



Boswell Regional Center Bulletin

February 2013

A Publication for Employees, Family and Friends of BRC

Inside this issue:

Director's Column	1
Pastor's Corner	2
Spotlight on Cindy Womack	3
Judevine Training	4
Farewell Tribute To Gloria Johnson	5
A Look Around Boswell	8
Snow Day!	9
Healthy Eating	10
BosWellness	11
Think Recovery	12
Friends and Family	14

The publication of the BRC Bulletin is made possible by the contributions of our dedicated and talented employees. The articles and pictures were written, taken and formatted by BRC employees. Their contributions are greatly appreciated! We sincerely hope that you enjoy this edition of the Boswell Regional Center Bulletin, January 2013, Issue.

From the Director



**Steven Allen, Director of
Boswell Regional Center**

Christmas has come and gone, and the New Year is off and running at full speed. Boswell Regional Center will have our new Web Page up in the next few weeks. The address will be www.brc.ms.gov. This has been an ongoing project for many employees during the past few months. I am excited to see the finished product.

In this issue, you will see a spotlight on Ms. Cindy Womack. Most everyone knows Cindy and has had an opportunity to work with her over the years. I am proud to announce that Ms. Womack has been appointed as the new Assistant Director following the retirement of Ms. Gloria Johnson.

This month's bulletin is focusing on Ms. Gloria Johnson. Her official last day at Boswell Regional Center is January 31, 2013. I have had the pleasure of knowing Ms. Johnson for the past 20 years and have grown to admire her for

many reasons. I have to say the thing that I like most about Gloria is her love and passion for the individuals we serve. Ms. Gloria has had a tremendous impact on everyone at BRC and many others across the state of Mississippi. Ms. Johnson has always been active in many organizations. A few of those include AAIDD, Special Olympics, and TEAAM. Ms. Johnson has always been quick to volunteer in any area that enhances the lives of individuals with Intellectual and Developmental Disabilities. We will certainly miss her passion and love for others as she moves to a new chapter in her life.

Good luck Gloria. We love you!



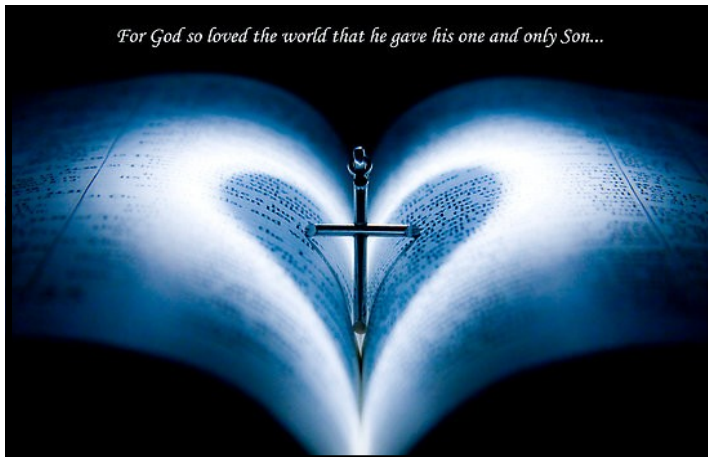
Ms. Gloria Johnson volunteering at a Special Olympics event.

Pastor's Corner

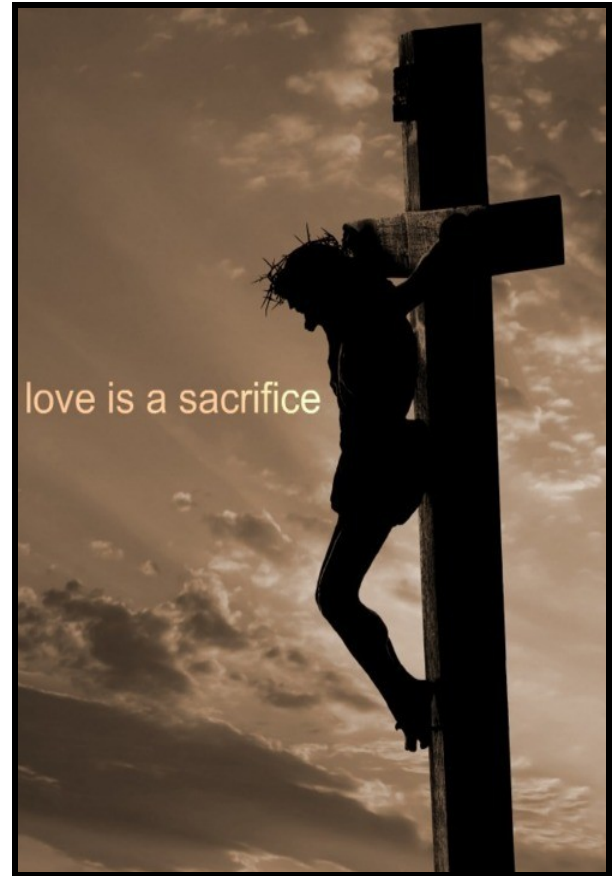
“The Love of God”

The love of God is greater far
Than tongue or pen can ever tell;
It goes beyond the highest star,
And reaches to the lowest hell;
The guilty pair, bowed down with care,
God gave His Son to win;
His erring child He reconciled,
And pardoned from his sin.
O love of God, how rich and pure!
How measureless and strong!
It shall forevermore endure
The saints' and angels' song.
When years of time shall pass away,
And earthly thrones and kingdoms fall,
When men, who here refuse to pray,
On rocks and hills and mountains call,
God's love so sure, shall still endure,
All measureless and strong;
Redeeming grace to Adam's race—
The saints' and angels' song.
Could we with ink the ocean fill,
And were the skies of parchment made,
Were every stalk on earth a quill,
And every man a scribe by trade,
To write the love of God above,
Would drain the ocean dry.
Nor could the scroll contain the whole,
Though stretched from sky to sky.

by Frederick M. Lehman



Remember this valentine season if Jesus were to ask, “How much do you love me?” He would stretch out His nail-scarred hands and expose His spear-pierced side and say, “This much.” What an example of endless love.



John 3:16, “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”

Jeremiah 31:3 — “The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee.”

Psalm 63:3 — “Because Thy loving kindness is better than life, my lips shall praise Thee.”

Happy Valentines,
Bro. Rudy Jackson



Bro. Rudy Jackson,
BRC chaplain

Spotlight on: Cindy Womack



attended Stennis Institute, and acquired her Nursing Home Administrators license. She received her Masters of Education degree from the University of Southern Mississippi.

Cindy states that, “Boswell is a very special place to work. It’s the mix of individuals and dedicated staff that make it seem more like a close-knit community than a job.” She has seen many changes occur at Boswell over the course of 20 years and is now looking forward to the new specialized programs the facility will be offering in the next year to serve better the individuals who live on campus and in the community.



Cindy Womack began her career at BRC as a teacher in the Education Department in December 1991. After working as a teacher, she served as supervisor of the House Program for several years. She says that this was a very unique program because the individuals lived in the houses and also did their training there to learn how to live independently. Many of the individuals who lived in the houses on campus have since moved to the community and have been very successful due to the training received through this program. She has many fond memories of working in the House Program.

She also served as the Director of Education for many years, coordinating the many services offered through this department such as the Prime Timers geriatric program, The Learning Center, and cooking and educational classes. Since 2005, she has been the Director of Residential Services and has been responsible for directing and coordinating the activities of multiple divisions to ensure adequate services are provided to the individuals.

While at Boswell, Cindy has completed many educational endeavors. She completed the Certified IDD Therapist Program, Certified Public Managers Program, Licensed DMH Administrators Program,

Mission Statement

Boswell Regional Center offers specialized program options to Mississippians with Intellectual and Developmental Disabilities. These programs are designed to identify the necessary supports for successful community transition. With collaboration between the individual, family, and community, dreams can become reality.

BOSWELL
REGIONAL CENTER
Where Dreams Can Become Reality

JUDEVINE TRAINING AT BOSWELL

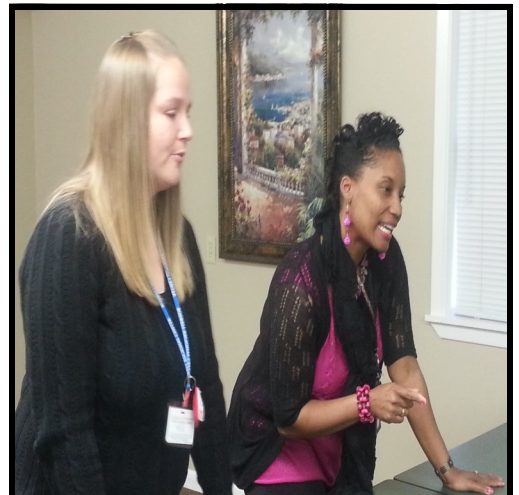
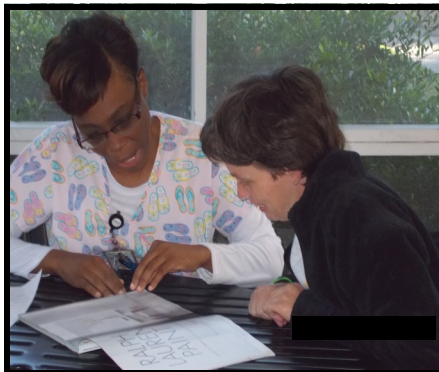
Judevine Training is a behavior modification program rooted in applied behavior analysis principles with in a social exchange framework. Judevine Center for Autism was established by Lois Judevine Blackwell in 1970 in St. Louis, Missouri. Ms. Judevine Blackwell focused on working with children with Autism because they were perceived to be the most difficult children to reach. Their behavioral problems can be severe. The Judevine Approach is also found to be helpful when applied to individuals with developmental disabilities other than Autism.

Judevine Training is now available in Boswell's Autism Services program. It began when two staff members from North Mississippi Regional Center, who had already undergone Judevine Training, came to Boswell's Brookhaven campus to conduct training. Crystal Toche and Teresa Humphrey were among the first to go through this training. Now they conduct classes at different Boswell campus locations so other staff members can be prepared to meet the needs of those individuals diagnosed with an Autism Spectrum Disorder.

"Boswell has the first and only Adult Autism Services in the state," says Crystal Toche, who is the Psychologist for Autism Services. "Staff are learning the needs of the individuals with Autism. Rather than trying to make them accommodate the program, staff are to accommodate their needs."



Pictured above with their instructors from North Ms Regional Center are back row left to right: Crystal Toche, Leslie Pendleton, Carol Carter, Cheoka Coleman, Ann Susie Smith, Ellen Walker; front row left to right: Teresa Humphrey, LaTosha Baker, Ruby Hall, Linda Kelly, Mary Kelly.



Pictured above: Two different work sessions with individuals using the techniques learned in Judevine. Far right: Crystal Toche and Teresa Humphrey share their knowledge with one of several classes they have taught.

Farewell to Assistant Director Gloria Johnson



Farewell Tribute

Ms. Gloria Kitchens Johnson began working at Boswell Regional Center in October 1981. She was hired as a Social Worker for the newly established Community Services Department. The Department had one group home with six men in a community setting in Magee. Under her leadership in Boswell Regional Center's Community IDD program, the number of individuals that reside in the community increased from six males to 122 males and females. The number of community group homes has increased from one group home to six group homes and 49 apartments/houses.

Ms. Johnson has held several positions at Boswell including: case manager, social worker, division director, and bureau director. She currently serves as Assistant Facility Director for the Community Services Division at Boswell Regional Center. She is a member of Together Enhancing Autism Awareness in Mississippi (TEAAM) which is a leader in Autism Spectrum Disorders in the state. Ms. Johnson has also worked extensively with Camp Kaleidoscope.



Ms. Johnson is a graduate of Pearl High School and holds a Bachelor's degree in Social Work from Mississippi State University. She received a Master's degree in Educational Leadership from William Carey University. Some of Ms. Johnson's other credentials include being a Certified Public Manager, Certified Mental Health Therapist, Mental Health/IDD Administrator, and holding a Nursing Home Administrator's License.



Farewell Tribute

Continued

Over her years of service, Ms. Johnson has received many accolades for her outstanding leadership. She is a member of the American Association on Intellectual Disabilities (AAIDD) and was awarded the prestigious award of Fellow status in May 2006. The prior year, in 2005, she was awarded the AAIDD Leadership Award. In 2002, Ms. Johnson earned the Paul D. Cotton, Ph.D. Leadership Award. She has received several recognitions from the Mississippi Arts Fair for the Handicapped, Mississippi Special Olympics, and the Mississippi Society of Certified Public Managers, including “Trailblazers” awards from the Governor. Ms. Johnson has also been Employee of the Quarter at Boswell Regional Center and a recipient of the Vineyard Award at Spring Hill District Missionary Baptist Association.

Even though Ms. Johnson has received numerous prestigious awards and is involved in many organizations, her career has always been a passion more than a profession. She has been an advocate for the individuals she has served since 1981. She has continued to advocate, visit the individuals, and push for independence throughout her career at Boswell Regional Center. She has also encouraged the employees to continue toward success. She prompts the employees to never forget that the reason they are striving to reach their goals is because they want to help the individuals reach theirs. Ms. Gloria has been a mentor that leads by example. “She lives and supervises with a caring demeanor,” and, “Her laughter is so bright and is loved by so many it’s only what God can give,” are just two of the statements made by those she has supervised over the years.



Boswell is very near and dear to Ms. Gloria Johnson’s heart. She and her children and grandchildren have lived on the BRC campus for many years. She has two daughters, two granddaughters (ages five and three), and one grandson (age two). The July 4th fireworks displays at Boswell Regional Center are one of her family’s fondest memories.

Mrs. Johnson credits many people for her success but primarily her grandmother for teaching her about Jesus. Her grandmother taught her to trust in the Lord, not for some things but for all things, making Proverbs 3:5-6 one of her favorite Bible verses, “Trust in the Lord with all your heart. And lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.” Ms. Johnson continues to serve in the church and is a member of G Grove Missionary Baptist Church in Mendenhall, MS.

A Look Around Boswell



Staff and Individuals enjoy a Holiday Dinner at Autism Services at Morton.



Above left: Terry Rankin gives William Carey University Students a tour of Boswell Industries. Above right: The latest class poses for a picture outside of the Training Center.

Friends and Family will be selling Valentines Day Balloons for \$5.

Place your order now!!!

Contact Beth Luper or Kathy Pittman

Beth Luper: 601-867-5000 Ext. 75164, or e-mail

Kathy Pittman: 601-867-5000 Ext. 75021



Snow Day !



Above from left to right: DeWayne Pittman, Boswell Industries supervisor and William Gates, Director of The Mobile Crisis Team/Respite Program have a snowball fight; Michelle Davidson, Boswell Industries administrative assistant, has tons of fun in the snow! Myricks Cole, Boswell Industries staff, enjoys the snow before it melts ; Boswell Front Gate.



5 STEPS TO HEALTHY EATING IN THE NEW YEAR!

1. CONTROL YOUR PORTIONS

2. BE ACTIVE!

3. SLASH SODIUM CONSUMPTION

4. INCREASE ANTIOXIDANTS*

5. QUIT SMOKING

* Antioxidants are **nutrients** (vitamins and minerals) as well as **enzymes** (proteins in your body that assist in chemical reactions). They are believed to play a role in preventing the development of such chronic diseases as cancer, heart disease, stroke, Alzheimer's disease, Rheumatoid arthritis, and cataracts. Some antioxidants found in foods include vitamin C, Vitamin A, and beta-carotene. These nutrients are commonly found in fruits and vegetables, those with the strongest colors being healthiest. Orange and red peppers, tomatoes, spinach, and carrots are examples.

BosWELLness

L T D Z W T S G W E I V P S E
J O G R R E N L V G N E A E S
S R R A I I I I M U S G I I I
S E E E K N T G T Y T T N T C
R H T L T C K R H C R A T I R
O E A E U S I P A T E B I V E
D W T D B T E N I J S L T I X
G L O A I A C L H N S E P T E
K R F O W E I S O C K S U C J
P J N C R P E D I H N L R A D
A L Z H E I M E R S C A P D T
A E R U S S E R P D O O L B I
P L S S E N L L E W P S E N U
M S I T U A W A H E A L T H R
F L U V I A W M C V H S X D F

ACTIVITIES
BLOODPRESSURE
DIABETES
FLU
HEART
PRODUCTIVE
WALKING
WELLNESS

ALZHEIMERS
CANCER
DRINKPINK
FRUIT
NUTRITION
STRESS
WATER

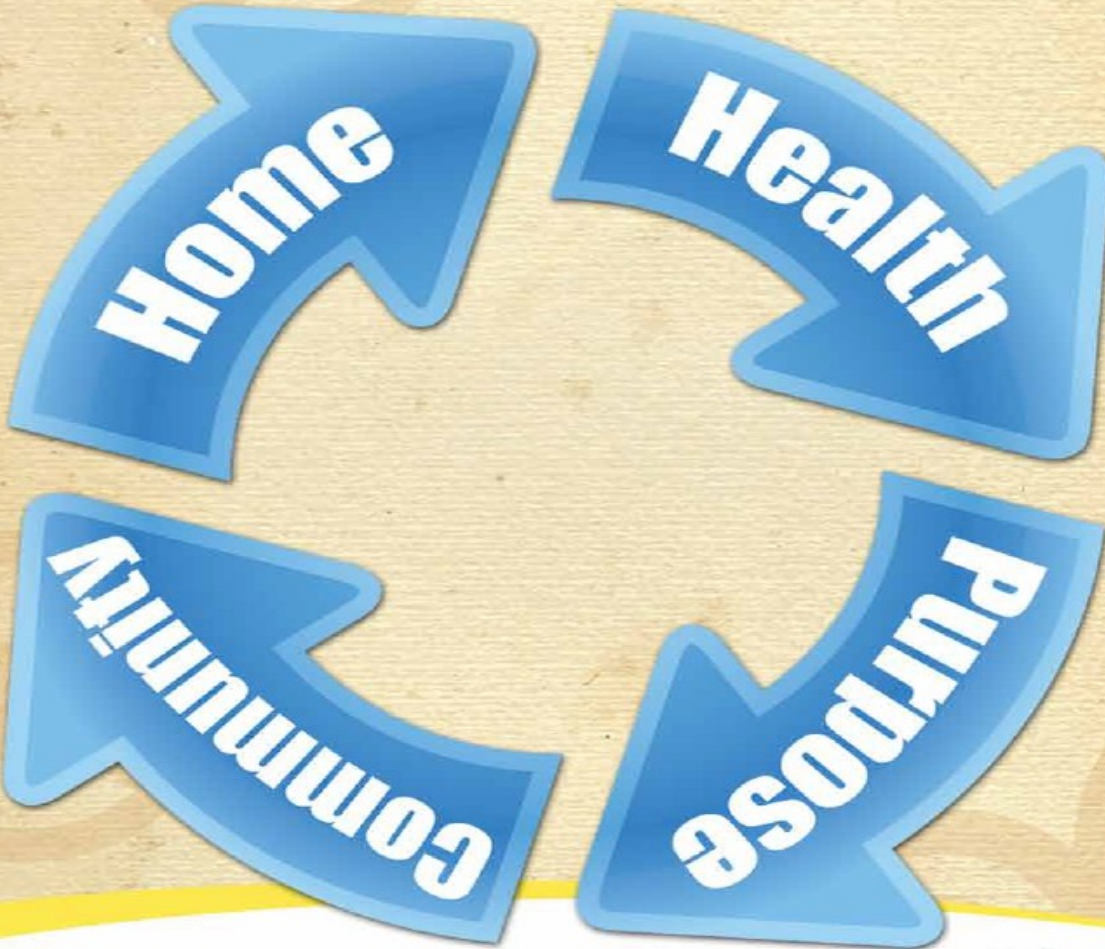
AUTISM
CHOLESTEROL
EXERCISE
HEALTH
PAINTITPURPLE
WEIGHT

Holistic

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.



RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



Success Stories



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

I was the first born to my parents, the first grandchild in the family, and the one everyone centered their attention around. For me, that turned into a sense of entitlement. I was first arrested at age 14. It scared me to death on the inside but gave me the edge I needed to be looked up to among my peers. My younger brother went to live with my father to keep me from corrupting him. I began using drugs and alcohol to cover how those things made me feel. I failed my senior year because I was getting high. No one could tell by my outward appearance the turmoil going on inside of me.

When I was 19, I married a girl I met only a year earlier. We had two children and stayed married 12 years, but it was a marriage on paper only. I wasn't a husband or a father, and I wasn't around enough to be one if I had wanted to. By this time my drug use had progressed to crystal meth and I began manufacturing to support my habit. I used to live and lived to use. Drugs cured the thoughts on the inside, or so I thought. The thoughts and feelings didn't exist while in addiction, and when they returned, so did the drugs. I tried to show up in my family life and attend a few school events and games. While attending one of my son's games, I was arrested. It was probably the most humiliating, eye-opening experience I ever had. I was pleading with the cops not to handcuff me in front of my son and his team. I realized for the first time that my wants weren't what mattered, and I wasn't in control and needed help.

At age 36, I entered a chemical dependency center and decided to stay for long-term treatment. I had to change the way I felt, the way I thought, and learn how to live life for the first time. I thought it would be impossible but I have found a new way to live. I obtained my GED while in treatment and enrolled in college. I began attending 12-step meetings, obtained a sponsor and got involved with my recovery. I realized there is so much more to recovery than just not using drugs or alcohol. I was able to work on myself, work on the fears I had, and learn to experience feelings and emotions rather than cover them.

I am now working with a mental health facility and am able to share my recovery story with others. I work with youth who are headed down the same road I was so many years ago. I have been able to build a relationship with my children and be the father I always wanted to be and, most importantly, the father they need. Life is good now and I couldn't have written a better script for it. I have regrets, but I do not regret the things I went through to make me who I am today.

~Jonathan Tittle

RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Boswell Regional Center's Friends & Family Association is a non profit all volunteer organization that works to ensure **Boswell** individuals are valued and loved.

All monies received from memberships are donated to the organization to purchase items for the individuals served by **Boswell Regional Center**.

Donations

Donations may be made in memory or honor of a loved one:

In Memory In Honor of

By: _____

Acknowledgement should be sent to the following:

Name: _____

Address: _____

State: _____ Zip Code: _____

Phone: () _____

Email: _____

Purpose

- To promote and support the individuals of Boswell Regional Center
- To foster the development of programs on their behalf
- To recognize and reward the efforts of employees of Boswell Regional Center
- To raise and receive funds for the accomplishment of the above purposes.

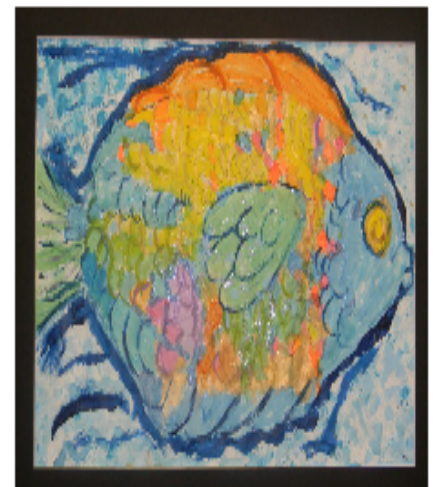
Fundraisers

Some examples of fundraisers that have been held on campus are:

- **Scrub sales**
- **Jewelry sales**
- **Book Fairs**
- **RADA knives**
- **Donut sales**
- **T-shirt sales**
- **Breakfasts**



Friends & Family Association



How to become a member...

Membership Information

Indicate at right which type of membership you wish by placing a check mark in the appropriate box.

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: () _____

Email: _____

Please make your check payable to:
 Friends & Family Association
 P.O. Box 128
 Magee, MS 39111

Annual Membership Fees

- | | | | |
|--------------------------|----------|-------|--|
| <input type="checkbox"/> | Single | \$5 | Membership Card |
| <input type="checkbox"/> | Bronze | \$25 | Membership plaque designating level of giving
Name on all Friends and Family publications |
| <input type="checkbox"/> | Silver | \$50 | Membership plaque designating level of giving
Name on all Friends & Family publications
Name on all Friends & Family sponsored events |
| <input type="checkbox"/> | Gold | \$100 | Membership plaque designating level of giving
Name on all Friends & Family publications
Name on all Friends & Family sponsored events
Recognition in each issue of the Bulletin newsletter |
| <input type="checkbox"/> | Platinum | \$500 | Membership plaque designating level of giving
Name on all Friends & Family publications
Name on all Friends & Family sponsored events
Recognition in each issue of the Bulletin newsletter
Publicity in local media
Boswell 35th Anniversary cookbook |