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30 Year Celebration for Employees

On March 27th, in celebration of the centers 30 year Anniversary, cake and ice cream were served for all the employees to enjoy. March 1st was the actual anniversary and during the first week of March an article was published in the Parsons Sun. The scrapbooks were available for everyone to view during this gathering.. Many enjoyed the walk down memory lane as they reminisced about the pictures, remembering fondly each ones own history with the center. Others enjoyed seeing the pictures of their co-workers in a time before they knew them. Throughout the upcoming months there will be more events taking place in celebration of the centers 30 year anniversary. On May 12th there will be a meet and greet in association with the Parsons Chamber of Commerce. The entire community will be invited to come to the center and celebrate 30 years of service to Labette County. There will also be the artwork on display from the annual Art Expo. Artwork on display will be from both children and adult programs. Those persons who attend the meet and greet will be welcomed to vote on their favorite pieces. Children's pieces will be sent to Wichita for competition. Winning artwork is used in the calendar that is produced every year by Wichita State University "Kids Training Team".



Walk Kansas

Walk Kansas is in it's fourth week and the teams are going strong! At this time Team 1 is in the lead for minutes of exercise and Team 2 is in the lead for fruit and vegetable intake. Times and cups of fruits and vegetables are figured on a weekly basis and then turned into the Labette County Extension Office in Altamont, where they are entered into the Walk Kansas website. The totals for each week are also posted in the break room at the main building so that team members, as well as other staff, can watch the progress though the eight week venture to live a healthy lifestyle. There is a running total also listed which shows which team is ahead for the entire time at this point. As of the end of week three, Team 1 has a total of 3255 minutes of exercise and 295 cups of fruits and vegetables. Team 2 has a total of 3105 minutes of exercise and 299 cups of fruits and vegetables.



Alcoholism is one of the hardest battles there is in life. You can get help fighting the battle for you or a loved one by seeking treatment and support.

How Much Power Does Alcohol Have in Your Life?

April is National Alcohol Awareness Month

(This is an add the center has previously ran in the newspapers for Alcohol Awareness Month, which is the month of April.)

Administrative Professionals Day

Administrative Professionals Day is an unofficial secular holiday which is celebrated on the Wednesday of the last full week of April every year. It was created in 1952 by Harry F. Klemfuss in conjunction with the National Secretaries Association. At that time, the holiday, which was called National Secretaries Day, took place on June 4th. The observance moved to the end of April in 1955. In 1981 the name changed to Administrative Professionals Day. The day is meant to recognize the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Since it's beginning, the unofficial holiday has become one of the most celebrated holidays in the work place setting. For 2009 it will take place on Wednesday April 22nd.

www.wikipedia.org

Leadership Parsons Project

Shereen Ellis and Monica Simpson are part of this years Leadership Parsons Class, which is sponsored through the Parsons Chamber of Commerce. Each year the class chooses a community project to work on. This year's class has chosen the Parsons Recreation Center as it's project. The among the projects the class is in hopes of accomplishing for the center are: to remodel both the concession stand at Marvel Park and at the swimming pool, repaint the game room and gather new equipment for that room, and install a surveillance system to help with security issues. Anyone who is interested in making a donation to the project may send the to: Barbara Shouse c/o Labette Bank PO Box 737 Parsons KS 67357, or drop it off at any Labette Bank locations. Checks can be made payable to. Leadership Parsons Class of 2008-2009.



Protecting Children is Everyone's Business.

April is National Child Abuse Prevention Month.

(This is an add the center has previously ran in the newspapers for Child Abuse Prevention Month, which is the month of April.)

Walk Kansas Recipe of the Month

Crispy Baked Chicken Strips

Makes 3 servings

Ingredients:

- 2 boneless chicken breasts
- 1 egg, beaten
- 1½ cups crushed cracker crumbs or plain bread crumbs
- ¾ teaspoon garlic powder
- ¼ teaspoon salt and ¼ teaspoon pepper
- ¼ teaspoon chili powder or Italian seasoning

Directions: Remember to Wash Your Hands!

1. Cut chicken breasts into thin strips, about 1 inch wide.
2. Mix cracker crumbs and seasonings well.
3. Dip chicken pieces into egg mixture, then dredge in crumb mixture.
4. Place chicken pieces on baking sheet sprayed with cooking spray or lined with aluminum foil.
5. Bake at 375 degrees F. for 10 - 12 minutes, until crispy and lightly browned.
6. Dip into your favorite sauce and enjoy!

! Compare these chicken strips made at home to those ordered from a fast food restaurant. Fast food chicken strips contain 410 calories, 24 grams of fat, 1470 milligrams of sodium and 33 grams carbohydrate.

www.walkkansans.org

Relay for Life

It is time again for Relay for Life. This event, which is designed to help raise money for research, education, advocacy, and services for cancer patients, will be held on June 26th-27th. As always, the event will begin at 7:00 pm on Friday night and end at 7:00 am on Saturday morning. This time frame represents the cycle which cancer survivors endure throughout their battle with cancer. The sun is shining when they find out, they go through a period of darkness and struggles to make it through, then the sun comes back out, shining a new light on the world. This year the theme for Relay for Life is the 80's. This theme was chosen based on the fact that it the event began in 1984. This year it will celebrate it's 25th Anniversary. Any one who is interested in participating on this year's relay team, please be sure and let me know. At this time there are a total of 5 people signed up for the team. We will be doing fund raising soon and will continue until the event takes place. More information will be provided as we come closer to the event.



April Showers Bring May Flowers



Employee Honored for Work with Red Cross

The month of March was National Red Cross Month. In the March 7-8 edition of the Parsons Sun, Jonathan Tower was honored in an article outlining his 30 years of services as a Red Cross volunteer. In the article, Jonathan's journey through those 30 years is remembered as well as accomplishments and achievements that took place along the way. Congratulations to Jonathan on a job well done! If anyone would like to read the article, it appeared on page 5 of the March 7-8 issue of the Parsons Sun. There is also a copy of the article in the LCMHS scrapbook.

E-Waste Recycling

The City of Parsons, along with SEK Recycling in Pittsburg, KS and K-State Research and Extension, will be hosting an E-Waste Recycling day in Labette County. The event will take place on Saturday April 18th from 9:00 am until 3:00 pm. This event is for individuals only. A separate event will be held at a later from schools, businesses, government agencies, and non-profit groups. For more information on this event, call 421-7030 or 784-5337. (See flyer attached with this newsletter.

Board Member Receives Honor

Dr. DeLyna Bohnenblust, ARNP, LCMHS Board Member, was named a winner of the Joplin Business Journal's Health Care Heroes award. Along with being on the Board for LCMHS, she is the Director of Nursing at Labette Community Collage. She was named a winner in the Outstanding achievement in Health Care Education category. She began her career as a clinical staff nurse. Then after earning a master's degree in nursing, went on to gain her doctorate. She has been with LCC for 19 years. LCMHS congratulates Dee on her achievement. For more information see the article in the Parsons Sun that ran on March 31st, 2009. A copy can also be found in the LCMHS scrapbook.

Employee Stimulus Information

The following information was sent out to employees on April 3rd by Vanessa Cohen, HR. There was also a handout put in everyone's mail box located at the front desk explaining this new procedure. If anyone has any questions, please contact either Vanessa or you tax professional.

"The new stimulus package plan affecting payroll took effect no earlier than March 1, 2009, and no later than April 1, 2009. Employees in the middle income bracket will see an average increase in their paychecks of about \$13 a week or \$65 monthly. The amount may vary from employee to employee based on filing status, withholding exemptions and income level. Our payroll software is automatically updated and the tax tables were updated for the March payroll. If you have any questions please feel free to contact me."

Monthly Trivia

February Answer

The St. Patrick's day Parade was held for the first time in the United States in New York City on March 17th, 1762. Good job to all those who got it correct!!.

www.quizland.com

The winner was:
Christi Mills



Trivia Question of the Month:

What famous novel by Daniel Defoe was published on April 25th, 1719?

Web Address's from this Newsletter

www.walkkansas.org
www.relayforlife.org
www.brownielocks.com
www.kshs.org
www.about.com
www.quizland.com
www.wikipedia.org



April is

- Alcohol Awareness Month
 - Autism Awareness Month
 - Child Abuse Prevention Month
 - Jazz Appreciation Month
 - National Donate Life Month
 - National Kite Month
 - International Pooper-Scooper Week (1st-7th)
 - Holy Week (5th-11th)
 - Egg Salad Week (13th-19th)
 - National Love Our Children Day (4th)
 - No Housework Day (7th)
 - International "Louie Louie" Day (11th)
 - Easter (12th)
 - National Jelly Bean Day (22nd)
 - Administrative Professional's Day (22nd)
 - International Macaroni Day (26th)
- www.brownielocks.com

Moon Phases for April

- First Quarter April 2nd
- Full Moon April 9th
- Last Quarter April 17th
- New Moon April 24th



Full Moon on April 9th is called the "Pink Moon" by Native Americans of New England and the Great Lakes because of the wild flowers that appear to show the start of Spring.

www.brownielocks.com

Kansas History in April

April 3 - [1860] - the first Pony Express leaves St. Joseph for San Francisco. It is a weekly express.

April 7 - [1870] - The Missouri, Kansas & Texas Railway Co. organized, by the consolidation of the Neosho Valley road and Missouri roads. Robert S. Stevens was its brains and road-builder.

April 18 - [1872] - Leavenworth celebrates the completion of the bridge across the Missouri; thirty thousand people present.

April 24 - [1867] - Earthquake shock, at 2:45 P.M., in eastern Kansas and western Missouri. A second shock soon followed. A few chimneys fell.

April 29 - [1847] - Rev. John Schoenmakers arrives at the Osage Mission, now in Neosho county, accompanied by Rev. John J. Bax and Rev. Paul Ponziglione. The school for boys was established May 10th. Several Sisters of Lorette arrived October 5th, and established a school for girls. Both schools are still in a flourishing condition [1886].

April 30 - [1863] - The Commissioners appointed by the Governor report to him that they have selected forty acres of land near Lawrence as a site for the University buildings.

.www.kshs.org

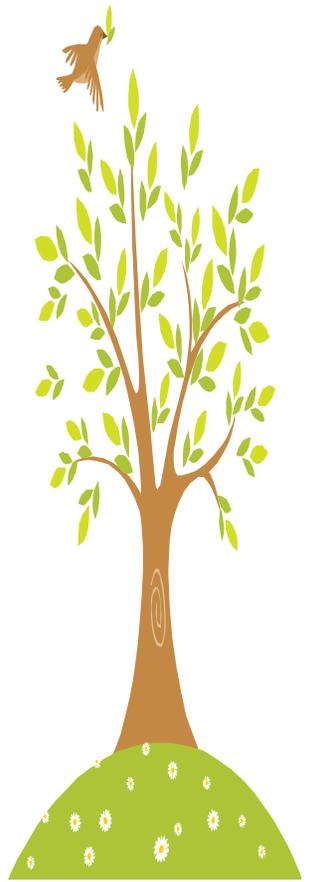
***Our Vision** ~ Provide the highest quality of comprehensive services to empower the people and communities of Labette County. We envision fulfilling and meaningful lives for those we serve.*

***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.*

The Newsletter is going digital. For those who I do not have an email address, it will still be mailed to or printed off. Please be sure to let me know if you have any problems receiving the newsletter. Thank you - Monica

Anniversaries

- Mark Mikel 17 yrs April 6th
Children's Case Manager
- Stephen House 1 yr April 9th
IT / Accounts Receivable
- Donald Erskin 7 yrs April 20th
Maintenance
- Mandy Shaw 1 yr April 21st
Psychosocial Group Leader
- Natasha Robinson 1 yr April 28th
Front Desk Receptionist



April Birthdays

- Lori Shaw April 5th
LSCSW
- Jonathan Tower April 16th
CMA
- Jacki Jalali April 17th
Front Desk Receptionist
- Beth Engels April 21st
Children's CM Director, LSCSW
- Stephen House April 24th
IT / Accounts Receivable

American History in April

April 7th 1945 - US forces invaded Japanese on Okinawa at the end of World War II.

April 11th 1899 - Puerto Rico was ceded to the United States.

April 12th 1961 - Russian Yuri Gagarin was the first man to travel into space.

April 14th 1865 - Abraham Lincoln was assassinated by John Wilkes Booth.

April 16th 1963 - Dr. Martin Luther King, Jr. wrote his *Letter From a Birmingham Jail*.

April 18th 1775 - Paul Revere's ride occurred to warn that the British were coming during the American Revolution.

April 24th 1990 - The Hubble Space Telescope was launched.

April 26th 1865 - Death of John Wilkes Booth (although there are still questions about this event.)

April 30th 1803 - The US purchased the Louisiana Territory from France.

www.about.com