

Company Newsletter

volume 7 issue 2

Editor: Monica M Simpson

February
2013

Labette Center for
Mental Health Services, Inc.

3rd Annual Care and Compassion Banquet



The 3rd Annual Care and Compassion Awards Banquet will be held on Saturday March 9th, 2013. A sign up sheet for the banquet is located in the resource room at the main building.

Social hour for the dinner will begin at 6:00pm and the dinner will begin at 7:00pm. The dinner will once again be held at the Parsons VFW, located at 105 Main Parsons, KS.

The meal will consist of a main dish, two side dishes, roll, salad and dessert. Choices for the main dish are Beef, Chicken or Vegetarian. Please be sure to indicate when signing up which choice you would like to have for your main dish. Also please specify how many you will have attending (one or two). Please note that the dress attire for the banquet is business formal.

We look forward to seeing everyone at this years banquet.

3rd Annual Care and Compassion Awards



We are still accepting nominations for the 2013 Awards!

Nominees can be anyone in the community, including employees of LCMHS, who have gone above and beyond to show care and

compassion to others. "For this award, we are looking for any individual who goes above and beyond to show care and compassion to others," stated Matthew Atteberry, Executive Director. "That could be anyone, from a kind neighbor to a young child."

Staff may submit typed essay entries describing why a person is being nominated to be a recipient of the Award. Entries can range in length, not to exceed two pages. There are no age restrictions for nominating or being nominated for this award.

The deadline for entries is 5 pm February 22nd, 2013. Entries will then be reviewed, judged, and Award recipients chosen by March 1st. Award recipients will be officially announced during the annual Care and Compassion Awards Banquet. Entries can be given to Monica Simpson.

Labette Center Participates in State Homeless Count

On Wednesday January 23rd, Labette Center employees participated in a State wide homeless count which was conducted by SEK-CAP and the Southeast Kansas Regional Homeless Providers Network. According to a press release by the above mentioned entities, the effort was part of the Federal Department of Housing and Urban Development (HUD) mandated, national point in time count. Information from the 2011 count had indicated that there were "a total of 82 homeless persons in Southeast Kansas, 25% of who were children."

Misti Mustain, Director of Specialty Services, presented trainings for the count prior to the event. Other Center employees who participated in the actual count for Labette County included Mark Mikel, Therapist, and Jon Tower, CMA. The count was scheduled to take place between January 23rd and January 30th.

Labette Center case managers are also trained in how to collect this data, and participated in the count.

"In rural Kansas, it can be difficult to identify who is actually experiencing homelessness, the picture of homelessness is different than in the urban areas" said Melissa Brown, Founder and Director of Safe Haven Outreach Mission, Inc. of Parsons, Kansas." The picture of homeless in our area is more of families or individuals doubling up in the same household rather than stay in places that are more stereotypically associated with homelessness," said Brown. "We do have transits and chronic homeless pass through, but they just pass through. People who are 'doubled-up' can be considered precariously housed, and the Regional Network believes it is important to understand the number of people experiencing this circumstance. Therefore, they have agreed to track data about this sub-population even though they are not experiencing homelessness by HUD's definition. "We as a group want to try to meet the needs of both groups."

The data from this Point in Time count will ultimately be submitted to HUD. Locally, the Regional Homeless Providers Network, which is comprised of shelters, public housing authorities, faith-based entities, and mental health providers, will use the data to help them plan strategically on how to address homelessness throughout the region.

(Information for this article has been abstracted from a press release presented by SEK-CAP.)



New Employees



Labelle Center for Mental Health Services is pleased to welcome Susan Robertson to our staff! Susan will be working in the business office as a receptionist/transcriptionist for the medical department. She began working with the Center on January 28th, 2013 and will be stationed at the new medical facility located at 1719 Corning, upon its completion. Susan, who grew up in St. Joseph, MO, graduated from North West Missouri University with a Bachelor's degree in Elementary Education and Learning Disabilities. She enjoys spending time with her son, her husband and the family pets, a dog and cat. She also enjoys spending free time scrap booking. Welcome to our team Susan!



Labelle Center is proud to welcome Cassandra Alexander to our team! Cassandra graduated from Pittsburg State University with a Bachelor's of Science degree in Psychology. After growing up in Overland Park, Cassandra relocated to Southeast KS, and in July of this year was married. She enjoys scrapbooking, her dog and the Denver Broncos. Cassandra will be working at the center as an adult case manager. Her first day with the center was January 22nd, 2013. Welcome Cassandra!



Labelle Center would like to welcome Sally Maramang, LPC, EDS to our staff as a new clinician. After working as a high school English teacher for 8 years, Sally continued her education, receiving an MS EDS (Masters of Science Specialist in Education). She enjoys working with a wide range of ages and needs. Sally enjoys traveling, spending time with her family, motorcycles, music, movies and taking long walks. Sally began working for Labelle Center on January 9th, 2013.



Shelli Nyambane began working with Labelle Center on January 7th, 2013. Shelli, who grew up in SEK, attended Neosho County Community College. She then went on to receive her BA from WSU in May of 2012 with a minor in sociology. Shelli enjoys being active in the community and taking scenic photography. Shelli will be working at Labelle Center as a Peer Support Specialist in the adult program. We would like to welcome Shelli to our staff!

Shared Leave

February marks the first of two opportunities to donate accumulated vacation hours under our Shared Leave Policy. I have attached a donation form for anyone interested in donating.

The purpose of the Shared Leave Policy is to provide a means for employees to share vacation benefits with an employee who is eligible for and requires leave while experiencing a life-threatening or catastrophic illness or injury, and which has caused, or is likely to cause, the employee to take leave without pay.

Contributions to the Shared Leave bank are strictly on a volunteer basis.

Employees may contact Natasha Purcell, Human Resources, with any questions they may have regarding the Shared Leave Policy.

Make 2013 The Year For A Fitter You

Planning a year of good health? Here's one of the most important things to add to your schedule: physical activity. How much you need depends on your age.

Kids and Teens: They need an hour of activity every day. On at least three days a week, make part of that hour vigorous – think jumping rope.

Adults of all ages: Do two hours and 30 minutes of moderate activity, like water aerobics or doubles tennis, every week. Or substitute 75 minutes of vigorous workouts (like swimming laps). Add muscle strengthening twice a week.

START THE NEW YEAR RIGHT WITH HEALTHY OPTIONS!

Healthy Options is a series of disease management initiatives focused on asthma, COPD, diabetes, heart disease, high blood pressure and high cholesterol. This **FREE** program is designed to help members, ages 21 to 63, who have BCBSKS as their primary carrier. To get started, call 1-800-520-3137 or email dmspecialists@bcbsks.com today!

Source: www.bcbsks.com

Employees to Make Trip to Topeka

Three employees of Labelle Center will be joining Leadership Labelle for a trip to Topeka. Sandra Dickerson, who was a graduate of the 2011-2012 class and now serves on the Board of Directors for Leadership Labelle, along with Melissa Stephens and Nikkii Rosenstiel, who are both currently taking the Leadership Labelle class, will travel to Topeka to attend various events on Wednesday February 6th. Included in their trip will be a meeting with Governor Sam Brownback, a meeting with Senator Jeff King, a trip to the legislative session and lunch with Representative Rich Proehl and ACMHCKS lobbyist Mike Hammond. The class will be able to use this opportunity to ask questions and view how the government process works.



Pizza Puffs

(Great Super Bowl Party Snack!)

By danicasdaily.com

Prep Time: 15 minutes

Cook Time: 20-25 minutes

Ingredients

(4 servings, 6 pizza puffs each)

3/4 cup whole wheat flour

3/4 tsp baking powder

1 Tbsp Italian seasoning

1 tsp crushed red pepper flakes

Dashes of sea salt & freshly ground black pepper

3/4 cup 2 % milk

1 egg, lightly beaten

1 cup shredded part skim mozzarella cheese, 1/4 cup reserved for topping

1/2 cup shredded whole milk mozzarella cheese

1/4 cup grated Parmesan cheese



ALL OF YOUR FAVORITE LOW POINTS+ TOPPINGS:

9 slices turkey pepperoni, chopped (1 points+)

Sun dried tomatoes, chopped

Pickled sweet cherry peppers, chopped

Pineapple tidbits

Olive Slices

Any veggies ~ cherry tomatoes, peppers, onions, mushrooms

Pizza Sauce for dipping

Instructions

Preheat the oven to 375 degrees. Grease a 24-cup mini-muffin pan. In a large bowl, whisk together the flour, baking powder, Italian seasoning, sea salt, pepper and red pepper flakes; whisk in the milk and egg. Stir in the mozzarella and Parmesan, let stand for 10 minutes.

Stir the batter and divide among the mini-muffin cups. Mix and match your favorite toppings making sure to press them into the dough.

Bake until puffed and golden, 20 to 25 minutes.

Meanwhile, microwave the pizza sauce until warmed through. Serve the puffs with the pizza sauce for dipping.

Have you checked us out Online!

Have you visited our website lately!!!! If not, stop by and check out the changes we've made! Go to www.lcmhs.com and see some of the new features we've added. You can now recommend a page from our website to Facebook, LinkedIn, Twitter or Google+. Be sure to let your clients know if they need any information they can check our website. There are forms available that can be printed off, upcoming events, news from the Association and much, much more!!!!



Employees can get on the website, log in to the Employee Section and get employee specific information! Simply click on "Employee Login" and then enter your email address and password. If you have forgotten your password, simple enter your email address in on the right side where it says "Forgot Password" and it will send it to you! If for any reason that doesn't work, and an employee needs his/her information sent to them, please feel free to contact me at monica@lcmhs.com

Also - Join us on

Facebook at: <https://www.facebook.com/LCMHS>

LinkedIn at:

<http://www.linkedin.com/company/labette-center-for-mental-health-services>

Twitter at: <https://twitter.com/lcmhs>

Google+ at:

<https://plus.google.com/u/0/b/116765710966644939924/116765710966644939924/posts>

Updates, quotes, mental health news, etc. are posted on the Center's pages on a regular basis. During bad weather or for any other Center closing, updates will be posted to these social media sites as well.

February Birthdays

Aly Shelite

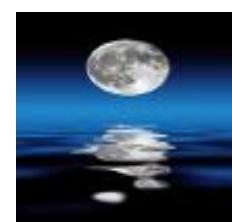
Navigator's

February 18th



Employee Anniversaries

Trinette Vance	Feb. 1st	10 years
	Adult Case Manager/TCM	
Debra Williams	Feb. 16th	9 years
	Corporate Compliance/Apartment Mgr.	
Michelle Bernd	Feb. 26th	5 years
	Emergency Therapist	
Jackie Rowe	Feb. 28th	2 years
	Attendant Care	
Elizabeth Davis	Feb. 20th	1 year
	Navigator's	



Last Quarter - February 3rd
New Moon - February 10th
First Quarter - February 17th
Full Moon - February 25th

Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun.

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

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.

American History in February

- February 1st, 1790** - The US Supreme Court met for the first time.
- February 1st, 1958** - The first US Satellite was launched.
- February 1st, 2003** - Space Shuttle Columbia exploded on reentry killing all seven astronauts.
- February 2nd, 1665** - The British captured New Amsterdam and renamed it New York.
- February 2nd, 1848** - Mexican-American War ended with the signing of the Treaty of Guadalupe Hidalgo.
- February 2nd, 1945** - The Yalta Conference occurred between President Franklin D. Roosevelt, Winston Churchill, and Joseph Stalin.
- February 3rd, 1870** - 15th Amendment to the Constitution was passed.
- February 3rd, 1913** - 16th Amendment was ratified.
- February 4th, 1789** - George Washington was unanimously elected to be the first President of the United States.
- February 5th, 1974** - Patti Hearst was kidnapped.
- February 7th, 1795** - 11th Amendment to the Constitution was passed.
- February 7th, 1964** - The Beatles arrived in United States for their first visit.
- February 9th, 1775** - Massachusetts colony was declared by London to be in a state of rebellion.
- February 9th, 1825** - John Quincy Adams was elected President after the Corrupt Bargain in one of the most significant presidential elections in US History.
- February 9th, 1964** - The Beatles appeared on The Ed Sullivan Show.
- February 11th, 1809** - Robert Fulton patented the steamboat.
- February 12th, 1909** - National Association for the Advancement of Colored People (NAACP) was founded.
- February 13th, 1935** - The Lindbergh baby killer was found guilty of kidnapping and murder.
- February 14th, 1779** - Captain Cook was killed in Hawaii.
- February 14th, 1803** - The Supreme Court led by Chief Justice John Marshall declared that any law that goes against the US Constitution is unconstitutional and not enforceable.
- February 14th, 1929** - Valentine's Day Massacre occurred in Chicago when seven gangsters were killed by Al Capone.
- February 15th, 1933** - Franklin D. Roosevelt survived an attempted assassination.
- February 17th, 1801** - The House of Representatives decided that Thomas Jefferson should become the third president after an electoral tie with Vice Presidential nominee Aaron Burr in one of the most significant presidential elections in American history.
- February 19th, 1878** - A patent was granted for the phonograph to Thomas Edison.
- February 19th, 1942** - Franklin Roosevelt signed Executive Order 9066 which began the forced internment of Japanese-Americans.
- February 20th, 1962** - John Glenn circled the globe 3 times in Friendship 7.
- February 23rd, 1945** - The American Flag was raised on Iwo Jima during World War II.
- February 24th, 1803** - *Marbury v. Madison* created the precedent of Judicial Review which gave the Judiciary Branch the ability to declare a law unconstitutional.
- February 24th, 1868** - Andrew Johnson was impeached.
- February 25th, 1862** - Greenbacks, America's first paper money not redeemable in gold or silver, was issued by Abraham Lincoln.
- February 25th, 1913** - The 16th Amendment to the Constitution was ratified creating the income tax.
- February 27th, 1991** - The First Persian Gulf war officially ended.
- February 28th, 1854** - The Republican Party was organized.



February is

- American Heart Month
- Bake for Family Fun Month
- Dog Training Education Month
- International Expect Success Month
- Library Lovers Month
- Marijuana Awareness Month
- National Bird Feeding Month
- National Black History Month
- National Children's Dental Health Month
- National Hot Breakfast Month
- National Parent Leadership Month
- National Teen Dating Violence Awareness Month
- National Time Management Month
- Plant the seeds of Greatness Month
- Relationship Wellness Month
- Responsible Pet Owner's Month
- Spay/Neuter Awareness Month
- Wise Health Care Consumer Month
- Youth Leadership Month
- Lent (12-3/30)
- Women's Heart Week (1-7)
- Boy Scout Anniversary Week (3-9)
- Freelance Writers Appreciation Week (3-9)
- International Networking Week (4-8)
- National School Counseling Week (4-8)
- Risk Awareness Week (7-14)
- Celebration of Love Week (10-16)
- Children of Alcoholics Week (10-16)
- Random Acts of Kindness Week (10-16)
- National Entrepreneurship Week (16-23)
- National FFA Week (16-23)
- Texas Cowboy Poetry Week (22-24)
- National Eating Disorders Awareness Week (24-3/2)
- Peace Corps Week (25-3/3)
- Give Kids a Smile Day (1)
- Spunky Old Broads Day (1)
- Groundhog Day (2)
- Take Your Child to the Library Day (2)
- The Day the Music Died (3)
- Super Bowl XLVII (3)
- World Cancer Day (4)
- National Pancake Day (5)
- Ballet Day (7)
- Boy Scout Anniversary Day (9)
- Chinese New Year (10)
- Westminster Dog Show (11-12)
- Mardi Gras (12)
- Lincoln's Birthday (12)
- Paul Bunyan Day (12)
- Ash Wednesday (13)
- National Donor Day (14)
- Valentine's Day (14)
- National PTA Founders Day (17)
- Presidents Day (18)
- Love Your Pet Day (20)
- World Day for Social Justice (20)
- Daytona 500 (24)
- Levi Strauss Day (26)
- National Chili Day (28)
- National Tooth Fairy Day (28)



A large portrait of Dave Ramsey, a bald man with a beard and glasses, wearing a dark suit and blue shirt. He is positioned on the left side of the page. To his right are several promotional items for "CORE Financial Wellness": a booklet titled "Dave Ramsey's CORE", a laptop displaying a video of him speaking, and a smartphone showing a similar video. The background is a bright, slightly blurred outdoor scene.

**The tools you need to grow
in your life, work and money.**

Dave Ramsey can help you take control of your greatest wealth building tool: your income.

DAVE RAMSEY'S

CORE

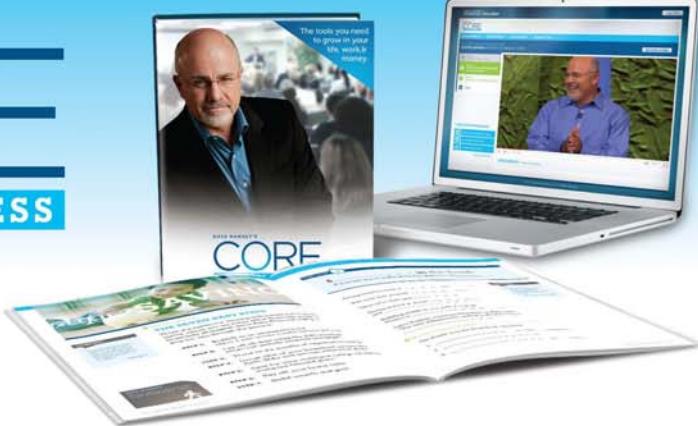
FINANCIAL WELLNESS



SOLUTIONS FOR YOUR LIFE + MONEY

DAVE RAMSEY'S

CORE
FINANCIAL WELLNESS



MAKE YOUR MONEY WORK HARDER

These days, everyone wishes their money would go further. Dave Ramsey's CORE Financial Wellness teaches you how to take control of your money so you can deal with whatever life throws at you. You'll **gain more confidence with money** so that you can give, save and spend wisely, agree with your spouse about money, and plan for your future.

Our weekly workshop and online self-study will take you from where you are to where you want to be. It's not just a bunch of boring financial talk—it's fun and life-changing! With your membership, you will have **access to more than 14 hours of video training that will teach you how to:**

- *Develop good money habits and stretch every dollar*
- *Get rid of debt and free up more savings*
- *Make the right investments, plan for retirement, and pay for college without loans*

RESULTS THAT LAST

We believe the best way to change your habits with money is to reinforce what you learn. **Personal finance is 80% behavior and only 20% knowledge.** With this proven plan, you'll take part in live discussions and hands-on training activities that will help you put the principles to work.

GET STARTED TODAY!