



Walk Kansas 2010

It is that time of year again! Once again Labette Extension office will be sponsoring the Walk Kansas effort. This year Walk Kansas is scheduled for March 7– May 1st. LCMHS is proud to participate in this program and encourage healthy living among our employees. The program focuses on exercise as well as healthy eating habits. Last year we had two teams that participated in the program. Hopefully this year we will be able to continue the efforts put forth last year and extend them to include even more employees from our center!

How does Walk Kansas work?

- Co-workers, family members, friends and neighbors form teams of 6 people who will track minutes of physical activity and food choices during the 8-week challenge.
- The physical activity goal for each team member is 2 ½ hours (150 minutes) a week, which is equal to 10 Walk Kansas miles. Strive for 30 minutes of activity a day, at least 5 days per week. More is even better!
- Walking isn't the only activity that counts. In the Participant Pages section of the website, you will find a list of approved activities. In 2008, the Federal Government issued its first-ever Physical Activity Guidelines for Americans. They recommend 2 ½ hours of physical activity, including muscle strengthening activities 2 days a week, which also count toward Walk Kansas activities. Read more about these new activity guidelines.
- Participants record daily fruit and vegetable consumption and how often they eat whole grain foods.
- Team members report progress to their team captain weekly.
- Friendly competition can be motivating, so check your team progress with others across the state.

Did you know?

More than half of the people living in Kansas do not reach the minimum weekly goal for physical activity. Only 19% of Kansans eat enough fruits and vegetables each day, and chronic disease is responsible for more than 70% of health care expenditures in our state. Many chronic conditions can be prevented and controlled by healthy lifestyle behaviors. Source: www.cdc.gov



Watch for more information in the next newsletter as well as emails regarding getting signed up for the program. For more information on Walk Kansas go to: www.walkkansas.org/DesktopDefault.aspx
If anyone should have questions, please feel free to contact me at: msimpson@lcmhs.com.

Enroll With PEC TODAY!

As of February 1st, 2010, Labette Center for Mental Health Services began offering employees a payroll deduction for a membership to PEC (Performance Enhancement Center). PEC, located out near the hospital at 2100 Commerce Road, will give those of you who join a monthly discount just for using the payroll deduction benefit. In case you did not know already, PEC offers a variety of services. A few include tanning bed/booth, walking track, exercise equipment, juice bar, aerobic classes, and Tia Bo style workout classes. Even personal trainer assistance is available.

The regular monthly membership cost is \$42.00 single and \$60.00 family, but by using LCMHS payroll deduction you can pay only \$35.00 for a single membership and \$52.50 for a family membership! This adds up to significant savings. To enroll in the program, simply go to PEC to sign up for membership and inform them of your employment status here at LCMHS. Then as soon as possible let Natasha know when to start your payroll deduction. It will make it much easier on Natasha if you begin on a Monday or a new payroll period. If you are already a member, please check with PEC as to when the next billing cycle will begin on your membership. Let them know that you will be joining the LCMHS company membership. Then contact Natasha to start the payroll deduction for that date. Should you have any questions, please feel free to contact Larae Shepard, Office Coordinator at 421-3770 or email at lshepard@lcmhs.com.

Chamber Banquet Table

This year the Center decorated a table for the Annual Chamber Banquet. This gave us the opportunity to get our name and information out to the community through members of the Parsons Chamber of Commerce. We look forward to participating in this again in the future. It was a wonderful way to promote our efforts in helping individuals deal with mental health issues!



Position Available

Labette Center for Mental Health Services, Inc. is looking for an individual to work as a Case Manager with children in our CBS Program. This position requires a Bachelors degree in Human Services. Competitive salary and benefits include BCBS health insurance and KPER's 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 hr@lcmhs.com. Information about Labette Center for Mental Health Services, Inc. can be obtained at www.lcmhs.com. EOE.

CSS Group is Making Some Changes!

The CSS team has reported that there are changes being made to groups in the program! They are doing different activities with group, with the biggest difference being the addition of Bruce Saichompoo helping Mary Beth with the Health Group. Bruce, who works for Labette Health, is doing an internship with LCMHS. They are finding specific topics related to health and mental health, bringing those topics to the group, and discussing the information with group members. For February 3rd the topic will be Symptoms and Signs of Stroke and how a stroke effects mental health. On February 10th the topic will be on Heart Disease signs and symptoms and how heart disease effects mental health.

This is an exciting new change with the program. We look forward to hearing more information on how these groups are working!

Monthly Meetings for Business Office Staff

Starting on February 24th, the business office will begin holding monthly meetings that coincide with the clinical meeting that takes place on the fourth Wednesday of the month. This month the business office will hold this meeting in the business office, however from that point on the meeting will be held in the conference room while the clinical staff holds their meeting in the multi-purpose room. For questions or information regarding this meeting, please contact Larae Shepard, Office Coordinator at lshepard@lcmhs.com.

Learn at Lunch

The first of many "Learn at Lunch" events will take place on Tuesday, February 16th over the lunch hour. The plan is for this event to take place on a monthly basis, with individuals from community organizations and business in attendance to inform them of LCMHS services. This first "Learn at Lunch" will include members from the Labette Community College staff, the Parsons Chamber of Commerce, and other local individuals. We hope that this effort will help raise awareness for the good that our Center does in the community.



Did you Know?

15% of U.S. women send themselves flowers on Valentine's Day.

Mandt Recertification

Beth Engels, CBS Coordinator and Mandt Instructor, will be doing Mandt recertification's on February 26th, 2010 with the first group starting at 8am and the second group starting at 11am. If anyone has questions or concerns regarding Mandt, or if anyone is needing to know if it is their time to recertify, please contact Beth Engels at bengels@lcmhs.com.

Awareness Video

The Center's Awareness Video, created by Sunrise Media Group, has been completed! It was presented to the staff and Board Members at the Annual Banquet on January 15th. We are very excited to start getting this video distributed to the community in an effort to help raise awareness for our Center. If anyone was unable to attend the Annual Banquet and would like to view the video, please let me know. You can contact me at msimpson@lcmhs.com, through our babble system, or by stopping by my office! You can also view the video from our website: www.lcmhs.com or on our Facebook page!

Relay for Life

It almost time again for the Labette County Relay for Life! This event takes place during June every year in Labette County. It is generally held at Forest Park and generates monies that are donated to the American Cancer Foundation. The first meeting for Relay for Life will be held on February 18th, at which time the packets of information and sign up forms will be given to the Center. Relay for Life is a 12 hour event. This year the event will be held on June 18th from 6pm to 6am. The overnight timeframe represents the journey that is taken by those who endure cancer and it's treatment. Throughout the night there are many different events and stage shows that take place as well as "theme walks" which last for an hour each. During the course of the evening, individuals walk the course set up in the park, taking turns with other team mates. We look forward to having a team to participate in the event this year. Most of us know someone who has suffered with the battle of cancer. Whether it is a family member, friend or co-worker, it is an illness that effects so many in our lives. Through Relay for Life we are able to help those who suffer from this illness and rejoice in the recovery of those who have made it through the fight. This year Relay for Life is using a "Happy Birthday" theme for the event. Please be on the lookout for more information about Relay for Life and how you can be a part of the program. LCMHS will also be doing fundraising for the event during the months before it takes place with fun programs that will take place here at the Center. Help us in helping those in need of valuable and life saving treatments! For more information about Relay for Life, visit: www.relayforlife.org/relay



February Birthdays

Alice Priest February 1st
Psychosocial Aide
Ashley Dean February 18th
Night Receptionist

February Anniversaries

Deb Williams February 16th 6ys
Corporate Compliance/Apt Manager
Susan Lynch February 21st 13yrs
Attendant Care
Michelle Vance February 25th 2yrs
Emergency Therapist

Kansas History in February

February 1st - [1887] - A "weigh social" was held at Sabetha. A man paid a third of a cent per pound of a woman's weight for the privilege of eating supper with her.

February 2nd - [1924] - The Emporia *Gazette* was printed for the first time upon a new Duplex tubular news press that would print up to 16 pages at the rate of 30,000 an hour. The entire edition could be run off in ten minutes.

February 4th - [1918] - Registration of German aliens began. Names and addresses were to be published. Chiefs of police and postmasters were in charge. Failure to register meant internment during the war.

February 13th - [1905] - Cold weather over Kansas reached 22 to 30 degrees below zero. Temperatures had not risen above freezing for six weeks. Trains were delayed by heavy snows. Losses in livestock would be heaviest since 1886.

February 15th - [1893] - [14th, The "Legislative War" began at the State House when Republicans in the House asked the arrest of the Populist clerk for contempt. Populists surrounded the clerk and a scuffle ensued. The Governor asked the sheriff for help but was refused.]

February 17th - [1882] - The House passes a bill giving Kansas seven Congressmen. John A. Anderson secured the seventh.

February 18th - [1891] - The bill for complete woman suffrage was reconsidered and passed the House, 69 to 34. the day before it had been defeated by three votes.

February 20th - [1883] - Warrants issued for the arrest of the officers of the Marriage Aid Association, at Topeka

February 21st - [1921] - Kansans were buying automobiles at the rate of 300 a day.

February 24th - [1906] - Fire started by a meteor destroyed the house, barn and granary of Joshua Taylor, southwest of Abilene.

February 25th - [1897] - The Missouri-Kansas Telephone Co. lines between Omaha, St. Joseph, Leavenworth, Kansas City and Topeka were completed. At Lawrence 300 persons met to hear long distance music and conversations.

February 29th - [1856] - J.H. Stringfellow commissioned as the captain of a military company in Atchison county. Many military commissions issued in the winter and spring, by the Governor.

www.khsorg

February is

Adopt a Rescued Rabbit Month
American Heart Month
National Bird Feeding Month
National Children's Dental Health Month
National Wedding Month
Sweet Potato Month
Youth Leadership Month
National School Counseling Week (1-5)
Boy Scout Anniversary Week (3-9)
Freelance Writers Appreciation Week (8-13)
Children of Alcoholics Week (10-16)
National Pancake Week (14-20)
National Eating Disorder Awareness Week (21-27)
XXI Olympics (12-28)
Freedom Day (1)
Sled Dog Day (2)
World Cancer Day (4)
White Shirt Day (11)
Chinese New Year (14)
Daytona 500 (14)
National Call in Single Day (14)
Valentines Day (14)
President's Day (15)
Pancake Day (16)
Ash Wednesday (17)
Chocolate Mint Day (19)
Spa Day USA (23)
National Tooth Fairy Day (28)

www.brownielocks.com

American History in February

February 1st, 1790 - The US Supreme Court met for the first time.

February 1st, 2003 - Space Shuttle Columbia exploded on reentry killing all seven astronauts.

February 5th, 1974 - Patti Hearst was kidnapped.

February 7th, 1964 - The Beatles arrived in United States for their first visit

February 11th, 1809 - Robert Fulton patented the steamboat.

February 13th, 1935 - The Lindbergh baby killer was found guilty of kidnapping and murder.

February 14th, 1929 - Valentine's Day Massacre occurred in Chicago when seven gangsters were killed by Al Capone.

February 19th, 1878 - A patent was granted for the phonograph to Thomas Edison.

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 28th, 1854 - The Republican Party was organized.

www.about.com

Last Quarter January 7th
New Moon January 15th
First Quarter January 23rd
Full Moon January 30th

On February 2nd, the Groundhog saw his shadow! Guess that means we're not done with winter yet!



The full moon on the 30th is called the "Wolf Moon" by Native Americans because during this time of the year, the wolves howl in hunger

www.brwnielocks.com



Valentines Day Tidbit:

California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America. Approximately 110 million roses, the majority red, will be sold and delivered within a three-day time period.

Community Support Services

Wellness Recovery Action Plan Group

Mondays and Tuesdays 11:00a to 12:30p

Developing a plan of action and choice to use in times of crisis and to assist in prevention of crisis events. Working on recovery skills such as problem solving, communication skills, and making choices for recovery.

Peer to Peer Group

Thursdays 1:00p to 2:00p

Meeting and networking with others who are working on mental health recovery. This group is focused on you as a client of mental health services, and steps to take towards recovery.

Health and Wellness Group

Wednesday 11:00a to 12:30p

The purpose of this group is to educate clients the impact physical health and illness have on mental health recovery. This group is facilitated by peer specialist who is also a registered nurse, and social work intern, Bruce Saichompoo.

NEW TOPICS- 2/3/10- Stroke Symptoms/Signs

-2/10/10- Heart Disease

For more information contact:

Mary Beth Griggs RN, CPS
Certified Peer Specialist
906 S.13th
Parsons, KS 67357
Phone: 620-421-9402

Groups Locate At:
906 S. 13th
Parsons, KS 67357

Starting January 25th

Performance Enhancement Center

COMBAT



CARDIO

with

Nick "The Punisher" Phillips

Former XFL Champion, MMA Champion
Intercontinental World Kickboxing Champion

6:30 pm

& Thursdays

\$3

Non-Members

IF YOU LIKE TAI BO
YOU'LL LOVE COMBAT CARDIO!!

\$2

Members