

# Company Newsletter

October 2011

volume 5 issue 9

Editor: Monica M Simpson

Labette Center for Mental Health Services, Inc.

## Company Picnic



The time has come for the Annual Company Picnic. The event will be held from 11am to

2pm on Saturday October 8th. Once again it will be held on the lawn at the west side of the Children's Case Management building, located on Katy Drive. This year the Center will be hosting a carnival theme event, complete with adult and children's games, prizes. Through out the day there will be horseshoes, washer toss, and bean bag toss games. House of Bounce from Joplin, MO will be setting up bouncy houses for the children and there will be a face painting/temporary tattoo booth as well. There will be drawings for door prizes which total over \$250.00, including Wal-Mart gift cards, gas cards, Ernesto's gift certificates, movie theater tickets, and much, much more! Employees will need to enter their name in the drawing for door prizes. These drawings are for employees only. Employees must be present to win and the drawing will be held at 1:30pm.

Food for this year's picnic will be provided by Dixon's Fixins. There will be a wide variety of choices available for lunch through this catering trailer. Included in the menu are Pulled Pork Sandwiches, Beef Sandwich, Hot Dogs, Chili Dogs, Frito Pie, Nachos, Nachos w/ chili, BBQ Nachos, Hamburgers, Cheeseburgers, Chili Burgers, Belly Buster Potato, Baked Potato with toppings: Sour cream, butter, onion, cheese. Sides: BBQ Beans, Potato Salad, Chips.

For questions regarding this years Company Picnic, employees may contact Misti Mustain or Melissa Stephens, Co-Chairs of the committee. Other committee members include Mark Gardner, Tom Schibi, Sandra Dickerson, Natasha Purcell, Nikkii Rosenstiel, Beth Engels and Monica Simpson. We are looking forward to another great year and hope to see everyone there! (see invitation on page 5)

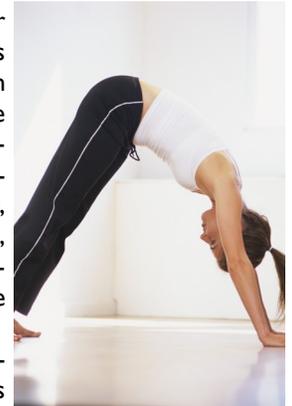
## 2011-2012 Wellness Program

Year 2 of our WellnessWorks Program will kick off on October 6th from 7am - 9am with a free health screening to all staff. This health screening is free and voluntary. On October 6th, from 7:00am-9:00am, staff from Labette Health will be here at the main building in the multipurpose room to conduct the screening. The results of the screening will provide you with an assessment of your height, weight, body composition, blood pressure, fasting glucose, total cholesterol, LDL and HDL cholesterol, triglycerides, and TSH for thyroid. Labette Center's WellnessWorks Program materials will be available the morning of the health screening for those participating employees.

Participation in the WellnessWorks Program is voluntary as always and for employees who have Labette Center's Blue Cross and Blue Shield health insurance but the Health Screening is open to ALL employees. Eligible employees for the WellnessWorks Program that participate in the Health Screening will receive a \$50.00 incentive in the form of a H.S.A contribution (for eligible employees) or a gift card.

I encourage everyone to participate and take advantage of this wonderful benefit!! A signup sheet will be posted in the Resource room at the main building. If you have any questions feel free to ask. We look forward to another great year of working on wellness! (See Flyer on Page 6)

Also, all employees should have received an email giving information about the new website the Center will be using. This email provides a link to the new website as well as a temporary username and password. Once you have accessed the website and set up your permanent user name and password, employees may begin working on their wellness assessments. Information from the biometric screen will be automatically uploaded into the website approximately two weeks after the screening is completed. If you have not received this email yet, or have any difficulty using the site, please contact Natasha Purcell.



## Recipients of Levels for the Wellness Program

If you have reached one of these levels and your name is not listed, or if you are unsure how many credits you need to reach one of these levels please contact Natasha Purcell.

### Bronze

Cendie  
Tom  
Babette  
Virginia  
Jessica  
Misti  
Shereen  
Kenisha  
Mark M  
Jeanne  
Beth  
Cheryl

### Silver

Judy  
Katee

### Gold

Matt

### Platinum

Natasha  
Asha  
Nikkii  
Susan  
Melissa S  
Sandy  
Mandy  
Nancy  
Tara  
Trinette  
Sally  
Verla  
Monica  
Dustin



## New Employees



Robin Rogers, MSN, APRN began employment with LCMHS on September 30th, 2011. Robin will be working in the medical department, seeing the adult client population. Robin is employed by Spring River Mental Health and Wellness Center located in Columbus, KS. She will be contracting with Labette Center to see clients on Tuesdays and Friday's each week. Welcome to our staff Robin!



Angela Johnson joined the CSS Department as an Adult Case Manager on October 3rd, 2011. Angela was born and raised in Parsons, and lives in Parsons currently as well. She spent twelve years in the US Navy as a hospital corpsman and is a national registered X-Ray and ultrasound Technician. Angela holds a Bachelor's of Science degree in Healthcare Management and volunteers at the local animal shelter. Welcome to LCMHS Angela!



LCMHS would like to welcome Zach Schibi back to the Navigator's staff. Zach has previously worked for Labette Center and returned on October 3rd, 2011 as a full time employee being a Navigator's group leader. Welcome back Zack!

## Addiction Prevention Services Offered in Schools

Mark Mikel, LMSW, LCAC and Mark Gardner, LAC once again will be in the USD 503 Schools providing preventative services to students to help with the battle against addictions. Mark Gardner will be in the Middle School twice a month to provide information about addiction prevention. He will be covering topics that include alcohol, nicotine, marijuana, and inhalants, all of which are considered gateway drugs. Mark Mikel would be located once a month in the High School during the lunch hour to provide information to students upon request. Traditionally, Mikel sets up a table with a wide variety of pamphlets and information for students to come by and pick up. He is will be available to talk with students about addiction issues.

This program is made possible by the use of a SB 888 grant received from the City of Parsons each year. "The program is geared towards teaching teenagers how alcohol and drugs can impact their lives in a very real way," Shereen Ellis, LSCSW, LCMHS's Director of Clinical and Emergency Services, said. "This program is making a difference each and every day but funding is being cut right and left and without help from the community and grants, we will not be able to continue with outreach programs like this one and the community as a whole will suffer."

Mark Mikel is also on the Family Consumer Science Advisory Committee for the USD 503 School District. This committee advises the Family and Consumer Science Department in ways to coordinate the educational experience. As part of the committee Mark will speak to two college orientation classes in human growth and development. He will speak during those classes four times per semester. Topics covered during those speaking engagements will be substance abuse and addiction, problem gambling, social work careers, and addiction counselor careers.

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## CSS Program Awarded Supported Housing Grant Fund

Misti Mustain, LMLP  
CSS Coordinator

The CSS program has been awarded a Supported Housing grant from SRS. The purpose of this grant is to provide support for eligible individuals to assist them in obtaining and maintain housing in the least restrictive environment possible. This is accomplished by providing temporary funds to meet the cost of their housing needs. The target populations are adults with Severe and Persistent Mental Illness (SPMI) and transitional aged youth (18-22) with Severe Emotional Disturbance (SED). In the fiscal year 2011 through efforts of case management and supporting individuals and families for independent housing and the state supported housing funds, LCMHS was able to provide assistance to forty three applicants. Of those applicants assisted eighty six percent of them continue to have stable independent housing in Labette County. Supported Housing Funds have been used to provide rent and deposit assistance to establish and retain independent community based housing, the remaining was spent in utilities, household needs to maintain and improve living situations. LCMHS is proud to be awarded this grant to best support our clients and families.

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## Schedule Changes for Staff

Starting on October 10th, there will be changes in various staff members schedules. Jonathan Tower will now be working a four day week from 8am to 6pm on Monday through Thursday. Mark Mikel will work in the main building on Monday from 9am to 8pm and Tuesday from 9am to 6pm every week. He will also work from 9am to 5pm every other Friday in the main building. On the weeks Mark works Friday, he will remain on call for the entire weekend. Robin Rogers will begin seeing clients on Tuesday October 11th. She will work from 9am to 6pm on Tuesday and 9am to 1pm on Friday each week. If anyone has any questions regarding an individuals schedule or when they are available in the building, please contact the front desk.



***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.*

## 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.

## October Birthdays

Mark Gardner	October 7th
Alcohol & Drug Counselor	
Trinette Craddock	October 14th
Adult Case Manager/TCM	
Doug Hall	October 17th
Adult Case Manager	
Michelle Vance	October 25th
Emergency Therapist	
Monica Simpson	October 30th
Admin. Assistant/PR-Marketing	
Emma Vore	October 31st
Adult Case Manager	

## Fall Shirt Orders

It is once again time for shirt orders. For the fall order, we will be using Bleacher Gear for our polo shirts. There will be a choice of either the Port Authority polo's or Sport-Tek polo's. The Port Authority, which we have ordered from Bleacher Gear in the past, are a 65/35 cotton/poly blend that are more light weight shirt yet still have a cotton feel to them and come in adult and ladies sizes. These will cost \$14.75 per shirt and there are a wide range of colors to choose from. The Sport-Tek shirts are a 100% poly material that is light weight and has moisture-wicking technology. It is also snag resistant. These shirts have fewer colors to choose from and come in either adult or ladies sizes. They will cost \$19.80 per shirt. As always, the logo will be in either black or white depending on the color of the shirt. Employees may choose whether they would like to have the logo in black or white, or they can leave it to the discretion of the company. We will be getting in a variety of sizes for each type of shirt so that everyone who would like to order will have the ability to try on or see them to ensure they purchase the proper size. As always, employees are free to purchase any other merchandise available through our catalog that they wish, however they will only be allowed to wear them to work if they are acceptable under the dress code policies. In the past, employees have order wind breakers. If any one is interested in a wind breaker, please be sure to let me know and I will find out the price on those as well. I will have the chart of color choices available in my office if anyone would like to see them, or I can send them to individuals via email or babble. Please let me know if you would like to have the colors sent to you. Shirt orders will need to be turned in no later that October 21st so that orders can be placed. Upon arrival of the shirts, they will be delivered to employees based on receipt of payment by the employee. Please let me know if anyone one has any further questions regarding the fall shirt order at [msimpson@lcmhs.com](mailto:msimpson@lcmhs.com).



On September 7th, Sandra Dickerson, Director of Business and Financial Operations, celebrated her 18 year anniversary with Labette Center for Mental Health! Congratulations to Sandra.



Mary Beth Griggs, Peer Support Specialist, celebrated five year anniversary with Labette Center for Mental Health on September 11th. Congratulations Mary Beth!



Congratulations to Jeanne McCallum, therapist, who celebrated 10 years with Labette Center for Mental Health Services on September 13th.

## October Anniversaries

Dustin Gudde	October 9th	2yrs
Adult Case Manager		
Jonathan Tower	October 11th	4yrs
CMA		
Betty Reissig	October 18th	1yr
Front Office - Receptionist		
Lorraine Royer	October 21st	3yrs
Attendant Care/Navigator's		

## Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is now associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun. Employees are now able to go to a website provided by these entities, logon using a code provided by them, and purchase tickets at a discounted price. The Silver Dollar City website includes day passes and season passes to Silver Dollar City, White Water and the Showboat Branson Belle. The Worlds of Fun website includes day and season passes to both Worlds of Fun and Oceans of Fun. Prices and further information are listed on the websites and an attachment is included with this newsletter (see pages 13 & 14).

The information to log on to the Silver Dollar City website is:

**Web Address:** [www.sdcticketoffers.com](http://www.sdcticketoffers.com)

**Promo Code:** 15512 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

More information will be provided as it becomes available. These website addresses are also available on the LCMHS website under the employee login section. If you are thinking about taking a vacation to one of these locations, be sure to take advantage of the discounts provided!

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## American History in October

- October 1<sup>st</sup>, 1908** - Henry Ford introduced the Model T
- October 2<sup>nd</sup>, 1950** - First *Peanuts* cartoon drawn by Charles Schulz appeared
- October 3<sup>rd</sup>, 1863** - Thanksgiving was named an official holiday by President Abraham Lincoln
- October 4<sup>th</sup>, 1777** - Battle of Germantown occurred during the American Revolution
- October 5<sup>th</sup>, 2001** - Tom Ridge became America's first US Homeland Security Advisor under George W. Bush
- October 6<sup>th</sup>, 1927** - First talking movie, "Jazz Singer" was released
- October 7<sup>th</sup>, 1950** - US forces invaded North Korea
- October 8<sup>th</sup>, 1871** - Chicago fire occurred
- October 8<sup>th</sup>, 1897** - Dow Jones was created
- October 10<sup>th</sup>, 1973** - Spiro Agnew, Richard Nixon's vice president, resigned
- October 11<sup>th</sup>, 1890** - The Daughters of the American Revolution were founded
- October 12<sup>th</sup>, 1492** - Land sighted by Christopher Columbus
- October 13<sup>th</sup>, 1792** - George Washington laid the foundation stone for the White House
- October 14<sup>th</sup>, 1912** - Theodore Roosevelt shot in an attempted assassination
- October 18<sup>th</sup>, 1873** - Rules formulated for American football – 1873
- October 19<sup>th</sup>, 1864** - Civil War Battle of Cedar Creek occurred
- October 21<sup>st</sup>, 1967** - During the Vietnam War, more than 100,000 war protesters gathered in Washington, DC. for a peaceful rally at the Lincoln Memorial.
- October 23<sup>rd</sup>, 1954** - Occupation of Germany ended
- October 24<sup>th</sup>, 1861** - First transcontinental electric telegraph completed
- October 24<sup>th</sup>, 1931** - Al Capone charged with tax evasion
- October 26<sup>th</sup>, 1881** - Gunfight at the OK Corral occurred
- October 28<sup>th</sup>, 1886** - Statue of Liberty dedicated
- October 29<sup>th</sup>, 1929** - Black Tuesday: The New York Stock Exchange crashed beginning the Great Depression
- October 30<sup>th</sup>, 1938** - "The War of the Worlds" radio broadcast occurred

## October is . . . . .

- Bullying Prevention Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Emotional Wellness Month
- Financial Planning Month
- National Depression Education & Awareness Month
- National Pregnancy & Infant Loss Awareness Month
- National Sudden Infant Death Syndrome Awareness Month
- Organize Your Medical Information Month
- Positive Attitude Month
- World Menopause Month
- Mental Illness Awareness Week (2-8)
- Fire Prevention Week (9-15)
- Take Your Medicine Americans Week (10-16)
- Freedom From Bullies Week (16-22)
- Red Ribbon Week (24-28)
- Child Health Day (3)
- World Animal Day (4)
- National Depression Screening Day (8)
- Columbus Day (10)
- World Mental Health Day (10)
- National Bring Your Teddy Bear to Work & School Day (12)
- Navy Birthday (13)
- Bosses' Day (17)
- National Cake Decorating Day (17)
- Medical Assistance Recognition Day (19)
- Make a Difference Day (22)
- Cranky Co-Worker Day (27)
- National Chocolates Day (28)
- National Cat Day (29)
- National Candy Corn Day (30)
- Halloween (31)
- National Carmel Apple Day(31)

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



First Quarter	October 3rd
Full Moon	October 11th
Last Quarter	October 19th
New Moon	October 26th

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





### Mental Health First Aid USA

A 12-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.





*Labette Center for Mental Health Services, Inc.*

Cordially invites you and your family to the:

## **5<sup>th</sup> Annual Employee Picnic**

**Join us for Food, Friends, Family & Fun**

**11:00am-2:00pm**

**October 8, 2011**

Children's Services Building

7 Katy Drive

Parsons Kansas

Pease R.S.V.P. by September 30, 2011 to Natasha Purcell at [npurcell@lcmhs.com](mailto:npurcell@lcmhs.com) or signup sheets are located at each building. Please provide the number of Adults (age 8&up) and children (age 7&under) attending.

**Alcohol Free event**

# BIOMETRIC SCREENINGS

and FLU SHOTS are Back!

**Thursday, October 6<sup>th</sup>**  
**7:00am – 9:00am**

**Screenings are free to all employees!**

In addition, full-time employees who participate and sign the Biometric Screening Consent Form will earn \$50 HSA contribution or \$50 gift card!

## Screenings will include:

- Height, Weight, BMI
- Body Fat
- Blood Pressure
- Cholesterol, HDL, LDL
- Triglycerides
- Fasting Glucose

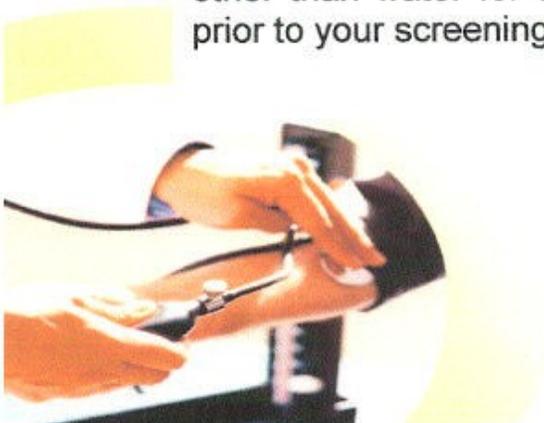
Screenings will take place in the multi-purpose room

**Sign Up Today!**



## This is a Fasting Blood Draw

Please do not eat or drink anything other than water for at least 8 hours prior to your screening appointment.



*Labette Center for  
Mental Health Services, Inc.*

