



*July* 2011

### **Labette Center for Mental Health Services Inviting Residents to Show Their Support for the Nation of Patriots 2011 Patriot**

Labette Center for Mental Health Services (LCMHS) is inviting Parsons' residents to show their support on Friday, July 15, for the 2011 Patriot Tour. This will be the second year the Center has invited community members to welcome the riders as they pass through Parsons. The Nation of Patriots, fostered by Harley Davidson riders nationwide, is riding across the country and passing an American Flag through 48 States over 100 days to honor all of America's Armed Forces, past, present, and fallen, as well as their families.

Riders will be passing through Parsons on Friday, July 15, at 11:00 am, as they make their way to Wichita, stopping at Ernesto's in Parsons, 200 North Central Avenue, for lunch. LCMHS would like to urge residents to show their support at the corner of 16<sup>th</sup> and Main at 11:00 a.m. as the Nation of Patriots rolls through the area.

"It is an honor for the people of Parsons and Labette County to have another opportunity to show our gratitude and respect to those who are serving, or have served us in the Armed Forces," LCMHS Executive Director Matthew Atteberry added. "We are honored that Parsons is a stop on their journey."

The Nation of Patriots was formed to provide financial support to the families of wounded men and women that volunteered their lives in the preservation, protection and future of The United States. The organization was formed under the idea that the people must honor service men and women, especially those wounded in their servitude to our country. An independent, non partisan, 501(c) 3 non profit organization that draws strength from patriotic Americans from all over the country, the Nation of Patriots strives to launch major campaigns on a national level to promote the awareness of the physical, emotional, and economic misfortune that wounded veterans and their families are living with today and everyday.

"We believe that it's our civic duty to help these men and women in any way possible. As we're a young organization with a very creative team our start is with the family's financial distress," Nation of Patriots Founder/Executive Director William J. Sherer III is quoted as saying on the organization's website. "As we grow, and as more and more patriots come forward to join our ranks, we will lend different arms of support in hopes to honor those we have for so long taken for granted."

In addition to the Nation of Patriots Annual Ride, this year the group is showing support for the city of Joplin as well. We look forward to honoring these riders as they make their journey, carrying the American flag, as well as showing our support for the individuals in Joplin.

### **Mary Beth Attends Recovery Conference**

Mary Beth Griggs Peer Support Specialist for the center attended the 2011 Recovery Conference held in Wichita KS on June 21st thru June 23rd. The theme for this years conference was "Recovery Rocks; Live Well and Prosper." The purpose of the recovery conference provides mental health consumers across the State of Kansas and from around the country to learn about recovery, meet others and hear their stories of recovery, discuss how to inform and educate others about recovery and be empowered through shared experiences. Approximately 500 people attended the conference. Mary Beth was able to attend workshops on Wellness Recovery Action Planning, Consumer Run Organizations and Using Creative Art for Recovery. She also got to experience the awards ceremony, in which consumers across Kansas were awarded for their efforts and achievements for working towards recovery and educating others about mental health recovery. Mary Beth stated that she got to meet some of the many vendors and information booths that were at the conference including mental health centers, wellness companies, and consumer run businesses that sold many items of interest. Mary Beth had a great time with the workshops as well as attending some fun activities in the evenings including a dance and sports activities, and getting to network with many consumers and professionals from across the state.

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### **Congratulations to PAGSA 8 and Under winners**

Labette Center for Mental Health Services would like to congratulate our PAGSA 8 and Under Softball team! The team played through the Parsons Recreation Commission league, winning first place. We are pleased to recognize the team members: Caitlin Chalker, Jasmine Perez, Hayden Pool, Baylee Dewitt, Taylor Shearhart, MiAngel Thompson, Ava Alloway, Kaylee Groff, and Addison Ross. The Coach for the team was Mike Dewitt. Congratulations to this year's first place team in the 8 year old and under Softball Tournament!

## Farewell to Project Before

As of July 1st, the Project Before program has come to an end. Project Before began in the beginning of 1997 as part of the KAN FOCUS grant as an early intervention and prevention program. It targeted children age 0-9 who's parent or parents had at least 1 of the criteria of mental illness, drug/alcohol issues or criminal issues. These were considered at risk community. Staff did everything from helping family's find housing to diapers, food and other basic needs. Taught them how to find resources their family might need and how to appropriately advocate for their family. Taught basic parenting skills and helped identify mental health needs early if there were any, and helped parents identify their own needs so they could manage them as well as the needs of the family. There have been various case manager of the Center who have worked in the program throughout the years, starting with Shereen Ellis and with the most recent being Mandy Shaw. Unfortunately, the program was unable to continue due to budgetary issues.. The Center would like to thank Mandy, as well as all the others who worked to provide Project Before Services to the com-

## News from the Wellness Committee

### Recipients of Levels for the Wellness Program

If you have reached one of these levels and your name is not listed, or if you are unsure how many credits you need to reach one of these levels please contact Natasha Purcell.

Bronze	Silver	Gold	Platinum
Cendie	Dustin	Tara	Natasha
Judy	Katee	Trinette	Asha
Babette		Matt	Nikkii
Alisha		Verla	Christi
Jessica		Susan	Melissa S
Misti		Sally	Sandy
Shereen		Monica	Mandy
Kenisha			Nancy
Mark M			
Jeanne			
Beth			
Lashawn			
Virginia			
Cheryl			
Tom			

## Company Olympics

Company Olympics is here again! This year will be the 10th Annual Company Olympics! The Recreation Center has announced that they have big plans to make this year better than ever! The Company Olympics is a fun, energetic, friendly way to gather with fellow businesses and enjoy each others company. This year Company Olympics will take place from July 31st through August 4th. Through conversation with the Recreation Center, my understanding is that there will be stricter guidelines placed on participants than in years past. However, we must all remember that it is for enjoyment and entertainment. Please be sure to go to the Center's website: [www.lcmhs.com](http://www.lcmhs.com) and check out the list of events! Go to the Employee Login page and sign in to view forms. If you are unsure of your password, there is a place on the page to request the password be emailed to you. If you have any difficulty logging on to the page, please feel free to contact me. To sign up for an event, individuals must send a message to Monica Simpson, Admin. Assistant/PR. Your name will then be added to the list and the website will be updated.

## Wellness Committee Members

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

## Wellness Works Website

Be sure to go to the website and log your information on a regular basis. If you have a physical done anytime before October 1st of 2011 you can log that as well!! In order to receive the levels of achievement for the wellness program, information must be logged through the website. If anyone has difficulty logging onto the website or is needing assistance in how to use the website, please contact a member of the Wellness Committee. The website address is: [www.UBAWellnessWorks.com](http://www.UBAWellnessWorks.com). And the access code is lcmhs. From that point you will enter you personal login information to get to your profile. If you have not yet created a profile, you will need to do so in order to log your information.

For more information, or questions, about the Wellness Program please contact Tara Fleck, Natasha Purcell or another member of the committee.

## Lose to Win Contest

The Lose to Win Contest began on Tuesday June 7th! This is an exciting competition geared to help individuals get motivated to lose weight. Information will be posted throughout the Center during the course of the competition to notify individuals of where they stand. Rankings will be determined by the % of body weight each person loses. For more information or for questions regarding this competition contact Tara Fleck or a member of the Wellness Committee. The following individuals have signed up for this contest.

Verla Pepper-Adkins, Mike Keller, Deb Williams, Misti Mustain, Mandy Shaw, Monica Simpson, Nikkii Rosenstiel, Mark Mikel, Sandy Dickerson, Natasha Purcell, Matt Atteberry, Christi Mills, Asha Patel, Ashley Heady, Lashawn Taylor, Melissa Stevens, and Dr. Haslett.

The prize money to win is at \$170.00 for the person who loses the most percentage of weight.

The next weigh in will be held on July 25th at 10:30. Good Luck to everyone who is entered!

## Navigator's Starts

July 5th was the first day of the summer Navigator's program. This year the program is serving 18 children in the elementary program, 12 in the teenage boys program and 6 in the teenage girls program. The program will run from July 5th through August 11th and is still taking referrals.

## Farewell to Lindsey

Lindsey Minnick will be leaving the Center as of July 8th. We wish Lindsey farewell and good luck in all of her future endeavors.

*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](http://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](mailto: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.

## Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is now associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun. Employees are now able to go to a website provided by these entities, logon using a code provided by them, and purchase tickets at a discounted price. The Silver Dollar City website includes day passes and season passes to Silver Dollar City, White Water and the Showboat Branson Belle. The Worlds of Fun website includes day and season passes to both Worlds of Fun and Oceans of Fun. Prices and further information are listed on the websites and an attachment is included with this newsletter (see pages 13 & 14).

The information to log on to the Silver Dollar City website is:

**Web Address:** [www.sdticketoffers.com](http://www.sdticketoffers.com)

**Promo Code:** 15512 **Labette Center for Mental Health Services**

**Showboat Promo Code:** PARTNER

The information to log on to the Worlds of Fun website is:

**Web Address:** [www.worldsoffun.com](http://www.worldsoffun.com)

**Promo Code:** Charlie

More information will be provided as it becomes available. These website addresses are also available on the LCMHS website under the employee login section. If you are thinking about taking a vacation to one of these locations, be sure to take advantage of the discounts provided!

## Available Position

### Information Technology Specialist:

Labette Center for Mental Health Services in Parsons, Kansas is seeking to add an IT Professional to our staff. This is a full time position. Requirements include: minimum of two (2) years experience in maintaining workstations/laptops, computer repair, and database administration. Successful candidate will be responsible for 50+ workstations/laptops, some database administration, management of Microsoft Exchange Server with attached encrypted email appliance as well as working with contracted programmers, software companies, and computer related vendors. A working knowledge of SBS 2008, SQL Server 2008 R2, Powerbuilder, Microsoft Access, and Microsoft Office products is a plus.

Applications must be postmarked no later than July 8, 2011. Qualified applicants are invited to send resumes to: Natasha Purcell, Human Resources Coordinator, Labette Center for Mental Health Services, Inc., P. O. Box 258, Parsons, KS 67357. Or email: [hr@lcmhs.com](mailto:hr@lcmhs.com). EOE

## Whole Wheat Banana Bread

This quick bread is made using bread flour. This gives it a lightness and makes it less sweet. Serve it for breakfast and snacks rather than as dessert. Whole wheat flour and oats add important fiber along with high energy nutrition to this pleasantly chewy bread.

**Serves 10**

### INGREDIENTS

Topping:

1/2 banana, chopped

1/2 cup rolled oats (not quick-cooking or instant)

1/4 cup light brown sugar

Bread:

1 cup whole wheat flour

1 cup unbleached white bread flour

1/2 cup light brown sugar

2 tsp. baking powder

1/4 tsp. salt

2 ripe medium bananas

2 eggs, lightly beaten

1 cup low-fat buttermilk

1 Tbs. canola oil

### INSTRUCTIONS

Preheat oven to 375 degrees. Spray a 9-inch x 5-inch x 2 1/2-inch loaf pan with cooking spray. In a small bowl, combine the chopped bananas, oats, and sugar for the topping. Set aside.

In a large bowl, whisk together the whole wheat flour, white bread flour, sugar, baking powder, and salt to combine them. In a small bowl, mash the banana mixture; there should be 1 cup. Mix in the eggs, buttermilk, and oil. Stir the wet ingredients into the dry ones, mixing just until they are combined. Pour the batter into the prepared pan. Sprinkle the topping evenly over the batter.

Bake until a knife inserted into the center comes out clean, 45 to 50 minutes. Do not worry if some bits of the topping get very dark. Let the loaf rest in the pan ten minutes. Turn it out onto a baking rack and cool completely. Serve or wrap in foil and use late. This bread keeps 4 to 5 days, and freezes well.

**OPTION:** Omit the topping if you wish. Add 1/4 cup chopped walnuts. Spread with ricotta cheese and a sprinkling of cinnamon.

### NUTRITIONAL INFORMATION

Per Serving

Calories: 220

% Calories from fat: 14

Fat (gm): 3

Saturated fat (gm): 1

Cholesterol (mg): 44

Sodium (mg): 590

Protein (gm): 6

Carbohydrate (gm): 42

Fiber (gm): 2

source: [American Institute for Cancer Research](http://AmericanInstituteForCancerResearch.com)

## July Birthdays

Melissa Dold	July 10th
Business Office/Night Receptionist	
Christi Mills	July 11th
Business Office/Transcription	
Babette Collins	July 13th
Children Case Manager	
Dustin Gudde	July 18th
Adult Case Manager	



## July Anniversaries

Jessica Ramsey	July 13th	6yrs
Children Case Manager		
Monica Simpson	July 19th	7yrs
Administrative Assistant/PR		
Mark Gardner	July 20th	4 yrs
A/D Counselor		
Sally Pullman	July 26th	1yr
Therapist		
Nikkii Rosenstiel	July 28th	8yrs
Psychosocial Coordinator		

## July is . . . . .

Air Conditioning Appreciation Month  
 Family Reunion Month  
 Mango and Melon Month  
 National Black Family Month  
 National Blueberries Month  
 National Grilling Month  
 National Hot Dog Month  
 National Make a Difference to Children Month  
 National Recreation and Parks Month  
 Social Wellness Month  
 Women's Motorcycle Month  
 International Chicken Wing Week (1-4)  
 Freedom Week (4-10)  
 National Parenting Gifted Children Week (12-18)  
 Rabbit Week (15-21)  
 National Independent Retailer's Week (17-23)  
 National Zoo Keeper's Week (17-23)  
 National Baby Food Week (20-23)  
 Single Working Women's Week (31-8/6)  
 US Postage Stamp Day (1)  
 Indivisible Day (4)  
 Chocolate Day (7)  
 Father Daughter Take a Walk Together Day (7)  
 Global Forgiveness Day (7)  
 Tell the Truth Day (7)  
 Don't Step on a Bee Day (10)  
 Teddy Bears' Picnic Day (10)  
 Embrace Your Geekness Day (13)  
 Gummi Worm Day (15)  
 National Hot Dog Day (16)  
 National Ice Cream Day (17)  
 Global Hug Your Kid Day (18)  
 National Lollipop Day (20)  
 Gorgeous Grandma Day (23)  
 Cousins Day (24)  
 National Day of the Cowboy (24)  
 National Chili Dog Day (28)  
 Lumber Jack Day (29)  
 System Administrator Appreciation Day (29)  
 Cheesecake Day (30)  
 Father-in-Law Day (30)

[www.brownielocks.com](http://www.brownielocks.com)

## American History in July

- July 1<sup>st</sup>, 1858** - Charles Darwin's Theory of Evolution was presented.
- July 1<sup>st</sup>, 1863** - The Battle of Gettysburg began.
- July 2<sup>nd</sup>, 1881** - President James Garfield was shot. He would die on September 19, 1881.
- July 4<sup>th</sup>, 1776** - The Declaration of Independence was accepted.
- July 7<sup>th</sup>, 1865** - Four conspirators in the death of Abraham Lincoln, Mrs. Surratt, Lewis Payne, David Herold, and George Atzerodt, were hanged.
- July 11<sup>th</sup>, 1804** - Aaron Burr killed Alexander Hamilton in a duel.
- July 16<sup>th</sup>, 1945** - The first atomic bomb was tested at the Trinity site in Alamogordo, New Mexico.
- July 16<sup>th</sup>, 1969** - Apollo 11 launched successfully.
- July 18<sup>th</sup>, 1969** - The Chappaquiddick incident occurred where Mary Jo Kopechne died after Ted Kennedy drove off a bridge.
- July 20<sup>th</sup>, 1917** - The draft began in America for World War I.
- July 20<sup>th</sup>, 1969** - Apollo 11 landed on the moon and Neil Armstrong became the first man to walk on the moon.
- July 20<sup>th</sup>, 1976** - Viking 1 landed on Mars.
- July 21<sup>st</sup>, 1925** - John T. Scopes was found guilty of breaking the law by teaching evolution in class.
- July 22<sup>nd</sup>, 1587** - A second group of colonists try to establish a colony at Roanoke Island. The first colony mysteriously disappeared.
- July 22<sup>nd</sup>, 1933** - Wiley Post completed the first solo flight around the world.
- July 26<sup>th</sup>, 1908** - FBI was instituted as the Office of the Chief Examiner.
- July 26<sup>th</sup>, 1945** - The Potsdam Declaration was signed.
- July 26<sup>th</sup>, 1947** - Harry S Truman signed into law the creation of the Central Intelligence Agency.
- July 26<sup>th</sup>, 1948** - The US military was desegregated.
- July 28<sup>th</sup>, 1868** - The 14th amendment to the Constitution was adopted.
- July 28<sup>th</sup>, 1914** - Austria-Hungary declared war on Serbia beginning World War I
- July 28<sup>th</sup>, 1945** - A B-52 bomber accidentally crashed into the side of the Empire State Building.
- July 28<sup>th</sup>, 1965** - Lyndon B. Johnson sent 50,000 US ground troops to Vietnam
- July 29<sup>th</sup>, 1958** - NASA was created.
- July 30<sup>th</sup>, 1619** - The first representative body in America, the House of Burgesses, met for the first time at Jamestown.
- July 30<sup>th</sup>, 1956** - "In God We Trust" was made the National Motto.

[www.about.com](http://www.about.com)

## Moon Phases

New Moon	July 1st
First Quarter	July 8th
Full Moon	July 15th
Last Quarter	July 23rd
Blue Moon	July 30th



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