



# November 2010

volume 4 issue 11

Editor: Monica M Simpson

## News from the Wellness Committee

### Maintain Don't Gain!

The Maintain Don't Gain Challenge began on November 1st. This challenge runs from November 1st through December 12th. The reporting for this challenge is based on the honor system. On the Wellness website, there is a place to enter results in for each day of the challenge. To get to this simply go to [www.UBAwellnessworks.com](http://www.UBAwellnessworks.com) and enter the access code "lcmhs". If you have not yet created a profile, you will need to do that before going any further. Once you have a profile created, simply click on "My Wellness Credits" listed on the left hand side of the page. Scroll down through the challenges until you find "Maintain Don't Gain" and click on the "Enter Points" button. This will give you a description of the challenge as well as a place to log your points. You can also track your points using a paper form and enter them at a later time. If you do not have a paper tracking sheet, please notify Tara Fleck or any other member of the Wellness Committee. All points must be turned in by December 19th. This challenge is worth 5 credits which can be gained by accumulating a total of at least 150 points throughout the challenge. Points are earned by achieving positive goals each day (2 points per positive act) and can be taken away by taking part in unhealthy habits (1 point per unhealthy act). Good luck to all those participating in this challenge!!

### Wellness Committee Members

Tara Fleck	Natasha Purcell
Nikkii Rosenstiel	LaShawn Taylor
Trinette Craddock	Melissa Stephens
Monica Simpson	

### Chetopa Pecan Fest 5K

The 10th Annual Pecan fest 5K Race will take place on November 20th, 2010 at Veteran's Memorial Park in Chetopa KS. The run will begin at 10:00 am and is sponsored by Chetopa State Bank. There is a \$10.00 entry fee for the 5000 meter certified course. Plaques will be given for 1st place overall male and female. Medals will be given for 1st, 2nd, and 3rd place. Age groups are: 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 or above. The course is mostly flat with some rolling hills and begins and ends along the Neosho River near the Chetopa public swimming pool. There will be free bananas and water for contestants. In order to receive a shirt, the entry fee need to be turned in by November 8. For an entry form please contact Tara Fleck or any other member of the wellness committee. You may also call 620-236-7703 for more information about the race. This event will count for extra wellness credits!!!!

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### Great American Smokeout!

The American Cancer Society is marking the 35th Great American Smokeout on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life - one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help. For more information on the Great American Smokeout go to:



<http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/history-of-the-great-american-smokeout>

UBA Wellness Works Newsletter

### November Pot Luck

On Friday November 5th, the Wellness Committee and LCMHS will hold the first Pot Luck lunch! It will be from 12:00-1:00 in the multi purpose room. Since this is a Wellness lunch, please bring a healthy dish- fruits, veggies, low calorie, low fat, whole grains are some examples. If anyone needs any help, please feel very free to ask any member of the Wellness Committee for some help/ideas/etc. During the potluck there will also be time to bring up any ideas, questions, concerns, or thoughts to the Wellness Committee.

### Practice Healthy Living

One of the surest ways to lower your medical costs over the long term is to lead a healthy lifestyle:

- Exercise regularly and maintain a healthy weight
- Eat a healthy diet that emphasizes plant foods
- Quit smoking -- and kick other unhealthy habits
- Take advantage of preventive care
- Actively participate in wellness programs offered by your employer

## **Sandra Dickerson Earns a Master's Degree**

On August 31st of 2010, Sandra Dickerson, Director of Business Operations, received her Master's degree in Health Administration! Congratulations to Sandra on this awesome achievement!!!

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## **Safe Haven Outreach Mission**

Safe Haven Outreach Mission is a non-profit, non-denomination, faith based homeless shelter located in Parsons. The shelter opened in Parsons on May 7th and has a capacity to house 8 individuals which can include men, women and families. Since opening in May, Safe Haven has maintained full capacity at all times! As with any non-profit organization, funds are needed to run the shelter. Donations to Safe Haven are always welcomed and greatly appreciated. At this time, Safe Haven is offering a program to gain much needed funds. For \$72.00 per year or \$6.00 per month, an individual or group of individuals may purchase a spot in what they call "Club 72". This money will be used to continue helping individuals who stay at the shelter. Each member receives a bi-monthly newsletter from the Director and Founder of the organization, Melissa Brown. They also receive a Safe Haven wristband and an invitation to the summer cookout held at Safe Haven to thank supporters. Individuals are able to become part of Club 72 or groups may pool together and purchase the club membership together, splitting the cost between them. This contribution would be tax deductible. For more information regarding this program please contact Jon Tower, LCMHS CMA.

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## **Shellie Collins from Rector Diabetic Center Visits CSS**

On Thursday October 28th, Shellie Collins with Labette Health Rector Diabetes Center visited The Peer Support Group in the Community Support Services Program. Mary Beth Griggs, Peer Support Specialist, invited Mrs. Collins to discuss health and wellness topics associated with Diabetes with clients. Mrs. Collins presented on type 2 diabetes which is most common in adults. She presented information regarding signs and symptoms of blood sugar problems and treatments available for diabetes. Mrs. Collins presented on important ways to provide self care, following diet and exercise plans in order to keep healthy. Mrs. Collins will return to the CSS program in the Spring of 2011 to present again on this topic. This will hopefully provide the opportunity for more clients to gain this valuable information. Thank you to Mary Beth for bringing this issue to light and helping our clients gain more information about the disease.

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## **CSS Thanksgiving Dinner**

On Wednesday November 24th, the Community Support Services staff will be hosting a Thanksgiving dinner for all of the CSS clients. This dinner has become a tradition over the last several years. It is a time for staff and clients to gather together and give thanks for this holiday season. It is also a time when clients can highlight recovery stories and their personal successes within the program. This year the CSS program expects to serve approximately 90 clients.

## **New Employee**

We would like to welcome Betty Reissig to our family. Betty is a proud mother to her four children and also has three wonderful grandchildren. She began working at LCMHS on October 18th, 2010. Welcome Betty, we are proud to have you with us!



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## **Congratulations Melissa Dold!**

A special congratulations goes out to Melissa Dold, Night Receptionist, on the birth of her son, Trace Dold! Trace was born on October 27th at approximately 8:30pm. He weighed 5 lbs and 15 oz and was 19.5 in long! Best Wishes to Melissa on the birth of her son!!!

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## **HIPAA Training**

Deb Williams and Sandra Dickerson will be presenting HIPAA Trainings for all employees. These training were held on November 2nd and 3rd and will finish on November 9th and 10th. If you have not yet signed up for a training, please contact Deb Williams or Sandra Dickerson to be able to attend.

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## **Survey's for Strategic Planning**

Over the course of the last few weeks, there have been a series of survey's distributed to several different venues in order to gain information that will be useful in the process of creating a new Strategic Plan for the Center. These survey's have been distributed to staff, clients, social agencies, and the medical community. There will also be survey's sent to school systems, legal systems and companies within Labette County. All of this information will be useful in the Strategic Planning process. Results of these survey's will be distributed to employees by direct supervisors in the various staff meetings. If anyone has any questions regarding the Strategic planning process, or the results of any of the surveys, please feel free to discuss the process with your supervisor.

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## **Veteran's Day**

Veteran's Day is on November 11th each year and this year falls on a Thursday. LCMHS will be closed for Veteran's Day and will reopen for normal business hours on November 12th.

Veteran's Day is an observance day to honor military persons who have served our country. November 11 was chosen as the day to observe this holiday because it is the anniversary of the signing of the Armistice that ended World War I. (Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 with the German signing of the Armistice.) November 11th, 1919 was the first observed day for this holiday, as designated by President Woodrow Wilson.



## Changes in Offices!

There have been a few changes in where individuals are located. Shereen will now be found in office # 104 (Norma's old office). This office is located directly south of the front office and is the first door on the east side of hallway. Her new extension number will be 18. Mark Mikel will now be found in office #122 (Shereen's old office). His new extension number will be 26. Verla Adkins, a new therapist who will begin on November 12th, will be inhabiting Mark Mikel's old office, #125, and will have the extension number 27. If anyone has any difficulty locating these individuals, please feel free to stop by the front office for directions.



## Moon Phases

New Moon	November 6th
First Quarter	November 13th
Full Moon	October 21st
Last Quarter	November 28th

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**October Answer:** When the new Roman Calendar was created two extra months were added in, moving October from the eighth month to the tenth month.

**November Trivia Question:** What famous speech was given in November, 1863?

The full moon on the 21st is called "Beaver Moon" by Native Americans because at this time of year the beavers are preparing for winter.

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## Tips for a Healthier Thanksgiving Dinner!

- If you're hosting a small gathering, buy a turkey breast rather than the whole bird, as breast meat is lower in calories than dark meat. If you do buy a whole turkey, avoid "self-basting" turkeys, as they often contain added fat. And--it goes without saying--stay away from the deep fryer this year, and roast or smoke the turkey.  
Stuff the turkey cavity with whole or halved onions, halved lemons or apples, and sprigs of fresh herbs such as sage, marjoram, thyme, and/or rosemary.  
Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with salt and pepper.
- Gravy is one of the biggest calorie culprits on the table. Use vegetable oil rather than turkey drippings when making the gravy--it's still fat, but oil is lower in saturated fat and is cholesterol-free.  
If you use turkey drippings to add flavor, use a gravy separator. Pour the gravy into a separator and allow it to sit for a few minutes. Some of the fat in the gravy will rise to the top of the glass where you can skim it off easily.  
Better yet, make a low-fat broth-based gravy or a vegetarian gravy instead.
- Instead of using butter and cream to mash potatoes, save the cooking water when you boil the potatoes. The starchy water will give the potatoes a creamier texture than plain water would.  
You can also add turkey or chicken broth, evaporated skim milk, or fat-free sour cream. For extra flavor, stir in roasted garlic and herbs. For added nutrition, add pureed cooked cauliflower, parsnips or turnips.
- Bake the dressing in a casserole dish rather than in the turkey, where it absorbs fat from the turkey as it bakes. It's hard to slim down a stuffing recipe, so take a small serving if it's your Thanksgiving favorite. Avoid recipes using sausage or bacon; wild rice and grains are more nutritious than bread stuffing's.
- Scrap the traditional dessert-style candied sweet potato casseroles in favor of a low-fat, naturally-sweetened dish. Try a cranberry relish or cut down on the amount of sugar in your cranberry sauce by adding fruit juices or apple sauce.
- Most of the fat in a pie comes from the crust. Try a reduced-fat graham cracker crust or our crust-free pumpkin pie recipe.

allrecipes.com

## Positions Available

Labette Center for Mental Health Services, Inc. is looking for an individual to work as a Children's Case Manager in our Community Based Services Program. This position requires a Bachelors degree in a Human Services related field. Competitive salary and benefits include BCBS health insurance and KPERS retirement. Prior experience in a CMHC or licensure through Kansas BSRB preferred but not required. Resumes will be accepted until the position is filled. Send cover letter and resume to LCMHS, Inc. Attn: Natasha Purcell, Human Resource Coordinator, PO Box 258, Parsons, KS 67357-0258 or you can email your resume to [npurcell@lcmhs.com](mailto:npurcell@lcmhs.com). Information about Labette Center for Mental Health Services, Inc. can be obtained at [www.lcmhs.com](http://www.lcmhs.com). EOE.

Do you enjoy working with people? Are you self-motivated? If you answer yes to these questions then Labette Center for Mental Health Services, Inc. has the job for you. LCMHS is looking for an individual to work as a Case Manager in our adult program. This position requires a Bachelors degree in Human Services. We offer competitive salary and benefits including BCBS health insurance and KPERS retirement. Send cover letter and resume to LCMHS, Inc. Attn: Natasha Purcell, Human Resource Coordinator, PO Box 258, Parsons, KS 67357-0258 or you can email your resume to [npurcell@lcmhs.com](mailto:npurcell@lcmhs.com). Information about Labette Center for Mental Health Services, Inc. can be obtained at [www.lcmhs.com](http://www.lcmhs.com). EOE.



## 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.

In October the LCMHS website [www.lcmhs.com](http://www.lcmhs.com) had 653 hits!

# Thanksgiving

## November Birthdays

Shereen Ellis	November 6th
Director of Clinical and Emergency Services	
Britini Murphy	November 12th
Navigator's Aide	
Betty Reissig	November 13th
Front Office Receptionist	
Jordan Burks	November 14th
Navigator's Aide	



***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.*

## Kansas History in October

**November 1<sup>st</sup>, 1919** - Ten thousand coal miners struck. They asked for a six-hour day, a five-day week and a 60 percent raise. Most of the state had only two weeks' fuel supply. Institutions and schools were closed. Through a receivership order from the Supreme Court, the state took charge of the mines, arbitrated futilely, then called for 1,000 volunteers. During November and December 10,000 college and ex-service men responded. With them went Governor Allen and the Fourth Regiment of the Kansas National Guard. Working in sub-zero weather in a wholly-unionized district, pits filled with water, and machinery out of repair, the volunteers mined 700 carloads of coal and relieved emergencies in 200 communities.

**November 3<sup>rd</sup>, 1914** - The election was a Republican landslide. Women voted for the first time in a state general election. Mrs. Eva Morley Murphy, Goodland, who ran for U.S. Representative on the Progressive ticket, received over 6,000 votes but was not elected. Officers elected, all Republican, were: Arthur Capper, Topeka, Governor; Charles Curtis, Topeka, U.S. Senator; William Y. Morgan, Hutchinson, Lieutenant Governor; J.T. Botkin, Galena, Secretary of State; W.E. Davis, Dodge City, Auditor; Earl Akers, Stafford, Treasurer; S.M. Brewster, Troy, Attorney General; W.D. Ross, Oskaloosa, Superintendent of Public Instruction; Carey J. Wilson, Topeka, Superintendent of Insurance; W.R. Smith, Columbus, State Printer. The recall amendment passed.

**November 5<sup>th</sup>, 1916** - Only one woman in 1,908 at K.U. chose to marry, according to a questionnaire. Sixty-five percent planned to teach. Other vocations chosen included banking, pharmacy, medicine and journalism.

**November 7<sup>th</sup>, 1825** - Treaty was made with the Shawnees. The United States gave them a tract of land equal to fifty miles square, situated west of the State of Missouri, and within the purchase made from the Osages on the 2nd of June, 1825.

**November 8<sup>th</sup>, 1901** - Mrs. Mary "Mother" Bickerdyke, 84, Civil War nurse, died at her home in Bunker Hill. She was in 19 battles in the department of the Ohio, Tennessee and Cumberland armies as a nurse, cook and laundress, often violating procedure, but always sustained by superiors. After the war she influenced 300 soldiers and their families to come to Kansas. She opened a hotel in Salina under the patronage of the Union Pacific. In "grasshopper years" she secured relief for sufferers.

**November 9<sup>th</sup>, 1908** - The case of Fred D. Warren, managing editor of *Appeal to Reason*, Socialist paper at Girard, was continued until the next term of federal court. Warren was charged with sending "threatening and scurrilous" matter through the mails. His attorneys were Clarence Darrow, Chicago and Louis C. Boyle, Kansas City, neither of whom was present when the case was ordered continued.

**November 16<sup>th</sup>, 1864** - Joseph Bond starts the Herald, at Humboldt--the first paper printed there. J.H. Young soon became one of the publishers. John R. Goodin was one of the editors. The Herald lived a year.

**November 17<sup>th</sup>, 1917** - Koon C. Beck, Hutchinson, processed rabbit meat, which he sold for 12 cents a pound. Hunters received three to five cents per rabbit for bounty and eight cents a pound for meat.

**November 18<sup>th</sup>, 1909** - Dwight Eisenhower, 19 years old, spoke on "The Student in Politics" at a Democratic banquet at Abilene.

**November 19<sup>th</sup>, 1916** - Of 2,918 women employees in 375 business establishments in Kansas, only 126 were working under the eight-hour system, the State Industrial Welfare Commission reported. One fourth worked over ten hours a day, and two-thirds received less than \$8 a week.

**November 20<sup>th</sup>, 1897** - Fort Scott dynamited the Marmaton river bed in an effort to replenish the town's exhausted water supply.

**November 29<sup>th</sup>, 1894** - Coal thieves at Wichita used sacks, wheelbarrows and wagons. The Rock Island lost 16 tons in one night.

## November is . . . . .

- American National Diabetes Month
- American Indian Heritage Month
- Family Stories Month
- National Adoption Month
- National Roasting Month
- National Scholarship Month
- Prematurity Awareness Month
- Vegan Month
- National Animal Shelter Appreciation Week (1-7)
- World Communication Week (1-7)
- National Nurse Practitioners Week (7-13)
- Pursuit of Happiness Week (7-13)
- Dear Santa Letter Week (8-14)
- National Hunger and Homeless Awareness Week (14-20)
- National Family Week (21-28)
- National Teens Don't Text and Drive Week (21-27)
- Cookie Monster Day (2)
- Election Day (2)
- National Men Make Dinner Day (4)
- Sadie Hawkins Day (6)
- National Parents as Teachers Day (8)
- National Young Readers Day (9)
- Veteran's Day (11)
- World Kindness Day (13)
- World Diabetes Day (14)
- Homemade Bread Day (17)
- Children's Day (20)
- Humane Society Anniversary Day (22)
- Thanksgiving Day (25)
- Black Friday (26)
- Computer Security Day (30)
- National Meth Awareness Day (30)

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## Daylight Savings Time Ends!

Don't forget to set your clocks back an hour on November 7th at 2:00pm! This is the end of Daylight Savings time.

