



August 2011

News from the Wellness Committee

Company Olympics

Company Olympics was held from July 31st - August 4th this year. There were a total of eight companies that competed in our Division (Division II). Those included: Commercial Bank, Labette Center for Mental Health Services, TFI, Down Town Java/Kitchen Pass/Par Com, Cytocheck/Ray Products/Prog, Taylor Products/Labette Bank/Parsons High School, Youth Crisis Shelter, and D&Z. As always, it was an entertaining week full of good spirited competitions! Thank you to all of our employees who participated! Competitions for this year included: Water balloon sling shot, Coed Softball, 3 pt shooting, 3 on 3 basketball, Round the Mound, Golf, Horseshoes, Ping Pong, Sand Volley Ball, Disc Golf, Racquetball, Game Night, Bowling, Dodge ball, Archery, Karaoke, Water Volley Ball, Mystery Challenge, 50 Meter men's and women's swimming, and a Torch Hunt! Whew! What a week! After an exciting competition, and being able to hold on to first place throughout the week, the tides shifted on us on the last day of the competitions and we pulled out with a third place standing. There was a one point difference between 1st and 2nd and 2nd and 3rd places, that's one tight competition! Thank you to all staff who participated in the events. I hope everyone had fun and enjoyed the interaction with our fellow business in Parsons. We look forward to next years competition!

Final Standings:

- 1st Place - DJ/KP 189
- 2nd Place - Commercial Bank 188
- 3rd Place - LCMHS 187
- 4th Place - Cytocheck 177
- 5th Place - TFI 138
- 6th Place - TP/LB/Prog 134
- 7th Place - TCS 130
- 8th Place - D&Z 52

Good Job Everyone!

Lose to Win Contest

The Lose to Win Contest is well under way! Mid-Point weigh-ins took place on July 25th. The contest continues as we move towards the final weigh-in, which will take place on Tuesday September 6th. The time of the weigh-in is to be announced. Contestants have been working hard to shed away those pounds. The prize money at this time totals \$170.00! Look for the final results of the competition to be released sometime after September 6th! (Results for the mid-point weigh-in are on Page 5 of this newsletter).

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

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
. And the access code is lcmhs. From that point you will enter your 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.



Wellness Committee Members

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

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

New Employees



Terra Shommer began working in the Navigator's program on June 20th. She is an intern student who will be at LCMHS through the summer. Welcome Terra!



Scott Mackensen joined the LCMHS Team on August 1st and will be working with the Center through December 31st of 2011. His duties until that time will be to work with the Center to implement the Electronic Medical Records (EMR) Program that the Center will soon begin to use. Scott is grateful to work at LCMHS and is thankful that the Center choose to have him as

part of our team.



We would like to welcome Michelle Norton to the LCMHS team. Michelle began work at the Center on August 9th and will be working in the front office as the night receptionist. Michelle lives in St. Paul with her family and is glad to be part of the LCMHS team!

Nurse Practioner To Start

LCMHS is pleased to announce that we have obtained the services of Robin Rogers, Nurse Practioner, to work in our Psychiatric department. Ms. Rogers will travel between Spring River Mental Health located in Columbus, KS and LCMHS. She will practice at LCMHS on Tuesday and Friday each week. Look for more information regarding Ms. Rogers' schedule and start date that will be distributed at a later time. We look forward to working with Ms. Rogers and having her as part of our team here at LCMHS!

Company Picnic

The process of planning the Company Picnic is underway! The committee that has been formed will be working on planning this year's Company Picnic with the hope of creating an event that all employees will be able to enjoy! More information will follow in September's Newsletter regarding the Company Picnic.

Farewell to Lyndsey

Lyndsey Cranor's last day with LCMHS will be on Friday August 12th. Lyndsey will be leaving to attend school at MSSU for the fall semester. We would like to wish Lyndsey good luck in all of her future endeavors.

Community Disability Resource Fair

On July 19th LCMHS attended the Community Disability Resource Fair, held by CDDO. The fair was held at Four Square church and had approximately 20 booths.

Back to School Bash

On Saturday August 27th The Rock will be hosting The Back to School Bash from 4-7pm. This event will take place in Forest Park and will have various bands and other activities taking place through out the evening. LCMHS will be participating in the event by having a booth set up for individuals to stop and learn more about our services. All are welcome to attend the event!



Natasha Purcell, Asha Patel and Misti Mustain run to catch a water balloon at during the 2011 Company Olympics.

Technical Assistance

The Center has begun utilizing the services of Tech Responders in Independence to monitor Center owned desktops and laptops. If necessary, Tech Responders will fix computer related software issues or repair computer related hardware issues. The helpdesk number for Tech Responders is 620-331-6800.

Anyone who has a problem with their Center owned computer, may call Tech Responders directly to have them check the problem, fix the problem, or make arrangements to have the computer delivered to them or for them to come here to fix the problem. Employees do not need to get advanced approval to call Tech Responders. If Tech Responders needs to have the computer delivered to them, employees will need to let Sandra Dickerson, Director of Business and Financial Operations, know. She will provide that employee with a loaner computer until their computer has been returned.

Issues related to Center related programs (i.e. KCPC, BCMS, ARMed, Quickbooks, and later BrightEHR) will not be issues Tech Responders will deal with. Problems related to hardware, Windows software (i.e. Windows XP, Windows 7, Internet Explorer, Media Player, ect.), connectivity, email issues, and slow processing are examples of issues employees may call Tech Responders with.

If anyone has any questions, please Contact Sandra

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. 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.

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

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

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!



The Navigator's program created the solar system for a project during their Summer session.

Fat Free Fudgy Brownies

Makes 16 brownies

INGREDIENTS

1/3 cup unsweetened cocoa powder
2/3 cup unbleached all-purpose flour
2/3 cup sugar
3/4 teaspoon baking soda
1/2 teaspoon baking powder
1/8 teaspoon salt
1 teaspoon dry instant coffee dissolved in 1/3 cup boiling water
1/3 cup fat free skim milk
1 jar (2 1/2 ounces) baby-food pureed prunes
1 1/2 teaspoons vanilla extract
2 egg whites
Confectioners sugar for dusting, optional

INSTRUCTIONS

Preheat the oven to 350° F.
Spray an 8" x 8" inch pan with nonstick vegetable cooking spray and set aside.
Sift the cocoa powder into a large mixing bowl. Add the flour, sugar, baking soda, baking powder and salt. Mix well.
In another bowl, combine the dissolved coffee, milk, prunes, vanilla and egg whites. Mix well. Add the liquid ingredients to the dry ingredients and mix well.
Pour the batter into the prepared pan and bake in the preheated oven for about 30 minutes or until a knife inserted in the center comes out clean.
Allow the brownies to cool in the pan on a rack for 10 minutes and then invert it onto a serving plate. Allow the brownies to cool completely before cutting them into 16 squares. Dust the tops of the brownies with confectioners sugar if desired.

NUTRITIONAL INFORMATION

Per serving (one brownie)
Calories: 63
% Calories from fat: 4
Fat (gm): 0
Saturated fat (gm): 0
Cholesterol (mg): 0
Sodium (mg): 85
Protein (gm): 2
Carbohydrate (gm): 14

Note: Fat free skim milk was used for the nutrition analysis of this recipe. Confectioners sugar not included in analysis.

Source: [National Dairy Council](http://NationalDairyCouncil.com)

August Birthdays

Cendie Shelton Therapist	August 8th
Adam Westhoff Navigator's	August 29th
Katee Lane Bus.Ofc. - Data Entry/Med. Records	August 31st

August Anniversaries

Adam Sallee	Aug. 23rd	1yr
Children's Case Manager		
Misti Mustain	Aug. 28th	11 yrs
CSS Coordinator		

August is

American Adventure Month
Cataract Awareness Month
Children's Eye Health and Safety Month
Get Ready for Kindergarten Month
Golf Month
National Runaway Prevention Month
National Truancy Month
National Win With Civility Month
National Fraud Awareness Week (1-7)
International Clown Week (7-13)
Assistance Dog Week (7-13)
Elvis Week (10-16)
World Money Week (16-20)
Little League Baseball World Series (19-28)
National Safe at Home Week (22-26)
Be Kind to Human Kind Week (25-31)
Respect for Parents Day (1)
US Air Force Day (1)
Watermelon Day (3)
National Chocolate Chip Day (4)
International Beer Day (5)
Assistance Dog Day (7)
Professional Speakers Day (7)
National Kid's Day (7)
Smithsonian Day (10)
International Youth Day (12)
National Garage Sale Day (13)
Best Friends Day (15)
Cupcake Day (18)
World Humanitarian Day (19)
Be an Angel Day (22)
Pluto Demoted Day (24)
National Dog Day (26)
National Toasted Marshmallow Day (30)

www.brownielocks.com

American History in August



August 1st, 1776 - The formal signing of the Declaration of Independence occurred.

August 1st, 1876 - Colorado was admitted as the 38th state of the Union.

August 2nd, 1610 - Henry Hudson sailed into Hudson Bay.

August 2nd, 1943 - John F. Kennedy was aboard PT-109 when it sunk.

August 3rd, 1492 - Christopher Columbus set sail on his first voyage.

August 3rd, 1946 - The National Basketball Association was created.

August 4th, 1914 - The United States proclaimed neutrality during World War I.

August 4th, 1977 - The Department of Energy was created.

August 5th, 1858 - The first transatlantic telegraph cable was completed.

August 5th, 1861 - The first national income tax was introduced in the US, initially to fund Civil War.

August 6th, 1945 - The Atomic Bomb was dropped on the Japanese city of Hiroshima by order of President Truman.

August 7th, 1782 - The Badge of Military Merit was created by order of President George Washington. This would later become the Purple Heart in 1932.

August 7th, 1794 - President Washington issued a proclamation calling for those involved in the Whiskey Rebellion to return home. At the same time, he called for the militia to stop the rebellion.

August 8th, 1786 - US adopts a system of coinage. It includes gold pieces worth \$10, silver pieces worth \$1 and 10 cents, and a copper penny.

August 9th, 1945 - The Atomic bomb exploded over Nagasaki.

August 9th, 1974 - Gerald Ford took office after Richard Nixon resigned.

August 10th, 1988 - The Civil Liberties Act of 1988 was signed into law by Ronald Reagan giving \$20,000 to each Japanese-American who was interned or relocated during World War II.

August 11th, 1965 - Race riots began in the Watts area of Los Angeles, California.

August 12th, 1908 - Henry Ford introduced the Model T.

August 13th, 1940 - The Battle of Britain began in World War II.

August 14th, 1935 - Social Security Act passed creating the Social Security program during the Great Depression.

August 15th, 1945 - V-J (Victory Over Japan) Day.

August 16th, 1812 - Fort Detroit was surrendered by the Americans to the British without a fight in the War of 1812.

August 17th, 1943 - The Allies captured Sicily in World War II.

August 18th, 1920 - The 19th amendment passed giving women the right to vote.

August 19th, 1795 - Secretary of State Edmund Randolph under President Washington resigns after being suspected of corruption.

August 19th, 1812 - The U.S.S. Constitution beat the British frigate Guerriere during War of 1812.

August 19th, 1914 - Wilson proclaims neutrality about World War I in Europe.**August 23rd, 1775** - King George III declares American colonies to be in a state of open rebellion.

August 20th, 1694 - Proprietary government was reinstated in Pennsylvania with William Penn as Governor after being a royal colony.

August 20th, 1886 - Eight anarchists are sentenced because of the Haymarket Affair.

August 21st, 1831 - Nat Turner led a slave uprising in Virginia.

August 21st, 1959 - Hawaii became the 50th state

August 22nd, 1862 - Abraham Lincoln responds to Horace Greeley with saying that "My paramount object is to save the Union, and it is not either to save or to destroy slavery."

August 23rd, 1775 - King George III declares American colonies to be in a state of open rebellion.

August 23rd, 1914 - Japan declares war on Germany during World War I.

August 25th, 1989 - Voyager took pictures of Neptune.

August 27th, 1859 - The first oil well in the country was set up in Pennsylvania by Edwin Drake.

August 31st, 1803 - Lewis and Clark begin their expedition exploring the Louisiana Purchase by setting out down the Ohio River.