

December 2010

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Editor: Monica M Simpson

Care and Compassion Awards Banquet

Labette Center for Mental Health Services, Inc is proud to present the first annual Care and Compassion Awards Banquet (CCAB). This dinner will be a semi-formal event (dress attire). The Center has traditionally held an annual dinner for employees and this Banquet will add to the festivities of that dinner. Along with the traditional meal served for employees to enjoy, there will be awards given to both employees of the Center and community members. The Care and Compassion Award will be an award given to three community members and three employees based on a nomination process. Award recipients may be nominated by anyone in the community as well as employees. Those nominated should meet the guidelines of showing extreme care and compassion toward an individual or group. Anyone who fits this guideline may be nominated, regardless of age. Nominations are to be submitted in essay format. They are to be no more than two pages, typed. The essay should describe how the individual shows extreme care and compassion and the reasons the person deserves to receive the award. Entries may be given to Monica Simpson, Administrative Assistant. A panel of Judges will review all of the submissions and determine the winning recipients. Award winners, Judges, their guests, as well as other community members will then be invited to attend the banquet. During the Banquet, these awards will be presented to the winners, as well as longevity awards to employees who will be reaching milestones of employment during the upcoming year. A variety of press entities will also be invited to the banquet to cover the story. This is an outstanding way for the Center to acknowledge and reward those individuals who go above and beyond to help others. We are very excited to begin this tradition and to recognize these individuals.

There has been a committee created for the banquet which includes: Monica Simpson, Tom Schibi, Nikkii Rosenstiel, Asha Patel, Michelle Vance, Shereen Ellis, Doug Hunt and Larra Fiscus. Doug Hunt is the CEO of Sunrise Media Group, the Center's Public Relations firm and Larra Fiscus is the Center's account manager from Sunrise Media Group. If anyone has any questions regarding this dinner, please feel free to contact one of the committee members. We hope this event is an enjoyable occasion for all who attend. It will be the beginning of a new era for the Center and wonderful way for us to connect with our community! We look forward to seeing everyone there. Please watch for more details and information about the dinner in the upcoming newsletters!

Nutrition Tip

(From the Wellness Works Website)

Trust yourself! Your self-assurance can affect your view of food. If you can trust yourself, and feel that you have control over situations in your life, your worries of deprivation or over-indulgence should quickly be behind you!



Wellness Committee Members

Tara Fleck	Natasha Purcell
Nikkii Rosenstiel	LaShawn Taylor
Trinette Craddock	Melissa Stephens
Monica Simpson	

Chetopa 5 K Run

Three employees of the Center participated in the 5K Run that was held in Chetopa on November 20th. Matt Atteberry finished in 1st place for his division with a time of 24 minutes and 35 seconds. Steve House finished in 3rd place for his division with a time of 24 minutes and 56 seconds. Susan Lynch finished in 2nd place for her division! Congratulation to all three of these participants!! Keep up the good work!

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News from the Wellness Committee

November Pot Luck Lunch

The November Pot Luck Lunch turned out to be a wonderful success! There were a total of 16 individuals who participated in the event. Those who participated included: Steve House, Natasha Purcell, Melissa Stephens, Nikkii Rosenstiel, Trinette Craddock, Cheryl Tullis, Tara Fleck, Mandy Shaw, Beth Engels, Babette Collins, Mark Mikel, Monica Simpson, Sally Pullman, Shereen Ellis, Nancy Dorsey, and Jon Towers. Thank you to all who participated!!! We look forward to seeing everyone at the December Pot Luck, which takes place on December 3rd at 12pm. If anyone has any questions regarding the pot luck lunches, or any other activities that are associated with the Wellness Program, please feel free to contact a committee member. Thank you all!

Our Own Leprechaun!



On November 7th, Mark Mikel, Mark Gardner and Shawn Harrigan (former LCMHS employee) attended a Boston Celtic's game in Oklahoma City against the OKC Thunder where they were able to see the

Celtic's win! It has become a standing tradition for Mark Mikel to dress in his leprechaun outfit and attend a game each year. Traditional, Shawn has attended with him, and this year for the first time Mark Gardner attended as well. Shawn and Mark G., dressed as "Leprechaun Security", escorted Mark M through the stadium. Mark M. did his best to try and get on television, as well as talk to some of the announcers at the game, but it was to no avail. Other fans in attendance of the game asked to have their picture taken with Mark M. Mark was greeted with "respect" at the game, even though he was in "Enemy Territory". As always, he was in his element and had a great time. It was a great experience for all! Thank you to Mark M, Mark G, and Shawn for sharing this experience with all of us!



CSS Annual Thanksgiving Dinner

On Wednesday November 24th, the Adult Case Managers held their Annual Thanksgiving Dinner for the clients in the CSS Program. This year there were approximately 50 individuals who attended the dinner. This event is a way for our clients to celebrate the holiday with each other and eat a traditional Thanksgiving dinner. Thank you to all of the CSS staff for once again preparing and serving this meal and giving our clients a wonderful holiday!



Journey to Wellness The inspirational story of one employee's journey to changing his life

A stop sign was the goal. A half mile there, a half mile back. It seems simple enough. For employee Steve House, that stop sign marked the beginning of a journey, a journey to wellness, health, and self-achievement.

It was a warm day in June when Steve and his fiancé set out to conquer a one mile walk to a stop sign down the street from their apartment and back. Triggered by a change in insurance coverage, the two felt it was time to start working on a healthier lifestyle. Half way to the sign, Steve was unable to continue. Out of breath and already feeling the burn of unused muscles being put to work, Steve had to stop and wait for his fiancé to get back to where he was. This once active, athletic man was to say the least, disturbed by this defeat. It was at that moment he made the decision to change his destiny. Unable to accept this defeat, he set his goal. At that time Steve weighed 280lbs. He had been a football player, a member of the military, and a guard at a correctional facility, all of which required being in top physical condition. A combination of changing jobs and being in a much less physical position, moving from Oswego to Parsons where fast food and eating out were much more readily available, and a mixture of medications, Steve had gained weight and became less physically active. Determination set in. Steve set his goals high. Through the summer he began running. With temperatures of 105 to 110 degrees, he would set out with a mission. He would run as far as he was able to go, pushing himself to his limits, and then run that distance for two days. Then he would push himself to run farther, and run that distance for two days. He continued this trend throughout the summer, and with the addition of the wellness program that LCMHS began and the help and encouragement of friends and family, he started to progress toward his goals. On September 25th, his determination led him to his first 5k race in Oswego. There he placed first in his age bracket with a time of 27 minutes and 15 seconds. Next he was able to conquer his second 5k race finishing in 3rd place with a time of 24 minutes and 56 seconds. During these runs, Steve had and greatly appreciated the support of Matt Atteberry who ran each one with him. "Without that support," Steve stated "it would have been very difficult to achieve." Steve's next goal is to conquer the 5k Race which takes place during Katy Day's in Parsons at the end of May and be able to finish in around 22 minutes.

During this time, Steve also adjusted his diet. Steve used a system of simply cutting back on how much he ate and eliminating sweets. "Instead of eating an entire Pizza," says Steve "I only eat one piece and then stop."

In November of 2009, Steve had made another choice that would set him on the path towards wellness. After a night at a friend's house, he had a revelation. While spending an evening with friends, his young son lying asleep on a couch amongst them, Steve remembers smoking and talking and enjoying the evening. As the night drew to an end, he loaded his sleeping child into his vehicle to go home. While driving, the young boy began to cough. He had been laying there sleeping, inhaling the smoke, while the adults chatted. At that moment Steve made the decision to stop smoking. "He was stuck in a situation he had no control over," Steve said as the memory of the evening crossed his face. "It wasn't fair to him."

Today, one year after quitting smoking, Steve is still smoke free. And only five short months after facing the stop sign he just couldn't reach, Steve has lost a total of 57lbs and six inches in his waist. His goal continues, and he has set it at losing another 23 lbs before May and the 5k race on Katy Day's weekend. "It's a life change," says Steve of his Journey. "It's not something you can do for a couple of months and then quit."

We all face a stop sign that looms before us at some point in our lives. It takes strength courage and determination to see that sign as a challenge to conquer, and not the reason to "stop" trying. Steve joins the many others who have faced the journey of healthy living and wellness and is not only conquering the journey, but continuing it.

***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.*

November Answer: The Gettysburg Address.

December Trivia Question: What did George Washington do on December 25th, 1776?

Are you a Bargain Employee?

There are times we all stop and wonder, “Am I doing the best job I can?” or “Am I a valuable employee?” How can we know if what we are doing with in our company is beneficial? How can we know if we are living up to our full potential? In his 1995 book Developing the Leaders Around You, John Maxwell tells about a lesson he learned from his father, a college president at the time. “One day,” Maxwell writes, “as we sat on a campus bench, [my father] explained that the most expensive workers on campus were not the highest paid. The most expensive ones were the people who were unproductive.” Based on that philosophy, Mike Alford (writer of Toolbox Notes) created a list of attributes that identifies productive (bargain) and unproductive (expensive) employees. No one employee can ever achieve perfection, however there are those qualities we strive to have. Find below a list of those qualities created from the above philosophy to help employees determine goals that would be beneficial to set for themselves.

Productive (Bargain) Employees

- Find ways to contribute and add value, without regard for whether a given activity is spelled out in a position description.
- Raise moral in their area by their positive attitude, seldom describe a problem without proposing a solution, and are always willing to be a part of that solution.
- Create momentum and help keep the team moving forward by a kind of “productive restlessness.”
- Feel satisfaction at raising the bar and creating something of value. Take ownership and say “We did it” with real pride.
- Improve the marketability of the organization, and its services and products, just by being associated with it.
- Use sick time reluctantly, and plan ahead for non-emergency time off.
- Are seldom the subject of incident reports, since they are alert and engaged, and usually looking ahead.

Unproductive (Expensive) Employees

- Are often carried by teammates, often fail to reach benchmarks that seem to be reachable by the rest of the team, and only do what is asked.
- Lower morale and sow discouragement by whining, and are always ready with a reason why they believe they and everyone else is being treated unfairly.
- Love the status quo, and kill momentum by making half-hearted efforts and then saying “I told you so” when a plan doesn’t work well.
- Pay only nodding attention to quality, fearing that attention to detail would require hard work.
- Complain to others about the organization, and never worry about giving the organization and its goods and services a black eye.
- Keep nearly all of their sick time used up and take both sick time and vacation time in short erratic bursts with little or no prior notice
- Frequently appear in incident reports, as things just “seem to happen” to them and around them.



Positions Available

Do you enjoy working with people? Are you self-motivated? If you answer yes to these questions then Labette Center for Mental Health Services, Inc. has the job for you. LCMHS is looking for an individual to work as a Case Manager in our adult program. This position requires a Bachelors degree in Human Services. We offer competitive salary and benefits including BCBS health insurance and KPERS retirement. Send cover letter and resume to LCMHS, Inc. Attn: Natasha Purcell, Human Resource Coordinator, PO Box 258, Parsons, KS 67357-0258 or you can email your resume to npurcell@lcmhs.com. Information about Labette Center for Mental Health Services, Inc. can be obtained at www.lcmhs.com. EOE.

New Employee



LCMHS would like to welcome Verla Pepper-Adkins to our family! Verla received her Master's degree from KU. She is a Licensed Specialist Clinical Social Worker (LSCSW) who has been work-

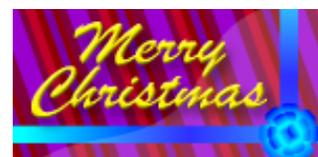
ing for Hospice for the last five years. Verla is married with two children. Welcome Verla!

On Monday December 13th, LCMHS will welcome Melanie Kent to our family as a Children’s Case Manager. More information will be available in the January edition of the Newsletter.

Visit our Website!

Check out all the changes to the Website! Visit www.lcmhs.com and see what the center is doing. 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 his/her 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.



December Birthdays

Mandy Shaw	Dec. 8th
	Navigator's Group Leader/Project Before
Kathryn Shelton	Dec. 8th
	Navigator's Group Leader
Cheryl Tullis	Dec. 25th
	Adult Case Manager
Matt Newton	Dec. 30th
	Therapist

December Anniversaries

Beth Engels	Dec. 1st	16yrs
	CBS Coordinator	
Christi Mills	Dec. 5th	5 yrs
	Accounts Rec./Transcription	

Christmas gift suggestions:

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect.

Oren Arnold

Kansas History in December

December 1st, 1859 - Abraham Lincoln arrives in Elwood, and makes a speech that evening. He was met at St. Joseph by M.W. Delahay and D.W. Wilder. His speech was substantially the same he made soon afterward at the Cooper Institute, New York, and one of the ablest and clearest ever delivered by an American statesman.

December 5th, 1925 - The skeleton of a fish measuring 13 1/2 feet and known as "Porthus" was found in Logan county by George F. Sternberg of Hays.

December 6th, 1920 - In ten months federal officers had seized 700 stills and \$52,000 worth of whisky in Kansas.

December 7th, 1897 - Coffeyville voted \$17,000 in bonds for an electric light system. The Post Office Department experimented with rural free delivery in thickly populated areas of the state. Previous experiments on a small scale had been unsuccessful.

December 8th, 1874 - The Kansas Pacific train robbed at Muncie, a few miles west of Kansas City, at 3 P.M. Five masked men flagged and stopped the train, cut off the passenger coaches, moved the engine and express car some distance forward, and robbed Wells, Fargo & Co.'s safe of about \$27,000.

December 9th, 1890 - The American National Bank of Arkansas City closed as the result of the cattleman's withdrawal from the Cherokee Strip.

December 11th, 1895 - Three bodies, found at the Kansas Medical College, had been stolen from Topeka cemeteries. The college was guarded from expected mob violence by 25 policemen. Two National Guard companies were called out. The Governor offered rewards for information of the grave robbers.

December 15th, 1855 - At the election on the adoption or rejection of the Topeka Constitution, at Leavenworth, the Pro-Slavery men carried off the ballot-box. They also destroyed the office of the Territorial Register, a Free-State paper, at Leavenworth, edited by Mark W. Delahay.

December 17th, 1891 - German-Russian settlers in Ellis County had sent over \$10,000 to aid sufferers in Russia. They had also sent an agent to bring more families to Kansas.

December 18th, 1917 - The United States, as a war measure, seized the old Fort Leavenworth Bridge across the Missouri river. It was to be repaired and used by the government.

December 20th, 1858 - John Brown and his men go into Missouri and liberate fourteen slaves. The Governor of Missouri offers a reward of \$3,000, and President Buchanan \$250, for the arrest of Brown. Brown goes north through Kansas with his Negroes. At Holton an attempt by men from Atchison to capture him ends in failure. The retreat of the Pro-Slavery men is called "The Battle of the Spurs."

December 21st, 1935 - Greatest Kansas wheat acreage sown this fall, total 14,103,000 acres, breaks all previous records despite crop control plan. New Deal Wagner Labor Relations law is held unconstitutional in its entirety by Federal Court. [Ives, *Footprints on the Sands of Time*]

December 22nd, 1896 - The Salvation Army opened a "shelter depot" at Kansas City. It consisted of 35 bedrooms, a bathroom, eating room and fumigating room. Beds and meals were five cents each.

December 25th, 1856 - A meeting was held in Lawrence "to institute a university."

December 29th, 1910 - Governor Stubbs called a conference at Kansas City on sewage pollution of the Missouri river. He invited delegates from Missouri, Iowa and Nebraska.

December 30th, 1891 - Kansas was the only state producing sorghum-sugar, according to the commissioner of internal revenue.

December 31st, 1904 - The annual old fiddlers' contest was held at the Whitley Opera House, Emporia. Dudley Smith, blacksmith, won the gold medal. Tunes played included *Money Musk* and *Old Zip Coon*. Proceeds went to the needy.



December is

- Bingo's Birthday Month
- National Drunk and Drugged Driving Prevention Month
- Rising Star Month
- Safe Toys and Gifts Month
- Tomato and Winter Squash Month
- Universal Human Rights Month
- Cookie Cutter Week (1-7)
- Tolerance Week (1-7)
- National Hand Washing Awareness Week (6-12)
- Human Rights Week (10-17)
- Gluten Free Baking Week (19-25)
- It's About Time Week (25-31)
- Hanukkah (1)
- Special Kids Day (1)
- Special Education Day (2)
- National Cookie Day (4)
- Coats and Toys for Kids Day (6)
- National Pearl Harbor Remembrance Day (7)
- National Cotton Candy Day (7)
- International Anti-Corruption Day (9)
- National Salesperson Day (10)
- Human Rights Day (10)
- Nobel Prize Day (10)
- Bill of Rights Day (15)
- Underdog Day (17)
- Crossword Puzzle Day (21)
- Forefather's Day (21)
- Humbug Day (21)
- Christmas (25)
- Boxing Day (26)
- National Whiner's Day (26)
- National Chocolate Day (28 & 29)
- Make Up Your Mind Day (31)
- New Year's Eve (31)
- World Peace Meditation Day (31)

American History in December

December 1, 1824 - Andrew Jackson and John Quincy Adams tied in the presidential election. The tie would be broken in the House of Representatives with what is called the Corrupt Bargain giving Adams the win. This was one of the most significant presidential elections in American History.

December 3rd, 1989 - Cold War ended today.

December 4th, 1783 - George Washington delivered his Farewell Address to his officers.

December 5th, 1933 - Prohibition ended with the ratification of the 21st amendment.

December 6th, 1849 - Harriet Tubman escaped from slavery.

December 7th, 1917 - Woodrow Wilson declared war on Austria-Hungary entering America into World War I.

December 7th, 1941 - Pearl Harbor was bombed beginning America's official entrance into World War II.

December 8th, 1941 - The US Congress officially declared war on Japan after the attack on Pearl Harbor. This action led to US involvement in World War II.

December 8th, 1980 - John Lennon shot and killed.

December 9th, 1950 - Harry Gold was sentenced to thirty years in jail for helping share secrets with the Soviet Union about the Manhattan Project.

December 10th, 1906 - Theodore Roosevelt was awarded the Nobel Peace Prize for his help in resolving the Russo-Japanese War.

December 11th, 1941 - Germany and Italy declared war on the United States at the beginning of World War II.

December 13th, 1941 - Romania and Hungary declared war on the United States at the beginning of World War II.

December 16th, 1773 - Boston Tea Party occurred in protest to the Tea Tax before the American Revolution.

December 17th, 1903 - Wright Brothers made the first powered flight.

December 21st, 1620 - The Mayflower landed on Plymouth Rock in Plymouth, Massachusetts.

December 22nd, 1807 - The Embargo Act was passed into law with Thomas Jefferson's signature. It made trade with foreign nations illegal.

December 23rd, 1913 - Federal Reserve created

December 25th, 1776 - George Washington led the Continental Army across the Delaware River in order to attack Britain's Hessian mercenaries in Trenton, New Jersey during the American Revolution.

December 25th, 1868 - Andrew Johnson granted an unconditional pardon to all Confederate soldiers.

December 30th, 1862 - USS Monitor sank off of the North Carolina coast.

December 31st, 1891 - The immigration depot opened on Ellis Island, New York.

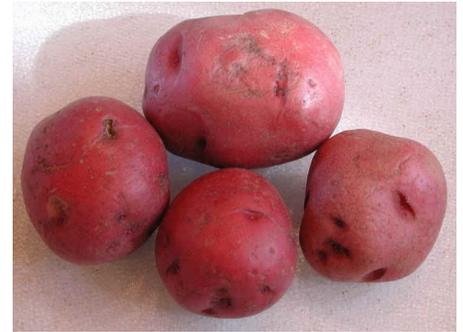
This Month's Healthy Recipe

Black Skillet Beef with Greens and Red Potatoes

Serves 6

INGREDIENTS

1 lb. top round beef
1 Tbsp. paprika
1-1/2 tsp. oregano
1/2 tsp. chili powder
1/4 tsp. garlic powder
1/4 tsp. black pepper
1/8 tsp. red pepper
1/8 tsp. dry mustard
8 red-skinned potatoes, halved
3 cups finely chopped onion
2 cups beef broth
2 large garlic cloves, minced
2 large carrots, peeled, cut into very thin 2-1/2 inch strips
2 bunches mustard greens, kale or turnip greens, stems removed (1/2 lb. each) coarsely torn
Nonstick cooking spray as needed



INSTRUCTIONS

Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick and 3 inches wide. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture. Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat. Add meat; cook, stirring for 5 minutes. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes. Serve in large serving bowl, with crusty bread for dunking.

NUTRITIONAL INFORMATION

Per Serving
Calories: 256
% Calories from fat: 8
Fat (gm): 2
Saturated fat (gm): 1
Cholesterol (mg): 36
Sodium (mg): 312
Protein (gm): 20
Carbohydrate (gm): 40
Fiber (gm): 5

source: [National Heart, Lung, and Blood Institute](http://www.nationalheart.org)



Moon Phases

New Moon	December 5th
First Quarter	December 13th
Full Moon	December 21st
Last Quarter	December 27th

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The full moon on the 21st is called the "Cold Mood" by Native American's because the nights are long and the days are short so less sunlight means colder days.

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