



Labette Center for Mental Health Services, Inc.

Company Newsletter

January 2016

Volume 10 Issue 1

Editor: Monica M. Simpson

Now Accepting Nomination for the 6th Annual Care and Compassion Awards



CARE & COMPASSION AWARDS

With New Year's coming and going, it means that its time again to accept nominations for Labette Center for Mental Health Services (LCMHS) annual Care and Compassion Awards! This year marks the sixth annual Care and Compassion Awards! The Care and Compassion Awards recognize those in the Labette County community and/or LCMHS staff members who routinely go above and beyond to show care and compassion to others.

All entries must have the name of the person being nominated, an address and if possible a phone number and/or an email address. It is also helpful to include the name and phone number for the person who is submitting the nomination, although it is not required. A detailed description of why the person is

being nominated must also be included and should be at least 250 words in length. For more details on submitting an entry for the award, individuals can visit Labette Center's website at www.lcmhs.com, check us out on Facebook, by calling Monica Simpson at 620-421-3770 or 800-303-3770, or by emailing monica@lcmhs.com. Be sure to like the Center's Facebook page to receive updates and information about the Care and Compassion Awards.

The deadline for entries is 5 pm February 26th, 2016. Entries will then be reviewed, judged, award recipients will be officially announced during the annual Care and Compassion Awards Banquet. Entries can be mailed to, or dropped off at Labette Center for Mental Health Services, PO Box 258, 1730 Belmont, Parsons, KS 67357, attention: Monica Simpson. All mailed entries should have "CCAB" on the envelope. Entries may also be submitted through our website, www.lcmhs.com or our Facebook page. Nominate a Hero Today!

Here's to another great year of honoring those in our community who go above and beyond to show care and compassion to those around them!

Closing

Labette Center will be closed on Monday January 18th in observation of Martin Luther King Day. The Center will open for normal business hours on Tuesday January 19th at 8am. To contact an on call therapist 24/7 call 620-421-3770 or 800-303-3770.



From the Office of Human Resources. . . .

Losing weight and keeping it off is not easy — but it can be done! It may seem that at every corner you turn, there are obstacles to keep you from your goals. Many factors are to blame: the company you keep; the line of work you're in; increased variety in stores; and shortcuts to get from point A to point B (e.g. motorized scooters, elevators, etc.). You may also be confused, like many, about what to eat, what to avoid, when to eat, and how much to eat. Deceptive food labeling, which can make unhealthy food seem healthy, adds to this confusion, as do so-called “diet foods,” with their multitude of ingredients. Here's the good news: There are a few diet perfect foods that can help you lose weight. Try adding these six foods to your diet to help you satisfy your cravings, keep you full, and ultimately arm you with the tools you'll need to reach a healthy weight and maintain it!

String Cheese



Many of my patients start off with a common plea: “I can give up anything, but please don't ask me to give up cheese!” Well there may be a happy medium, and its name is string cheese. This cheese is just 80 calories, has no carbs, is easily portion-controlled, and can be taken almost anywhere. In fact, it is perhaps the perfect snack for dieters. A 2011 study in the *Journal of Nutrition* found that increasing consumption of dairy foods and protein during weight-loss efforts promoted fat mass loss and lean mass gain. String cheese is my only exception to the “one ingredient” rule, due to the addition of enzymes in the processing of skim milk.

Apples



A study in the journal *Nutrition* found that women who consumed either three apples or three pears a day were more likely to lose weight and have better blood sugar control. As an added bonus, many studies have linked apple consumption to improved bowel function, as well as reductions in the risk of breast cancer and stroke.

Black Pepper

Looking for a way to spice up your weight-loss efforts? Ditch the salt and use more pepper on your food. A study in the *Journal of Agricultural and Food Chemistry* found piperine, a component in black pepper, may block the formation of new fat cells.

Peanut Butter



Ever heard of something called piceatannol? If you haven't yet, you may soon. A new study in the *Journal of Biological Chemistry* found that piceatannol, a component found in peanuts, grapes, and red wine that is similar to the compound resveratrol, has the ability to block a process that allows immature fat cells to turn into mature fat cells. Peanut butter may be one of the best ways you can prevent fat cell growth and curb your cravings. Important clarification: I'm talking about 100 percent peanut butter, where the only ingredient is peanuts. You won't find the same effects with any other kind of peanut butter, even reduced-fat versions that are often loaded with sugar.

Legumes

What is one thing that the healthiest individuals in the world have in common? They all eat legumes. A study in the *Journal of Nutrition* found that low-glycemic foods (those that are slowly digested, like lentils) helped to increase a hormone that assists in regulating metabolism of fat and sugar. Additionally, low-glycemic foods were found to significantly reduce inflammation markers in obese adults.

Popcorn



High in fiber and low in calories, popcorn is a great example of nutrient density at its best. Nutrient density means you're getting the most nutrients with the least calories. For example, you can have three cups of popcorn for 100 calories or you can have three licorice twists. While the calories are the same, the popcorn will give you fiber (making you full) as well as a healthy dose of antioxidants. In fact, a 2012 study found that popcorn could have even more antioxidants than some fruits and vegetables. Of course, that doesn't mean you should skip the produce aisle and fill up on popcorn instead! The licorice, well, it will give you a big boost in blood sugar and insulin, followed by a crash, followed by yet another craving. See where I am going with this? If you're going to snack while trying to lose weight, snack on something that will help you get the most bang for your nutritional buck! Popcorn is a snack that will actually make you feel satisfied after you're done eating it. Imagine that.

Source: Cleveland Clinic Wellness

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.

HAPPY BIRTHDAY

Birthdays:

Natasha Purcell Human Resources	January 2nd
Liz Garton APRN	January 5th
Jessica Ramsey Therapist	January 11th
Melinda Ewan Adult Case Manager	January 27th
Matt Atteberry Executive Director	January 30th
Don Erskin Maintainance	January 31st

HAPPY ANNIVERSARY

Anniversaries:

Shelli Nyambane Adult Case Manager	Jan. 7th	3 years
Sally Clay Therapist	Jan. 9th	3 years
Dr. Mark Haslett Medical Director/Children Psychiatrist	Jan. 17th	21 years
Cendie Shelton Therapist	Jan. 18th	11 years
Jon Flanigan Adult Case Manager	Jan. 20th	1 year
Susan Robertson Receptionist	Jan. 28th	3 years
Matt Atteberry Executive Director	Jan. 29th	26 years

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 and they can now pay their bill online!

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.

New Employees



Labette Center would like to welcome Kimber Martinez, MA Ed, to our team. Kimber began working at the Center on January 5th, 2016 as the My Family Labette Resource Specialist. Kimber, who holds a Bachelor's Degree in Broadcasting with a minor in Film Studies from Arizona State University as well as a Masters in Secondary Education from University of Phoenix, has spent the last 5 years as a Secondary Teacher of English, Communications, Speech-Debate, and Fine Arts. She also

possesses a strong background in radio and television. In her free time, Kimber enjoys spending time with family, exploring nature, creating art, and shooting film or photography.



- Last Quarter Jan. 3rd**
- New Moon Jan. 9th**
- First Quarter Jan. 16th**
- Full Moon Jan. 23rd**
- Last Quarter Jan. 31st**

Silver Dollar City/Worlds of Fun Tickets

Great news everyone! Our company rates for Worlds of Fun and Silver Dollar City are working again!

For Silver Dollar City there has been a new promo code assigned to the center. The code is 25712. To utilize this code and receive a 20% discount on tickets, go to <http://store.silverdollarcity.com>. Silver Dollar City has changed there promotion program. In order to continue receiving this discount on tickets, there needs to be at least 50 tickets purchased with the Center's code between now and March 2016. If there are not at least 50 tickets purchased with that code, the Center will lose the promotion program.

The promo code for Worlds of Fun is lcmhs15. All you have to do is go to the parks websites and enter the code to be able to buy tickets at the discounted price. This information is available on the employee login section of the website. Posters and other information will be distributed as it becomes available.



January is

Birth Defects Month
Book Blitz Month
California Dried Plum Digestive Month
Carnival Season (1/6-2/9)
Cervical Health Awareness Month
Financial Wellness Month
Get Organized Month
International Creativity Month
International Quality of Life Month
National Be On-Purpose Month
National Clean Up Your Computer Month
National Hot Tea Month
National Mail Order Gardening Month
National Mentoring Month
National Personal Self-Defense Awareness Month
National Polka Music Month
National Poverty in America Awareness Month
National Skating Month
National Soup Month
National Slavery and Human Trafficking Prevention Month
National Stalking Awareness Month
National Volunteer Blood Donor Month
Oatmeal Month
Self-help Group Awareness Month
Train Your Dog Month
Thyroid Awareness Month
Diet Resolution Week: 1-7
New Year's Resolution Week: 1-7
Someday We'll Laugh About This Week: 1-8
National Lose Weight/Feel Great Week: 4-11
Elvis' Birthday Celebration Week: 7-10
Universal Letter Writing Week: 8-14
Cuckoo Dancing Week: 11-17
Bald Eagle Appreciation Days: 17-18
National Fresh Squeezed Juice Week: 17-23
National Handwriting Analysis Week: 17-23
Healthy Weight Week: 19-23
No Name Calling Week: 18-24
Sugar Awareness Week: 18-24
Kid Film Festival: 24-25
Clean Out Your Inbox Week: 25-31
National Cowboy Poetry Gathering Week: 26-31
Children's Authors and Illustrators Week: 31-2/6
US National Snow Sculpting Week: 28-2/1
Meat Week: 31-2/6
Copyright Law Day: 1
New Year's Day: 1
Polar Bear Plunge: 1
Fruit Cake Toss Day: 2



National Buffet Day: 2
National Motivation and Inspiration Day: 2
J.R.R. Tolkien Day: 3
National Chocolate Covered Cherry Day: 3
Dimpled Chad Day: 4
Pop Music Chart Day: 4
Trivia Day: 4
World Hypnotism Day: 4
National Technology Day: 6
Harlem Globetrotter's Day: 7
National Bobblehead Day: 7
Bubble Bath Day: 8
Earth Rotation Day: 8
Show and Tell Day at Work: 8
War on Poverty Day: 8
Balloon Ascension Day: 9
National Static Electricity Day: 9
League of Nations Day: 10
National Sunday Supper Day: 10
Learn Your Name in Morse Code Day: 11
National Clean off Your Desk Day: 11
National Human Trafficking Awareness Day: 11
National Poetry at Work Day: 12
National Sticker Day: 13
Public Radio Broadcasting Day: 13
Rubber Duckie Day: 13
International Kite Day: 14
Dress Up Your Pet Day: 14
Appreciate A Dragon Day: 16
Fig Newton Day: 16
Nothing Day: 16
Kid Inventor's Day: 17
Popeye Day: 17
Pooh (Winnie The) Day: 18
Thesaurus Day: 18
Martin Luther King Day: 19
Popcorn Day: 19
National Day of Service: 19
Penguin Awareness Day: 20
Inauguration Day: 20
National Disc Jockey Day: 20
National Hugging Day: 21
National Pie Day: 23
National Peanut Butter Day: 24
Visit Your Local Quilt Shop Day: 24
Bubble Wrap Appreciation Day: 26
National Peanut Brittle Day: 26
Holocaust Memorial Day: 27
National Geographic Day: 27
National Kazoo Day: 28
National Puzzle Day: 29
Fun at Work Day: 30

STOCK YOUR KITCHEN FOR HEALTHIER EATING

10 Must Have Smart Staples



Beans: both canned and dried; beans are an inexpensive source of dietary fiber, B vitamins and antioxidants



Herbs: dried, fresh or frozen, herbs and spices add a depth of flavor without adding calories or sodium



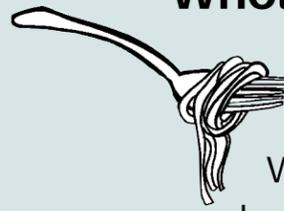
Vinegar: A sodium-free and nearly calorie free way of adding flavor



Canned Salmon & Sardines: Both are inexpensive sources of heart-healthy fats and protein



Whole Grains: Unrefined grains like brown rice, millet, buckwheat, bulgar and quinoa are all candidates for creativity in the kitchen



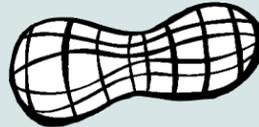
Whole Grain Pasta: Make pasta dinner more nutritious! Keep in mind you want the first ingredient to be 100% whole wheat



Frozen Produce: A fridge full of fresh fruits and veggies isn't always realistic. Frozen produce is a great alternative



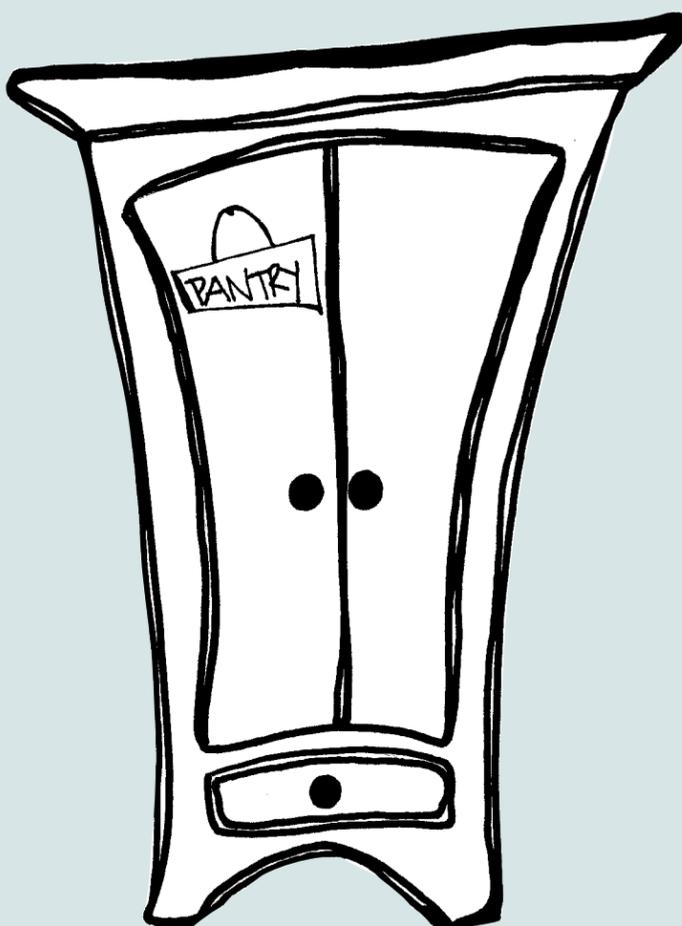
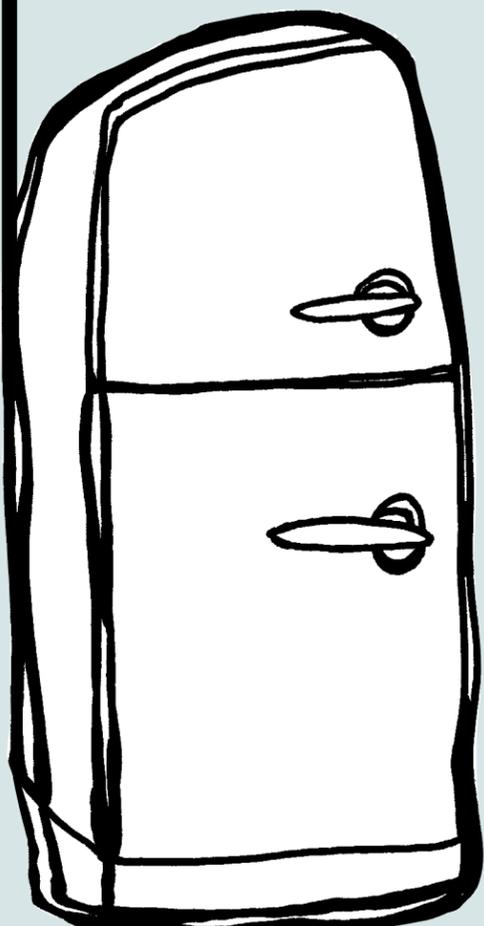
Olive & Canola Oil: Healthy oils are a must have for any kitchen



Nuts: Nuts are a great source of fiber and protein. Keep them around to add to a meal, or to grab as a snack



Eggs: High in protein and nutrients, there are so many things you can do with eggs!



Powered by the
 **Cleveland Clinic**
Wellness

