½ teaspoon dried
Freshly ground pepper
1 pork tenderloin, about 1 lb (most are sold in a 2-lb package with 2 tenderloins)

Directions:

- 1) Mix the oil, vinegar, garlic, herbs, and pepper; brush on the pork tenderloin. Refrigerate for at least 30 minutes or overnight.
- 2) Preheat the grill.
- 3) Sear pork on all sides, then cook over medium heat for 8 to 12 minutes until it reaches an internal temperature of 160° F. Let the tenderloin rest on a carving plate for 1 or 2 minutes.
- 4) Slice tenderloin thinly and serve.

Makes 4 servings

Closed for Memorial Day

Labette Center for Mental Health Services will be closed on Monday May 31st in observation of Memorial Day. We will reopen with normal business hours on Tuesday June 1st. Have a safe and happy Memorial Day!



Monthly Trivia

March Answer: The sinking of the Titanic.

www.corsinet.com/braincandy/valtrivia.html

The winner of the drawing was:
There were no entries for this months question.

Trivia Question of the Month: Why are infants born in May unique from those born in other months of the year?

www.quizland.com

"More than three out of four employees who seek care for workplace issues or mental health problems see substantial improvement in work performance after treatment." (APF, 2003)

May Birthdays

Alisha Wyrick	May 4th
Adult Case Manager	
Nikkii Rosenstiel	May 6th
Children's Psychosocial Coordinator	
Deb Williams	May 8th
Corp. Compliance/Apt. Manager	
Susan Lynch	May 9th
Attendant Care	
Nancy Dorsey	May 13th
Medical Administrative Assistant	
Mark Mikel	May 30th
Therapist	

May is

Border Line Personality Disorder Month
 Family Wellness Month
 Heal the Children Month
 International Audit Month
 Motorcycle Safety Month
 National Barbeque Month
 National Hamburger Month
 National Moving Month
 National Photo Month
 Older American's Month
 Teen Self-Esteem Month
 Women's Health Care Month
 National Family Month
 Be Kind to Animals Week (2-8)
 Children's Mental Health Week (2-8)
 National Anxiety and Depression Week (2-8)
 National Family Week (2-8)
 National Nurses Day and Week (6-12)
 National Women's Health Week (9-15)
 Universal Family Week (10-16)
 National Dog Bite Prevention Week (16-22)
 Emergency Medical Service Week (17-23)
 International Whistler's Week (26-20)
 May Day (1)
 National Infertility Survival Day (2)
 Childhood Depression Awareness Day (4)
 Cinco De Mayo (5)
 Nurses Day (6)
 World Red Cross Day (8)
 Mother's Day (9)
 Windmill Day (10)
 Frog Jumping Day (13)
 National Pizza Party Day (15)
 NASCAR Day (16)
 Visit Your Relatives Day (18)
 National Bike to Work Day (21)
 National Taffy Day (23)
 National Missing Children's Day (25)
 Senior Health and Fitness Day (26)
 Cellophane Tape Day (27)
 International Jazz Day (29)
 Indianapolis 500 (30)
 Hug Your Cat Day (30)
 Memorial Day (31)
 World No Tobacco Day (31)

May Anniversaries

Nancy Dorsey	May 1st	26 yrs
Medical Administrative Assistant		
Rachel Philbreck	May 14th	3 yrs
Adult Case Manager		
Haley Mills	May 21st	3 yrs
Children's Case Manager		



American History in May

May 2nd, 1863 - Stonewall Jackson was wounded which would result in his death and a serious loss to the Confederacy during the Civil War.
May 3rd, 1494 - Columbus discovered Jamaica.
May 6th, 1937 - The Hindenburg exploded over Lakehurst, New Jersey.
May 10th, 1869 - The Transcontinental Railroad was completed linking east and west.
May 10th, 1924 - J. Edgar Hoover was appointed as the head of the FBI.
May 14th, 1607 - Jamestown was established.
May 14th, 1804 - Lewis and Clark set out from St. Louis on their expedition to explore the Louisiana Purchase.
May 17th, 1954 - *Brown v. Board of Education* decision.
May 17th, 1973 - Watergate hearings began.
May 20th, 1927 - Charles Lindbergh left on the world's first solo flight across the Atlantic Ocean.
May 20th, 1932 - Amelia Earhart left for the first solo flight across the Atlantic Ocean by a woman.
May 24th, 1883 - The Brooklyn Bridge was opened by President Chester A. Arthur.
May 30th, 1806 - Andrew Jackson killed a lawyer named Charles Dickinson in a duel.
May 30th, 1853 - The Kansas-Nebraska Act was passed allowing settlers of the Kansas and Nebraska territories to choose whether they wanted to be free land or allow slavery. This would lead to Kansas being termed Bleeding Kansas.

Kansas History in May

May 1st, 1919 - Fifteen airplanes performed at Wichita in the Victory loan campaign. It was the first time Kansans had seen the "flying circus."
May 2nd, 1911 - Dr. S.J. Crumbine, secretary of the State Board of Health, crusaded for clean sheets daily on hotel beds.
May 11th, 1888 - An irrigation system was in operation on the Pawnee river near Larned. A large wheel turned by the current lifted eight troughs each holding eight gallons of water.
May 12th, 1920 - Sarah Martin was hired to teach in the Elmdale Rural High School for \$1,750, the highest salary ever paid a woman teacher from Emporia Normal.
May 16th, 1923 - Amelia Earhart, native of Atchison, became the first woman to be granted a pilot's license by the National Aeronautic Assn.
May 21st, 1915 - Winfield won the \$1,000 first prize in a model town contest. Independence won the \$500 second prize. The contest was based on opportunities for play and athletics, school work and industrial training, social and recreational activities, physical and moral safeguards, activities of child-fostering clubs and societies, and attendance at Sunday school.
May 23rd, 1899 - Four jointists at Arkansas City who paid a monthly "fine" of \$100 were fined an additional \$100 for "keeping a building where profane and boisterous conduct is permitted."
May 27th, 1916 - The State Welfare Commission said women employees in laundries be paid at least \$1 a day, must have an hour lunch period, and must not work over nine hours a day.
May 30th, 1887 - A catfish weighing 79 pounds was caught in the Arkansas river near Sterling.

www.khsorg

Moon Phases



Last Quarter	May 6th
New Moon	May 13th
First Quarter	May 20th
Full Moon	May 27th

www.brwnielocks.com

The full moon on the 27th is called the flower moon because it is the time of year when flowers are blooming all over.