



Employee Picnic	pg 1
Broadening Horizons	pg 2
Dr. Pletcher Award	pg 2
Mark Mikel Certification	pg 2
Recycled Pharmacy.	pg 2
Mandt Certification	pg 3
New Badges	pg 3
Congrats to Rainbow Apt.	pg 3
Updates to Website	pg 3
CSS Thanksgiving Dinner	pg 3
Roof Work to be Done	pg 3
New Employees	pg 4
Trivia	pg 4
Kansas History	pg 5
American History	pg 5
Birthdays	pg 5
November is . . .	pg 5
Depression Class Flyer	pg 6

## Employee Appreciation Picnic



Once again the annual company picnic, which was held on October 17th, 2009, was a big success. Everyone who attended appeared to have a good time. The day started off slightly chilly, however once the festivities began, it seemed to warm up.

There was everything from food, to prizes, races and even a little friendly competition as employees and family members made their way through the obstacle course!

Awards given during the day were:

- Nancy Dorsey for 25 years of Service
- Beth Engels for 15 years of Service
- Babette Collins for 15 years of Service
- Michelle Vance - the Road Runner Award
- Mark Mikel - the Worm Award
- Christi Mills - the Energizer Bunny Award
- Stacy Green - the Bulldog Award
- Emma Vore - the Grace Award
- Jackie Jalali - the Laugh out Loud Award
- Asha Patel and Christi Mills - the Gemini Award



Throughout the day there was a variety of drawings held for gifts from around Parsons. Many employees won prizes that included things such as Wal-Mart gift cards, Gas Cards, Downtown Parsons Dollars, and many more.

Food served at the picnic was catered by Sirloin Stockade and the blow up obstacle course, slide and bouncing house were provided by Grand Rental Station in Oklahoma. A big Thank You goes out to the management team for a job well done orchestrating the days festivities and creating a fun day for all!



## LCMHS Broadens Horizons By Teaming With Sunrise Media Group!

Another new and exciting change is taking place at Labette Center for Mental Health Services. LCMHS and Sunrise Media Group have joined forces to enhance the image of the Center. Sunrise Media Group is a Marketing Agency based out of Joplin MO. Doug Hunt, President and CEO of the company has spoken with the center at various times, as well as presented his company to the Board Members. Mr. Hunt and his organization have worked with companies such as Crowder College, Girard Medical Center, and Family Life Center. Sunrise Media Group has had such a positive effect with Family Life Center that Scott Jackson (Executive Director of The Family Life Center) and Mr. Hunt presented their achievements at the Association of Community Mental Health Centers Annual Conference that was held in September. Sunrise Media Group works with companies on public relations and marketing issues on a grand scale in order to help those companies achieve their goals. LCMHS has now retained their services with the hope of broadening our horizons in the community. The goal of the project will be to raise community awareness about the center, as well as change the public's perceptions about the center and the business which we conduct here. This arrangement will bring about many changes for both the community as a whole as well as the community within our organization. In the end, this positive move being made by the center will enhance the public view of our agency. The LCMHS staff should be prepared to hear many more exciting updates regarding this process. It will be a team effort by the center as a whole to work together and achieve the best outcomes possible. We are excited to begin this project and thank everyone for their support in the endeavor.



## Mark Mikel Receives Certifications

Mark Mikel has received his certification for AAPS as a Substance Abuse Counselor. He has met the requirements necessary to be deemed a fully credentialed counselor with SRS through the Department of Addiction and Prevention Services. He has also completed trainings offered by the Kansas Department of Corrections for using cognitive behavioral treatment for substance abuse clients. Congratulations to Mark on these achievements. Keep up the good work!

---

## Dr. Pletcher Receives Award

Dr. James Pletcher, DO (specializing in psychiatry), will receive the 2009 State of Oklahoma BCBS Health Care Champion of the Elderly Award. The award



will be presented to him on Tuesday November 17th, 2009 at the Renaissance Hotel in Tulsa Oklahoma. At that time there will be an award ceremony taking place where Dr. Pletcher as well as many other Health Care Champions will receive their awards. Dr. Pletcher began working with Labette Center for Mental Health Services on August 18th, 2009, and sees adults on Tuesdays and Fridays. We congratulate Dr. Pletcher in his achievement.

---

## Recycled Pharmacy Program

A program that was passed by the legislature in 2008 will allow medical facilities such as nursing homes and mail service pharmacies to donate unused prescription drugs to clinics and health care centers to be used for low-income individuals. This program was lobbied for by Mike Hammond, Executive Director for the Association of Community Mental Health Centers. Mr. Hammond lobbied to make sure Community Mental Health Centers would be included in the list of possible recipients of the program. This law took effect in January of 2009 and added Kansas to a list of 37 other States that utilize similar programs already. There have been strict regulations placed on the acceptance of the medications as well as

the distribution of those medications. This program will help clients who are unable to afford medications that they need.

Labette Center for Mental Health Services will join a list of fifteen other recipients in the State of Kansas. However, LCMHS is the first Community Mental Health Center in the State to join the program. LCMHS will serve as a pilot center in the use of this program with CMHCs in the State. At this time, there are a total of six facilities donating medications to the program. The first donation of pharmaceuticals in Kansas was made in April of 2009.

Brian West of Bowen Pharmacy in Parsons KS will be the Center's consulting community

## Thanksgiving Recipe Easy Chicken and Dumplings

- 1 Can Cream of Chicken Soup
- 1 Can Chicken Broth
- 1 Can Biscuits
- 4-5 Boneless Chicken Breasts

Bring water to a boil in a medium sauce pan. Cut chicken into small cubes and add to water. Boil chicken until it is fully cooked. Leave 1/4-1/2 inch of the water used to cook the chicken in, in the sauce pan to add chicken flavor. Add Cream of Chicken Soup, Chicken Broth, and biscuits (cut into 1/4 size) to pan. Bring to boil. Reduce hit to simmer and cook until biscuits or cooked completely. Add water while cooking if sauce becomes to thick or to make a thinner, soupier sauce. Enjoy!

Serves 4-6



pharmacist. He will be reviewing procedures to ensure the Center is compliant with Kansas regulations. He will validate any medication that come in from facilities that have non prepackaged bottles and confirm that what is in the bottle is what is on the manifest. Lastly, he will be an advisory resource for any questions that may come up that need a pharmacist's knowledge to answer. His help in this endeavor will be invaluable and we thank him for his assistance.

This is an exciting program for LCMHS to be involved with and we look forward to being able to better serve the needs of our clients.

## CSS Thanksgiving Dinner

The CSS Program is having a Thanksgiving Dinner and Recovery Celebration for adult case management clients on Tuesday November 24th, 2009. The dinner has become a tradition for the program to celebrate the holidays with the clients and serving a traditional Thanksgiving meal. This year, the program will also be celebrating recovery successes, including stories of those individuals that have gained competitive employment and have improved their quality of life by working on recovery. The CSS staff is excited to have time to enjoy the holidays with clients and share success stories of achievements.

---

### Congratulations to Rainbow Apartments

Rainbow Apartments located at 906 S. 13th Street in Parsons, recently received it's annual report review from The Kansas Housing Resources Corporation. The Rainbow Apartments have met the reporting requirements for the 2008 review period. Good Job to Deb Williams on passing this review with the Rainbow Apartments!

---

### Mandt Recertification

Beth Engels attended a training in Topeka on October 21st and 22nd to become recertified as a MANDT Systems trainer. The MANDT System teaches how to deal with clients through a variety of ways when a situation becomes unstable. It teaches verbal methods to deescalate as well as physical restraint methods that may be needed in certain situations. Upon completion of this course, Beth has been recertified to teach the MANDT System for the next two years.

MANDT is a system that is to be completed by all service providing employees within a timely manner upon hire as well as recertification's throughout their employment with the center. For more information on the MANDT System or becoming certified, please contact Beth Engels at 421-3736 or bengels@lcmhs.com.

---

### Proxy Card Locks on Resource Room

The resource room located at the main building now has proxy card readers on both doors. If you would like to have your card programmed to be read by these locks, please see Vanessa Cohen, HR.

## Updates to Website

The LCMHS website has been updated and will continue to be updated on a regular basis. Please be sure to check the site for new information and new changes that occur on it. Make the LCMHS website your home page, and stay updated all the time! If anyone has any suggestions for information to be included on the website, please email me with those ideas at msimpson@lcmhs.com.

---

### New Badges

The Center has purchased a new badge maker for creating employee badges. This badge will be similar in structure to the proxy cards used to open the doors at the main building, made out of a hard plastic. All employees will receive a new badge with in the next week or two.

Vanessa Cohen, HR will be creating the new badges. The Center has on file the pictures that were used for the original badges. If you would like to have a new picture taken, be sure to notify Vanessa as quickly as possible. Employees who wish to have a new picture taken will need to schedule a time with Vanessa to have a new one taken. Any employee who does not notify Vanessa that they would like to have a new picture taken, will have a name badge made using the original picture. The name badges will be placed in employees mail boxes in the resource room. If an employee does not have a mail box, it will be placed in their supervisors mail box.

---

### Roofing Work to Be Done on Two Buildings

Mid Central Contract Services, Inc have been authorized out of Pittsburg KS have been authorized to do repairs on the roof of the main building as well as the roof at the Katy Drive building. Hopefully these repairs will fix any leakage issues that occur in these two buildings and make life more comfortable for employees as both sites. Look for this work to begin with in the near future.



## Thanksgiving Tips

### How to loosen the skin from the turkey:

Poke the end of a small spoon between the breast meat and skin, starting at the open cavity of the turkey. Move the spoon over the breast to separate the skin from the meat; take care not to rip the skin. Do this on both sides of the breastbone. Place a spoonful of the herbs, butter, spices, etc. under the skin, and press it out to distribute it evenly over the breast.

### What to do with overcooked vegetables:

Place vegetables in a cassorale dish and and tomato sauce or another type of cream sauce. Sprinkle with cheese and bake.

### What to do if you use to much salt in a soup or gravy:

If you have a potato, peel it and throw it into the oversalted soup or gravy. Let it simmer for a while, then remove the potato and discard. The potato should have absorbed some of the salt. If the soup is still too salty, try adding some mushrooms or tomatoes or a little milk or cream to neutralize the flavor. Or try squirting in a little lemon juice or adding a pinch of sugar to balance.

Enjoy your Thanksgiving and look for other helpful hits at:

<http://thanksgiving.spike-jamie.com/tips>

*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.*

## Triggers That May Cause Holiday Stress and Depression

November starts the holiday season with its preparations for Thanksgiving. The holidays can be a wonderful and exciting time, spent with family and friends. However, for some, it can also be a season of despair, anxiety, depression and stress. For those dealing with the loss of a family member, those who have no one to celebrate the holidays with, and those who worry about how they will manage to pay for the holiday season it can be the most trying time of the year. According to the Mayo Clinic Website, there are three triggers to be mindful of when approaching the holiday season.

- **Relationships:** Individuals should be mindful of the possibilities of turmoil, conflict and stress that go along with families gathering together. Whether the issues arise from misunderstandings, or having a large amount of people in a small space for an extended time, this issue can leave people feeling stressed and uncomfortable.
- **Finances:** The holidays brings along with it an expectation of gifts, travel, food, entertainment, etc. This can be extremely hard on a person's wallet. Money can become a source for arguments and personal stress. It can become a larger issue when overspending occurs and leads to financial difficulties to worry about for the next several months.
- **Physical Demands:** Lack of rest and constantly being on the move during the holidays can put unwanted stress on a person's body and mind. Aside from making a person physically tired, lack of rest can increase the chances of contracting the flu, a cold, or other unwanted illnesses.

[www.mayoclinic.com](http://www.mayoclinic.com)

## Tips for Reducing Depression and Stress During the Holidays

1. Acknowledge your feelings. Know that it is ok to be sad about issues that have taken place in your life, such as the death of a family member or friend. Realizing it's ok to have these feelings and taking the time to reflect, cry or coop in your own way will help.
2. Reach out and seek others in your community, family, religious organization or at social events. Volunteering time may also help to ease the holiday blues.
3. Be realistic about what you are able to accomplish. It's alright to change family traditions or rituals to better fit your own lifestyle. Trying to maintain a regiment that may have worked at another time can become overwhelming.
4. Set aside differences and try to accept family and friends for who they are. Setting aside issues, even if just for the holiday season can help to maintain a more relaxing time. Also try to be understanding of the issues other may be going through.
5. Set a budget and stick to it before going shopping. Whether you are shopping for groceries or gifts, going over budget can cause unneeded stress during the holidays.
6. Plan ahead and set up specified days and times to do shopping. This will relieve any stress caused by last minute shopping and trying to find the right items in a limited amount of time.
7. Learn to say no so that you do not become overwhelmed. Don't be afraid to tell family and/or friends that you won't be able to make it to a function. Trying to be at too many places in short amounts of time can cause not only stress, but fatigue and exhaustion.
8. Don't abandon healthy habits during the holiday season. Overindulgence will only add to feelings of depression and guilt. Try to maintain the eating habits you use throughout the rest of the year.
9. Take a breather and take a few minutes for yourself. When feeling stressed 15 minutes can help to calm you down. Try taking a walk or doing breathing exercises. Try to slow the heartrate down and relax the body.
10. Seek professional help if you need it. Be sure to contact a mental health professional or family physician if you have feelings of depression, stress or anxiety that remain persistent and cause there to be other issues in your life, such as inability to sleep, eat, or causes physical symptoms, or if you are unable to finish daily tasks or concentrate due to these issues, feel irritable and/or hopeless.

## New Employees

Alisha Wyrick began employment with LCMHS on October 12th, 2009. She is working as a case manager in the CSS program.



Alisha lives in Erie with her husband, daughter and 2 sons. She obtained her BA in Sociology from Fort Hays State Univ. She grew up in Chetopa and has recently moved back to this area from Central KS. Welcome to LCMHS Alisha!

Dustin Gudde began employment with LCMHS on October 9th, 2009. He is working in both the CSS and CBS programs as a case manager.



Dustin received his BS from Bethel College in Elementary Education. Dustin was born and raised in Parsons KS. He enjoys sports, KU Football, and spending time with his friends and very large family!

## Monthly Trivia

September Answer: Leif Erickson

[www.quizland.com](http://www.quizland.com)

The winner of the drawing was: Cary Smith  
Congratulations to the winners!!!!

Trivia Question of the Month: What is the highest reported temperature world wide and where did it occur? What is the lowest reported temperature world wide and where did it occur?

[www.weatherexplained.com](http://www.weatherexplained.com)

## Welcome Ingrida!

Michelle Vance, Emergency Therapist will be welcoming to the United States and to her new home, her recently adopted daughter from Lithuania. Michelle, her husband Clint, and their daughter Sloane will have a new addition to their family as of October 30th, 2009. Ingrida will be traveling across seas to join her new family in America. Congratulations to Michelle and her family and their new addition and welcome to Ingrida.



## November Birthdays

Shereen Ellis	Nov. 6th
Director of Clinical and Emergency Services	
Britini Murphy	Nov. 12th
Navigator's Aide	

---

## American History in November

**November 1st, 1950** - The Harry S. Truman assassination attempt occurred.

**November 2nd, 1889** - Susan B. Anthony and Elizabeth Cady Stanton, leaders of the women's suffrage movement, are stopped trying to vote.

**November 4th, 1797** - US Congress paid 'anti-piracy' tribute to Tripoli.

**November 7th, 1805** - Lewis and Clark sighted the Pacific.

**November 10th, 1775** - The Continental Congress created the Continental Marines, later the US Marine Corps.

**November 11th, 1831** - Nat Turner was hanged for leading a slave rebellion.

**November 14th, 1971** - Mariner 9 becomes the first spacecraft to orbit another planet when it reaches Mars.

**November 15th, 1777** - The Continental Congress agreed to the Articles of Confederation as the new form of government for America.

**November 15th, 1864** - Sherman set out on the March to the Sea during the Civil War.

**November 17th, 1734** - John Peter Zenger was arrested for seditious libel and held in jail for ten months before his case went to trial. Alexander Hamilton represented him and despite heavy pressure from the Governor's judges, was found not guilty. This case was important for setting a precedent of freedom of the press before America became an independent nation.

**November 17th, 1973** - Richard Nixon makes his famous "I am not a crook" speech concerning the fallout over Watergate.

**November 19th, 1620** - The Mayflower came into sight of Cape Cod and then turned south.

**November 19th, 1863** - Abraham Lincoln delivered the Gettysburg Address.

**November 20th, 1945** - Nuremberg Trials began charging Nazi soldiers and governmental officials with war crimes committed during World War II.

**November 20th, 1962** - The Cuban Missile Crisis officially ended when President Kennedy ended the quarantine against Cuba.

**November 30th, 1782** - The United States and Great Britain sign a preliminary peace agreement to end the Revolutionary War that would later become the Treaty of Paris.

[www.about.com](http://www.about.com)

## Daylight Savings Time Ends

Make sure and remember to turn your clocks back on Sunday November 1st at 2:00 am. (Tip - I always make sure to set them before going to bed, that way there are no worries in the morning!) This is the official ending of Daylight Savings Time. As always, forgetting to turn clocks back can cause chaos and disorder in a persons life.



## Moon Phases for November

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

Full Moon on the 21st is called the "Beaver" moon because at this time of the year the beavers are industriously preparing for winter.



## Thanksgiving Fun Fact

The first Thanksgiving was held exactly 220 years ago to the day! That Thanksgiving was celebrated on Thursday **November 26th, 1789** upon George Washington's request. This year Thanksgiving will take place on Thursday **November 26th** as well.

## November is . . . . .

American Indian Heritage Month  
Lung Cancer Awareness Month  
National Adoption Month  
National Novel Writing Month  
National Peanut Butter Lovers Month  
Pursuit of Happiness Week (7-13)  
Fraud Awareness Week (7-14)  
National Bible Week (21-28)  
National Family Week (21-28)  
Church/State Separation Week (23-27)  
National Author's Day (1)  
Cookie Monster Day (2)  
Origami Day (11)  
National American Teddy Bear Day (14)  
World Diabetes Day (14)  
Married to a Scorpio Support Day (18)  
National Survivors of Suicide Day (20)  
International Day for the Elimination of  
Violence Against Women (25)  
Thanksgiving Day (25)  
Black Friday (26)  
National Meth Awareness Day (30)

[www.brownielocks.com](http://www.brownielocks.com)

---

## Kansas History in November

**November 4th, 1913** - The fastest time made by any railroad in Kansas was on the Santa Fe track between Hutchinson and Kinsley. This was the "race track" in Kansas railroad circles.

**November 5th, 1916** - Only one woman out of 1908 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 12th, 1890** - Every piece of mail at Medicine Lodge contained a pair of socks for "Sockless Jerry" Simpson, the representative-elect from the Seventh District.

**November 16th, 1864** - Joseph Bond starts the Herald, at Humboldt. This was the first paper to be printed there. JH Young soon became one of the publishers. John R. Goodin was one of the editors. The Herald ran for one year.

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

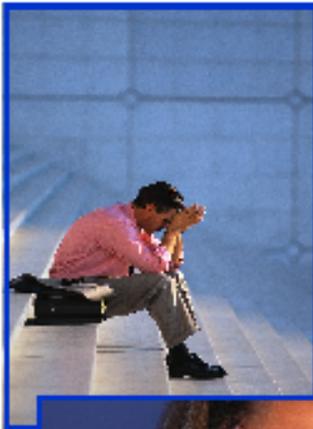
**November 28th, 1864** - The first excursion train went from Wyandotte to Lawrence.

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

**November 30th, 1803** - Laussat takes possession of Louisiana. Casa Calvo and Salcedo, the Spanish commissioners, present to him the keys of the city, over which the tri-color flag floated but for the short space of twenty days.

[www.kshs.org](http://www.kshs.org)

The Newsletter has gone digital. For those who I do not have an email address for, a paper copy will be mailed. Please let me know if you would like to receive a paper copy please let me know so that your name can be added to the list. Thank you - Monica



## The Faces of Depression

This workshop offered by **Labette Community College** is designed to help you become familiar with the signs of various kinds of depression. The workshop will briefly review major depressive disorder, as well as adjustment disorder, dysthymic disorder, seasonal affective disorder, grief, and holiday blues which are all types of depression.

If you feel that you or someone you care about is one of the many who show signs of depression in this country, the information presented here may help you take the steps that may improve your own or someone else's life. The information will focus on a holistic approach in addressing these signs including thinking patterns, talk therapy, nutrition, exercise, history, environment, and medication.

For nurses interested in taking this course, the "Individual Offering Approval Form for Continuing Nursing Education" is available through the Workforce Education office to send to the Kansas State Board of Nursing to determine eligibility for CEU credit. Other professionals would need to check with their respective governing boards.

- **Location:** Room A107, Annex Bldg, **Labette Community College campus**  
200 S. 14th Street, Parsons, KS
- **When:** Thursday evening November 12th, 2009 from 6:00 p.m.—9:00 p.m.
- **Instructor:** Norma Cunningham, M.Ed. - National Certified Counselor  
Kansas Licensed Clinical Professional Counselor  
Labette Center for Mental Health Services
- **Cost\*:** \$30.00 non credit workshop fee
- **Enrollment:** Contact Carol Rabig at 620.820.1273 or 1.888.522.3883, extension 1273  
Course #NONC 023 Line #00001

**DISCLAIMER:** This workshop is for educational purposes only. It is not intended to formally diagnose or treat an illness. It is not intended to take the place of a face to face consult with an M.D., mental health professional, or other health care professional. If you believe you have signs or symptoms of any form of depression, personal consultation with an M.D., mental health professional, or other health care professional is recommended.

\***Labette County Seniors** (60 & over), employees of those with CTE agreements (city, county, and state) and LCC employees may take CREDIT courses and pay only material fees and textbook fees! This does not apply toward NON-CREDIT Workshops.



**Labette**  
Community College

Workforce Education & Community Services