

## Company Olympics

It's Here!!!!!! The Company Olympics starts on Friday August 3rd with the Talent Show being held at OJ's. This year there have been a few changes to the Company Olympics. First, it will be held over a weekend as an effort to make participation more available to all employees. It will begin on Friday August 3rd with a Talent Show at OJ's Bar and Grill to kick off the events. There will then be events throughout the day on both Saturday and Sunday, in the evening on Monday and then ending with events scheduled for Tuesday night. There will again be a torch hunt throughout the course of Company Olympics. **Please visit our website, [www.lcmhs.com](http://www.lcmhs.com), for more information.** Included on the website is a schedule of events and rules.

Clues for the **Torch Hunt** will be sent out to those individuals who are on the list of "searchers" for Saturday & Sunday as soon as it is received. If you would like to be added to the list of employees receiving clues on Saturday and Sunday morning, please be sure to let me know. You can send an email or babble, or call 620-778-2313. I will receive the information after work hours on Friday. Clues will also be posted each day on our website. Keep in contact with each other to better the odds of finding the torch! Should the torch not be found by Monday, the clue will be sent to all employees on Monday morning, and the same on Tuesday.

For further questions and information, please feel free to babble or email Monica Simpson. Tom Schibi will be the Co-Captain for the Company Olympics this year.

## From the Desk Of the Executive Director

As I write this, January 1, 2013 remains the date that KanCare, the new Medicaid program in Kansas, is scheduled to become fully operational.

The fundamental change occurring with KanCare is that, for the first time in the history of Medicaid in Kansas, all services provided through Medicaid (with the exception, for one year, of certain services provided by Community Developmental Disability Organizations) will be provided through a managed care model. The State of Kansas is predicting and anticipating that KanCare will, over the course of 5 years, remove \$1,000,000,000.00 dollars (one billion dollars) out of the Medicaid funding stream that was projected to be there if no changes to Medicaid occurred. The State expects these savings to occur through better care coordination for consumers.

For adults that we serve who are part of the Severe and Persistent Mentally Ill population, that care coordination is robust. Starting on January 1 of 2014, Community Mental Health Centers are expected to serve as health homes for adults in this population. The State's vision of what a Health Home is in this context is being developed as I write this; the federal definition can mean anything from providing the physical care on site, to well documented, meaningful coordination and collaboration between a CMHC and physical health care providers.

Three different national companies have been awarded this contract. What this means is that, prior to January 1, 2013, each person with a Kansas Medical card will be randomly assigned to one of the companies. Consumers will have 90 days to change to another company if they wish; afterwards they will have to stay with that company until the next open enrollment period.

The contract with each company has within it "value added" options that the companies may provide to consumers, performance outcome measures, and ways that the companies can increase their profits. This means that providers like Labette Center will have opportunities in the future to work with the companies in creative ways, but also means that the companies will be very carefully following their expenditures to ensure that their profit is maximized.

For the first year of the contract, it is expected that each of the three companies will continue to pay claims under a fee for service model, meaning that a provider turns in a bill for services rendered, and the company pays the agreed upon rate. In years two and three of the contract, this may change. It is expected that the current allocation system will continue under the first year of fee for service. What that means is that Labette Center has a maximum dollar amount of Medicaid money that it can earn during a period of time. So, it is vital that providers like Labette Center reach that maximum allocation, without going over significantly.

If you have any questions, please feel free to call or come by my office.

Matthew M. Atteberry  
Executive Director

*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.*

## New H.S.A. Cards

For those employees who have an H.S.A. bank card through Sunflower Bank that expire on July 31st have or will receive new cards. All new cards should have been delivered at this point. If any employees have not yet received their new H.S.A. card, and their current card has expired, please contact Natasha Purcell, Human Resources.

Upon receiving the new cards, employees should be sure to activate the cards. This needs to be done in order for the card to be used. To activate, simply stop by any participating ATM and complete a balance inquiry.



## 2012-2013 Wellness Program

The Year 3 Wellness Program kicked off with a biometric screening on July 12th. There were a total of 41 employees who participated in this year's screening! Full time employees who came for the screening earned \$50.00 for participating and an additional \$50.00 for completing the health risk assessment! The next weigh in will be held on **Thursday September 20th, 2012 at 10:00am**. For more information on Labette Center's Wellness Program, visit our website at [www.lcmhs.com](http://www.lcmhs.com) or contact Natasha Purcell, HR.



## Sign up TODAY for the Dave Ramsey Financial Peace Workshop!

"The Financial Peace workshop is a program that teaches you how to beat debt, build wealth and keep your own economy thriving."

This program will be offered as an online workshop, so internet access is necessary to participate. The membership fee is FREE to full time employees and family members may attend along with you at no extra cost. Labette Center will offer payroll deduction for the price of the membership fee for those employees that do not complete the program in the appropriate amount of time. Upon successful completion of the program (attending 10 of the 12 lessons) you must present your certificate to Natasha Purcell in order to avoid being charged. Check out the Dave Ramsey video by going to our website [www.lcmhs.com](http://www.lcmhs.com) and employee login. Contact Natasha Purcell, Human Resources for further information and to SIGN UP!!

## Healthy Market-Prepared Foods

More often than not, prepared foods in the supermarket deli case do not come with a handy Nutrition Facts printout. At least not yet. You can certainly ask the counter person about the specific ingredients in the lasagna, stuffed pork chops or other temptations for sale that day, but as far as the exact number of calories and grams of fat, you're usually on your own.

Don't despair. Follow these tips to ensure healthy choices for balanced meals that fit into anyone's diet.

- Fried chicken, fried fish and simply anything fried should be avoided. The calorie, fat and sodium levels are all likely to exceed healthy limits.
- Pasta dishes, especially mac 'n' cheese, tend to be very high in calories. And they're rarely prepared with whole grain pastas. If you're hungry for pasta, choose a dish that's made with a red sauce and lots of vegetables. Be sure to watch portion size, too.
- Expand your palate and explore some of the many ethnic dishes available in today's deli case. The foods often include healthy beans, lentils or veggies that don't show up as often in mainstream American foods.
- Visualize MyPlate. The USDA's new eating model suggests that your protein take up no more than a quarter of the space on your dinner plate. When purchasing prepared entrees, think about smaller portion size. That leaves plenty of room on your plate for a big salad of mixed greens plus veggies, fruit and a whole grain roll or rice pilaf.
- Convenience has made it to the produce aisle as well. Pre-washed salad and slaw mixes make salad prep close to effortless these days. Butternut squash comes peeled and cubed, ready for steaming. You can buy broccoli florets without the tough stems.

Source: [www.eatright.org](http://www.eatright.org)



## Employee Anniversaries

Adam Sallee	August 23rd	2yrs
Children's Case Manager		
Misti Mustain	August 28th	12yrs
Director of Specialty Services		

## August Birthdays

Cendie Shelton	August 8th
Therapist	



## Visit our Website!

Check out all the changes to the Website! Visit [www.lcmhs.com](http://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](mailto: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 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](http://www.sdcticketoffers.com)  
**Promo Code:** **I5512** 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](http://www.worldsoffun.com)  
**Promo Code:** **Charlie**



Full Moon	August 3
Last Quarter	August 10th
New Moon	August 19th
First Quarter	August 26th

## Key West Chicken



Rated: ★★★★★  
 Submitted By: TINA B  
 Photo By: Wyattdogster

Prep Time: 15 Minutes      Ready In: 1 Hour  
 Cook Time: 15 Minutes      Servings: 4

"This recipe from the Florida Keys has been given to almost everyone I know. It is the best marinade for chicken, and it only takes 30 minutes from prep till you can grill! It's a great blend of flavors with honey, soy sauce, and lime juice. If you have time, try marinating overnight for the fullest flavor."

### INGREDIENTS:

3 tablespoons soy sauce	1 teaspoon lime juice
1 tablespoon honey	1 teaspoon chopped garlic
1 tablespoon vegetable oil	4 skinless, boneless chicken breast halves

### DIRECTIONS:

1. In a shallow container, blend soy sauce, honey, vegetable oil, lime juice, and garlic. Place chicken breast halves into the mixture, and turn to coat. Cover, and marinate in the refrigerator at least 30 minutes.
2. Preheat an outdoor grill for high heat.
3. Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear.

Nutrition Information	Amount Per Serving	
	Servings Per Recipe: 4 Calories: 184	Total Fat: 6.2g Cholesterol: 67mg Sodium: 735mg

**Saturday, August 25, 2-6 p.m.**  
 Forest Park – Parsons, Kansas  
(rain moves it to The Rock Youth Center, 2200 Broadway, Parsons)

**Everyone is invited to this fun, free, family event!**

Free school supplies and backpacks • Drawings and giveaways  
 Inflatables and other kid-friendly activities • Booths and activities  
 High-quality music performances on the outdoor stage

LOVE LIKE GRAVITY

OF COURSE NOT

FLAME

V. ROSE

[back2schoolbash.wikispaces.com](http://back2schoolbash.wikispaces.com)

## Look for the Labette Center for Mental Health Service Booth at the Back to School Bash!

## American History in August

- August 1st, 1776** - The formal signing of the Declaration of Independence occurred.
- 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 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. Here is the press release describing the event.
- 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 8th, 1814** - Peace talks begin to end the War of 1812.
- August 8th, 1974** - President Richard Nixon appears on television to announce his resignation from the presidency.
- August 9th, 1945** - The Atomic bomb exploded over Nagasaki.
- August 12th, 1908** - Henry Ford introduced the Model T.
- August 14th, 1935** - Social Security Act passed creating the Social Security program during the Great Depression.
- August 15th, 1914** - The Panama Canal officially opened.
- August 18th, 1920** - The 19th amendment passed giving women the right to vote.
- August 18th, 1587** - Virginia Dare was the first child born in America.
- August 20th, 1940** - Radar was used for first time.
- 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 23rd, 1935** - Banking Act of 1935 revises the Federal Reserve.
- August 24th, 1814** - General Ross was unopposed as he led the British forces on Washington and set fire to the Capitol and the White House during the War of 1812.
- August 24th, 1891** - Thomas Edison received a patent for his motion picture camera.
- August 24th, 1992** - Hurricane Andrew, one of the most destructive on record, struck south Florida and Louisiana between today and the 26th.
- August 25th, 1989** - Voyager took pictures of Neptune.
- August 26th, 1920** - 19th Amendment which gave women the right to vote was ratified.
- August 27th, 1776** - The Battle of Long Island during the Revolutionary War resulted in the defeat of the colonists.
- August 27th, 1859** - The first oil well in the country was set up in Pennsylvania by Edwin Drake.
- August 28th, 1830** - Race between 'Tom Thumb', the first locomotive built in America and a horse drawn carriage.
- August 28th, 1963** - March on Washington where Martin Luther King, Jr. gave his 'I Have a Dream' speech.
- August 31st, 1803** - Lewis and Clark begin their expedition exploring the Louisiana Purchase by setting out down the Ohio River.
- August 31st, 1919** - The Communist Party is formed in Chicago, Illinois.
- August 31st, 1972** - Mark Spitz won 5 gold medals for swimming events at the Munich Summer Olympics.

## August is . . . . .

- American Adventures Month  
American Artist Appreciation Month  
Cataract Awareness month  
Children's Vision & Learning Month  
Get Ready for Kindergarten Month  
Golf Month  
Happiness Happens Month  
National Catfish Month  
National Fetal Alcohol Spectrum Disorders Awareness Month  
National Immunization Awareness Month  
National Spinal Muscular Atrophy Awareness Month  
National Runaway Prevention Month  
National Truancy Prevention Month  
Psoriasis Awareness Month  
International Clown Week (1-7)  
Simplify Your Life Week (1-7)  
National Farmers' Market Week (5-11)  
Exercise with Your Child Week (6-12)  
Psychic Week (6-10)  
Single Working Women's Week (6-10)  
National Hobo Week (9-12)  
Elvis Week (10-18)  
National Scrabble Week (11-15)  
National Aviation Week (15-21)  
Little league Baseball World Series (17-26)  
Be Kind To Humankind Week (25-31)  
National Safe at Home Week (27-31)  
Respect for Parents Day (1)  
World Wide Web Day (1)  
Watermelon Day (3)  
Coast Guard Day (4)  
National Chocolate Chip Day (4)  
Social Security Day (4)  
National Doll Day (5)  
National Kids' Day (5)  
Sister's Day (5)  
Lighthouse Day (7)  
Professional Speakers Day (7)  
Purple Heart Day (7)  
Odie Day (8)  
National Duran Duran Appreciation Day (10)  
Smithsonian Day (10)  
S'mores Day (10)  
Kool-Aid Day (11-12)  
National Garage Sale Day (11)  
International Youth Day (12)  
Vinyl Record Day (12)  
Best Friends Day (15)  
National Airborne Day (16)  
Bad Poetry Day (18)  
Serendipity Day (18)  
Aviation Day (19)  
Poet's Day (21)  
Be An Angel Day (22)  
National Waffle Day (24)  
International Bat Night (25-26)  
National Dog Day (26)  
Women's Equality Day (26)  
Radio Commercials Day (28)

WITH FINANCIAL PEACE WORKPLACE EDITION, YOU WILL LEARN HOW TO

# TAKE CONTROL

OF YOUR LARGEST WEALTH-BUILDING TOOL: YOUR INCOME!

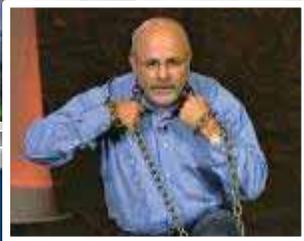
## Learn How To:

Get out and stay out of debt

Create a budget that works

Agree with your spouse on money

Invest and retire with confidence  
*and much more!*



## Your Membership Includes:

Dave's #1 best-seller,  
*Financial Peace Revisited*

Personalized budget forms

Convenient CD library

Dave's unique envelope system

Lifetime access to classes

3-CD Theme Set of *The Dave Ramsey Show*

Zig Ziglar's *The Goals Program* DVD

Additional online resources including  
budgeting tools, videos, forums and more!

Dave Ramsey's

**Financial** *Peace*  
WORKPLACE EDITION

## Labette Center for Mental Health Services

### Employee Wellness Program

July 2012 – June 2013

Incentives earned for the activities below will be awarded in the form of health savings account contribution or gift card.

Activity	Incentive
<b>Biometric Screening</b> Biometric screenings are provided by Labette Health and will take place Thursday, July 12 at the worksite. Screening components include: Height, Weight, BMI, Body Fat, Blood Pressure, Cholesterol, Triglycerides, Blood Glucose, TSH and T4 for Thyroid	\$50.00
<b>Health Assessment</b> This is an important component of the wellness program as it identifies individual's current health status and areas for improvement. The H.A. will be provided in paper format by Labette Health and compiled with biometric data to produce a personal report for each participant.	\$50.00
<b>Physical Exam</b> The physical exam must be completed within the plan year. Completed physical exam forms must be submitted to human resources by June 30, 2013.	\$50.00
<b>Tobacco</b> Employees who certify their non-tobacco use by submitting the verification form by Thursday, July 12th will earn \$75/quarter. Employees can change their tobacco status to earn the incentive upon living tobacco free for minimum of 90 days or by completing an approved tobacco cessation program.	\$300.00
<b>Weight Management</b> \$75/quarter - Please refer to <i>Weight Management Incentive Program</i> document for specific criteria for earning rewards.	\$300.00
<b>Maximum Incentive</b>	<b>\$750.00</b>

**HIPAA Disclaimer:** If it is unreasonably difficult due to a health factor for you to meet the requirements under this program (or if it is medically inadvisable for you to attempt to meet the requirements of this program), we will make available a reasonable alternative standard for you to earn the reward.