

May
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Editor:

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SEK Town Hall Meeting

On April 12th, 2011 Matt Atteberry, Executive Director, spoke at the SEK Town Hall meeting sponsored by the Big Tent Coalition and Kansans for Quality Communities. Numerous individuals gathered to speak about the budget cuts the state is facing and how they affect individuals in our area. These meetings were held state wide.

Leadership Parsons Topeka Trip



Beth Engels and Asha Patel traveled with the Leadership Parsons class of 2011 and Ann Charles to Topeka on March 16th, 2011. While there, the group met with Governor Brownback. Through the course of conversation the topic of TANF (Temporary

Assistance for Needy Families) monies and how our community can use that as well as Parsons State Hospital, were discussed. The governor made a suggestion during that meeting that a committee be formed to create a pilot program for how to best use TANF monies in low income areas. Pictured above is Beth Engels listening as the governor speaks.

May is Mental Health Month!

May is National Mental Health Awareness Month. This is the month where Mental Health facilities across the Nation celebrate Mental Health Awareness and achievements in the field of mental health. This year marks 100 years of the Mental Health Movement. That means, 100 yrs of advocacy, public education, and support for Americans with mental health conditions. The theme for this year is "Live Your Life Well". For more information on Mental Health Month or mental health awareness involvement, visit the MHA website:

<http://www.mentalhealthamerica.net> or <http://www.nmha.org>

The Kids Trail to Good Health and Safety Day

The Rector Diabetic Center and Parsons Recreation Center joined together, along with other area sponsors, to hold the first Kids Trail to Good Health and Safety Day. Labette Center for Mental Health participated in the day, which was geared towards



healthy outdoor activities and keeping children active. Labette Center staff members Nikkii Rosenstiel, Psycho-social Coordinator; Beth Engels, CBS Coordinator; Mandy

Shaw, Navigator's program; and Adam Westoff, Navigator's program; attended the event where they distributed leis to the children and held a limbo line for them to participate in. Children from USD 503



kindergarten through 5th grade participated in the events.



Relay for Life

This year Relay for Life will take place on June 17th, from 7pm until June 18th at 7am in Forest Park, Parsons KS. Labette Center for Mental Health Services will not be sponsoring a team for the event this year. However, if anyone would like to make a donation to Relay for Life, they are welcome to do so. All our welcome to participate in Relay for Life by attending the event. Relay for Life is a wonderful event geared toward raising not only money for cancer research and treatments, but to raise awareness of cancer, to support the survivors, and to pay respect to those who have lost the battle to this horrific disease. For more information on Relay for Life, visit their website at:

http://main.acevents.org/site/TR?fr_id=32062&pg=entry. You may also contact Aquila Winchell, Labette County Relay for Life Chair, aquila_winchell@yahoo.com.

Annual Art Show

This years art show is scheduled for May 23rd - May 27th at the Hendershot Gallery located inside the administration building at Labette Community College. At this time there have not been enough pieces of artwork submitted to be able to hold the show. Art work may be submitted through May 13th to be included in the show. This will give a week to prepare the artwork before the show is scheduled to begin. If there is not enough artwork submitted by the 13th, this years art show will be cancelled. Please feel free to encourage clients to enter any artwork they would like to have displayed. Thank you all for your help!

News from the Wellness Committee

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. 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.

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

Right Now

The Chill out Challenge began on May 1st and will last through May 31st. The "Chill-Out" Stress Management Challenge helps you learn how to minimize stress and maximize control by practicing healthy behaviors. During the 4 weeks you will focus on ways to better manage stress through healthy eating, being physically active, getting adequate sleep, and taking time for personal relaxation. Flyers associated with this challenge are located on pages 5 & 6 of this news letter. For more information visit the wellness website.

Thank you

I would like to extend a sincere thank you to everyone for their thoughts, prayers, and assistance during my family's time of need. I feel truly blessed to work at such a wonderful place, with such wonderful individuals. My family and myself feel extremely grateful that this tragedy happened during the day, not at night when we would have been home. We are moving toward our goal of having life back to normal and look forward to the end of the chaos. Again, thank you to all of you and God Bless!

OVER 1,800 LOCAL SELF-HELP GROUPS, AND OVER 1,000 NATIONAL SELF-HELP ORGANIZATIONS COVERING A BROAD RANGE OF TOPICS

addictions | parenting | caregiving | relationships | health/physical illness | mental health | abuse | disabilities | and more

LOOKING FOR A SELF-HELP GROUP IN KANSAS?

Look no further than www.kansashealthsolution.org/selfhelpgroups

PHONE REFERRALS AND ASSISTANCE AVAILABLE AT 1-800-445-0116



WICHITA STATE UNIVERSITY

CENTER FOR COMMUNITY SUPPORT AND RESEARCH



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.sdcticketoffers.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!

Cucumber Salad

Especially delicious with simple grilled, baked or broiled fish, this salad is a pleasant accompaniment to many other entrees as well. Prepare it ahead if possible for best flavor. And don't be afraid to try the peppercorns, if you're not familiar with them; they are not very spicy, but add a delightful bit of flavor.

Serves 4-6

INGREDIENTS

2 cups cucumbers, cut in half lengthwise, seeded and chopped
1 cup sweet red pepper, chopped
1/2 cup carrots, grated or finely diced
1/4 cup scallions or red onion, finely chopped
2 tsp. fresh ginger, peeled and minced
1 clove garlic, finely chopped

INSTRUCTIONS

About 16 Szechuan peppercorns, crushed (from Chinese food section) optional 1/2 cup water 1/4 cup white vinegar Combine all vegetables with ginger, garlic and crushed peppercorns in a medium or large bowl. Dissolve sugar in water; add vinegar and stir well. Pour over vegetables and mix thoroughly. Cover and refrigerate at least 30 minutes before serving. Best if prepared a day ahead.

NUTRITIONAL INFORMATION

Per Serving

Calories: 33

% Calories from fat: 6

Fat (gm): .25

Saturated fat (gm): 0

Cholesterol (mg): 0

Sodium (mg): 58

Protein (gm): 1

Carbohydrate (gm): 8

Fiber (gm): 2

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

Congratulations to Katee Lane!

Katee Lane (Martin), Medical Records, was married on April 23rd to Brandon Lane. We send a sincere congratulations to Katee on this new and exciting time in her life.

Drawing for Silver Dollar City Tickets

The drawing for the 2 day pass tickets to Silver Dollar City was held on Monday May 9th. The winner of that drawing was Katee Lane, Medical Records. Along with the tickets, Katee also won a total of \$67.00 to help with expenses. Katee and her new husband Brandon will be traveling to Branson for their honeymoon and will be able to use the tickets during their trip. Congratulations to Katee!

May Birthdays

Alisha Wyrick	May 4th
CSS Case Manager	
Nikkii Rosenstiel	May 6th
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 Anniversaries

Nancy Dorsey May 1st 27yrs
Medical Administrative Assistant



May is

Arthritis Awareness Month
Borderline Personality Awareness Month
Brain Tumor Awareness Month
Carrot and Cauliflower Month
Clean Air Month
Family Wellness Month
Heal the Children Month
Healthy Vision Month
International Audit Month
Melanoma/Skin Cancer Awareness and Prevention Month
National Allergy/Asthma Awareness Month
National Barbeque Month
National Better Hearing Month
National Bike Month
National Egg Month
National Foster Care Month
National Hamburger Month
National Meditation Month
National Mental Health Month
National Military Appreciation Month
National Moving Month
National Photo Month
National Salad Month
National Salsa Month
Older American's Month
Personal History Month
Teen Self-Esteem Month
Women's Health Care Month
National Family Month
Be Kind to Animals Week (1-7)
National Family Week (1-7)
National Anxiety/Depression Week (1-7)
Astronomy Week (2-8)
Reading is Fun Week (8-14)
Salute to Mom's 35+ Week (8-14)
National Etiquette Week (9-13)
National Dog Bite Prevention Week (15-21)
National Police Week (15-21)
EMS Week (15-21)
National Backyard Games Week (23-30)
Mother Goose Day (1)
New Homeowner's Day (1)
Public Radio Day (3)
National Teacher's Day (3)
Cinco De Mayo (5)
Nurses' Day or National RN Recognition Day (6)
Join Hands Day (7)
World Red Cross Day (8)
Windmill Day (10)
Eat What You Want Day (11)
Friday the 13th (13)
Frog Jumping Day (13)
National Chicken Dance Day (14)
Armed Forces Day (15)
National Employee Health & Fitness Day (18)
World Turtle Day (23)
Memorial Day (30)
World No Tobacco Day (31)

Kansas History in May

1 - [1919] - Fifteen airplanes performed at Wichita in the Victory loan campaign. It was the first time Kansans had seen the "flying circus."

4 - [1873] - The remains of Dr. Wm. H. York, and other murdered men, found on the farm of the Bender family, in the northwest corner of Labette county, about ten miles from Thayer, and five miles from Cherryvale, on the road from Independence (where Dr. York resided) to Osage Mission. Among the victims were Benj. M. Brown, of Howard county, John Greary, W.F. McCrotty, H.F. McKegzie, G.W. Langchor, and a little girl. Three bodies were found beneath the house, and four graves in different parts of the field. All were killed by blows on the back of the head, and had their throats cut. Two hammers were found in the house. The Bender family consisted of Wm. Bender, sixty years old; his wife, fifty-five; their daughter Kate, twenty-three, and son, John, twenty-five. They came to Kansas in December, 1870, and moved to this slaughter-pen in February, 1871. There were Germans, and kept a small stock of groceries and liquors. Kate was a "medium," and advertised her skill as a spiritual doctor. The family fled about three weeks ago, leaving their stock behind. At Thayer they bought tickets for Humboldt. The Independence Republican says:

"The generally accepted theory of the manner of the killing is, that travelers were seated in such a manner that their heads would lean against and indent the cloth partition, which crossed the room. Some one stationed behind the curtain would then strike them with a hammer, and some one in the front room was ready to finish the job. After that they were taken to the trap-door, where they were thrown in, their throats cut, and they were left until night, when they were carried out, and buried in the field."

11 - [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.

12 - [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.

13 - [1899] - The State Charter Board ruled that literary, musical and social organizations desiring charters must insert a clause stating there would be no liquor at club meetings. The Free Thinkers Club of Wichita, chartered as a "literary organization," had turned out to be "a plain every-day drinking resort."

14 - [1913] - Walter Johnson, Coffeyville, set a major league record which still stands (1956) by pitching 56 consecutive scoreless innings. Johnson was a native of Humboldt.

16 - [1923] - Amelia Earhart, native of Atchison, became the first woman to be granted a pilot's license by the National Aeronautic Assn.

18 - [1858] - The Leavenworth Constitution adopted. [This was the third of four such documents proposed.]

23 - [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."

27 - [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.

30 - [1887] - A catfish weighing 79 pounds was caught in the Arkansas river near Sterling.

31 - [1886] - The Fort Dodge military reservation of over 12,000 acres was settled by squatters. Every quarter section was taken within 24 hours. The War Department had turned the reservation over to the Secretary of Interior. Squatters had first rights to purchase the land at appraised value.

Stand Up! Live Longer!

What do you think of when you hear the words “unhealthy behaviors?” Smoking, reckless driving, eating lots of junk food and abusing alcohol all come quickly to mind. But did you know that one of the biggest health risks for Americans today is doing nothing at all? The lack of physical activity is a key risk factor for heart disease, cancer and stroke, the top three diseases that account for more than 50% of all American deaths each year.

Move for health!

An active lifestyle has many benefits:

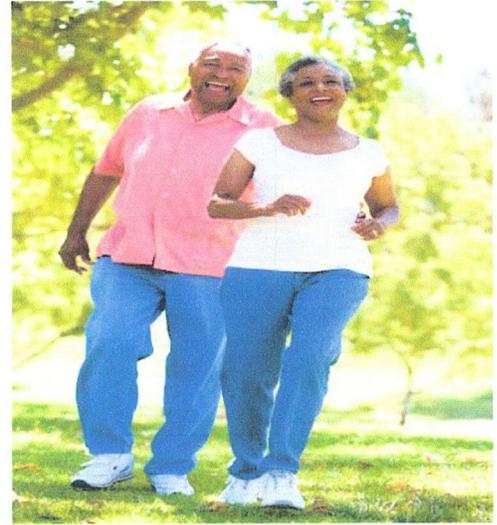
- Reduced risk of developing high blood pressure, colon cancer and diabetes.
- Helps reduce blood pressure in some people who have hypertension.
- Reduced risk of dying from heart disease.
- Helps maintain healthy bones, muscles and joints.
- Reduces symptoms of anxiety and depression and fosters feelings of well-being.
- Helps control weight, develop lean muscle and reduce body fat.

How much do we need?

For optimal health benefits, experts recommend that adults get at least 150 minutes or 2 hours and 30 minutes a week of moderate-intensity physical activity, such as brisk walking. Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

Even if you can't achieve the recommended amount, any little bit of physical activity is better than none.

The Centers for Disease Control and Prevention estimate that more than 60 percent of U.S. adults do not engage in the recommended amount of activity and 25 percent of U.S. adults are not active at all.



Stand up and move while on the job

Studies show that standing up and doing something physical, even in short increments can help improve your heart health. This may seem hard if you work at a desk all day, but it can be done.

- When on the phone, stand up.
- When appropriate, stand in a meeting. Pacing can sometimes help when brainstorming. Your coworkers might join you!
- Take the stairs instead of the elevator or escalator.
- As part of your daily commute, park your car in a farther spot or get off the bus or train a stop early and walk the rest of the way.
- Swap your desk chair for an exercise ball to help strengthen your abs and back.
- Go for a walk at lunchtime. Even if you can't walk outside you can walk the halls and walk the stairs for a small activity boost. Try getting a group together for daily lunch walks. This will give you support and motivation to stick with it.

People who don't spend their workdays seated at a desk – commercial drivers, sales people, factory workers, healthcare workers, trades people and others – will also find that a little exercise goes a long way to keep them feeling focused and healthy. For a quick cardio workout, keep an old-fashioned jump rope at hand.

Stand Up! Live Longer!

Step it up

Keeping a tally of the number of steps you take a day is a good way to measure your activity. A recent study found that Americans who walk more than 5,000 steps a day have a lower chance of developing metabolic syndrome – a group of risk factors that puts people at increased risk for heart disease and diabetes.

So how many steps a day should you take? Experts say that taking 10,000 steps a day is optimal for health. Start by getting yourself a pedometer. For a week keep track of how many steps you take a day. Slowly start increasing your daily steps until you reach 10,000.

Make time for fitness

Incorporating a formal workout routine into your schedule not only reduces your risk for disease but can make you look and feel better. With busy schedules this is not always easy, but here are a few tips to make it happen:

- Schedule your exercise time in advance and keep to it! Talk to your family and friends to make sure they know your exercise time is *important*.
- Exercise instead of watching TV! Or find ways to keep yourself active while watching your favorite shows. Try doing crunches or push-ups during commercials.
- Break your exercise session into smaller parts. If you don't have an hour to exercise, schedule two 20-minute sessions.
- The early bird gets the workout! Try waking up 30 minutes earlier and begin your day with your exercise session. Instead of feeling tired from losing the sleep, you may actually feel more energized from your workout.

Sneaking in physical activity

Looking for a few more ways to sneak some movement into your busy day?

- Do your house-workout. Treat housecleaning as a chance to exercise; keep track of how much time you spend on your feet. The same goes for raking leaves, pruning hedges, pushing a lawn mower and other yard work.
- Shop at the 100-yard sale. Park an extra 100 yards from the mall entrance, and take a few laps around the shopping center as you scope out the sales.
- Work your arms in front of the TV. Keep a pair of free weights next to your chair so you can work your arms and shoulders while watching.

Stick with it

If you haven't been active for a long time, you can't change permanently overnight. Here are a couple of tips to help you stay active over time.

- Rely on friends, family, even professional trainers to get started and keep you going. They can help keep you motivated and accountable.
- Take a class. If you prefer a gym, take a class with high energy and an instructor that will push you and support you.

Leading an active life gives you more energy and keeps your body strong and healthy. Set a goal and work up to it. If you're not ready to commit to an exercise plan yet, just start with small steps. Remember that long bouts of inactivity can increase your risk of heart disease. So get up and stretch and take a short walking break every few hours. You might find you like how it feels enough to stay with it!

Source

Centers for Disease Control and Prevention www.cdc.gov
US Department of Health and Human Services 2008 Physical Activity Guidelines for Americans
American College of Sports Medicine