



Boswell Regional Center Bulletin

January 2014

A Publication for Employees, Family and Friends of BRC

Inside this issue:

Front Page: Snow Days	
More Snow Days	2
Oakplace and Cedar Crest	3
Oakbrook and Autism Services	4
Administration	5
Official Snow Day?	5
Dedication	6
Expressive Arts	7-8
Heart Health	9
Community Awards	9
December EOM's	10
The Geese	10
Mission Statement	10
Masquerade Jewelry!	11
Wellness Committee	12
Friends and Family	13 -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 2014 Issue.

Snow Days...

In Mississippi, ice and snow makes us look at the world around us in a different way. This can inspire many of us to document the magical scenes that will soon melt away. Snow makes us stop and look at the beauty often overlooked around us. In Mississippi, every few years we get to see the landscape and buildings in a different way. It's a rare opportunity for individuals and staff, compliments of God's snow event. So in that spirit here are just a few pictures taken January 28 on the grounds of BRC.

on Magee Campus



More Snow Days...



on Magee Campus



Snow Days at Oakplace...



and Cedar Crest



Snow Days at Oakbrook...



and Autism Services



Snow Days at Administration



Official Snow Day?



BRC Directors gather at the Administration building waiting to hear the official news about the January storm.

Dedication During the Storm



Several Boswell staff who braved the snow and ice on Jan. 28th and 29th filled in for Direct Care Staff who could not travel the highway. Above left, DeWayne Pittman checks the readiness of a dish, while above right, Jan Fairchild and Wilford Speed read the directions on a box of mix. Below left, Dustin Jackson and Ben Robinson from the Maintenance Department help equip staff with window deicer. Below right, Jason Martin tries to prevent ice from accumulating on the road.



Expressive Arts

A new opportunity has emerged for the individuals served by BRC in the Expressive Arts department. The adventure started when Dr. Larry and Janet Gibson donated a kiln and some molds. After Jacob Ware and Robin Moss learned all the ends and outs of the craft, the first class was started in September with the first piece being sold in October of 2013.

The department now offers each individual who has a desire to work with earthenware the opportunity to develop creativity, build positive relationships and pursue community activities that enrich his or her life. The program allows the individuals to explore different hobbies, develop interests, take classes, sell their creations through entrepreneurial opportunities, or just explore arts in the community. Sales of earthen ware is just one avenue that individuals can pursue to earn money. They may make and sell earthenware items in lieu of participating in the Vocational Services or Supported Employment or in conjunction with them.

All individuals receive a commission on their art work. The future plans are to have a product line in area gift shops. Items include – crosses, servers, ornaments, Mississippi pieces, coasters, bowls, mugs, trivets, and much more. The prices range from \$1.00 - \$25.00.

For more information on the earthenware, call Robin Moss or Claire Bevell at 601-867-5000 ext. 75163. Also, available are art paintings from the Expressive Hearts Creation. Prices are \$25.00 and \$30.00. For more information, call Claire Bevell at 601-867-5000 ext. 75120.



Boswell Regional Center

Expressive Arts

art & pottery



Expressive Hearts Creation

ART Paintings

Prices - \$25.00 and \$30.00 + tax

Greeting Cards

Prices - \$2.50 + tax



5-Oaks Earthenware

Prices - \$1.00 - \$25.00 + tax

Items - Crosses, Servers, Ornaments, Mississippi pieces, coasters, bowls, mugs, trivets, and much more

A different item is added each month.....



GLAZED TO PERFECTION



Expressive Arts allows individuals to explore different hobbies, develop interests, take classes, attend public events, sell art through entrepreneurial opportunities or just explore the arts in their community. (All individuals receive a commission on their art work)

For more information, call Claire Bevell at 601-867-5000 ext. 75120 or Robin Moss at 601-867-5000 ext. 75163



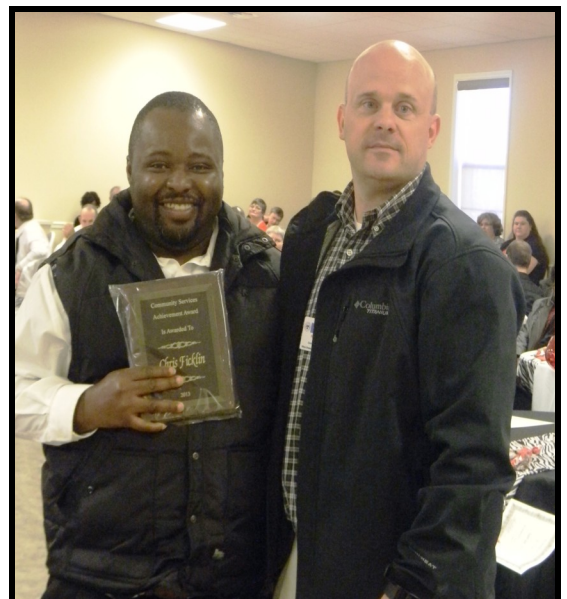
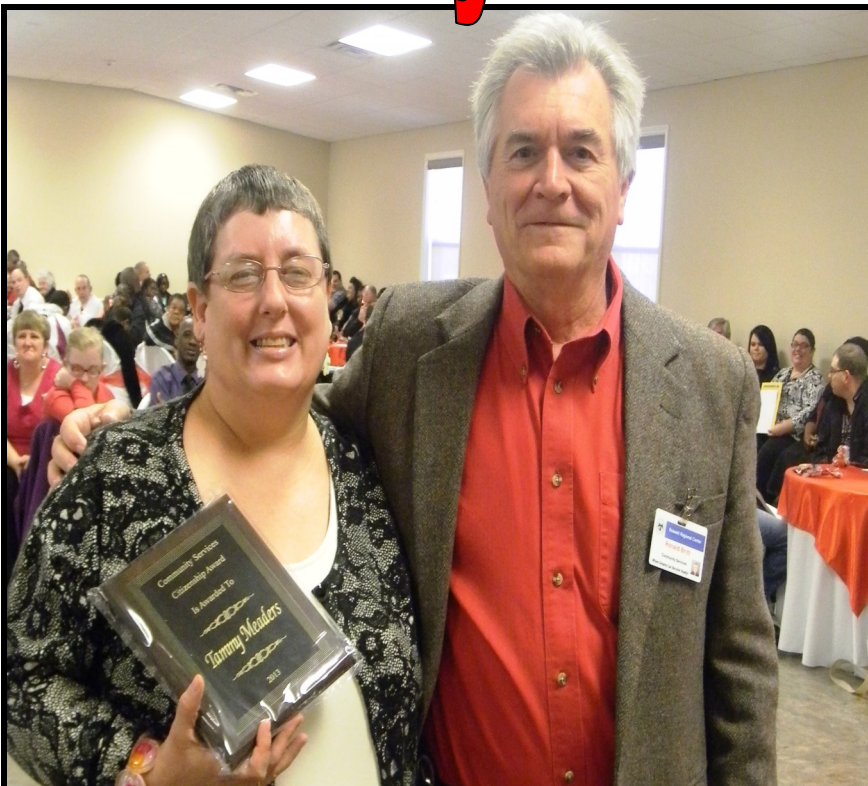
P.O. Box 128
Mooresville, MS 39111
601-867-5000
www.brc.ms.gov

Heart Health

Boswell Regional Center continues to promote healthy tips around campus. Focusing on ones' health is surely important in order to detect risk factors. January 30, 2014, Boswell offered a heart screening that consisted of several components such as Carotid Artery Ultrasound screen, Carotid Intima Media Screen, Abdominal Aortic Aneurysm Screen, Peripheral Vascular Disease Screen and Artrial Fibrillation Screen. The Wellness Committee will continue to inform everyone of the upcoming events on campus as well as in the community.



Community Awards

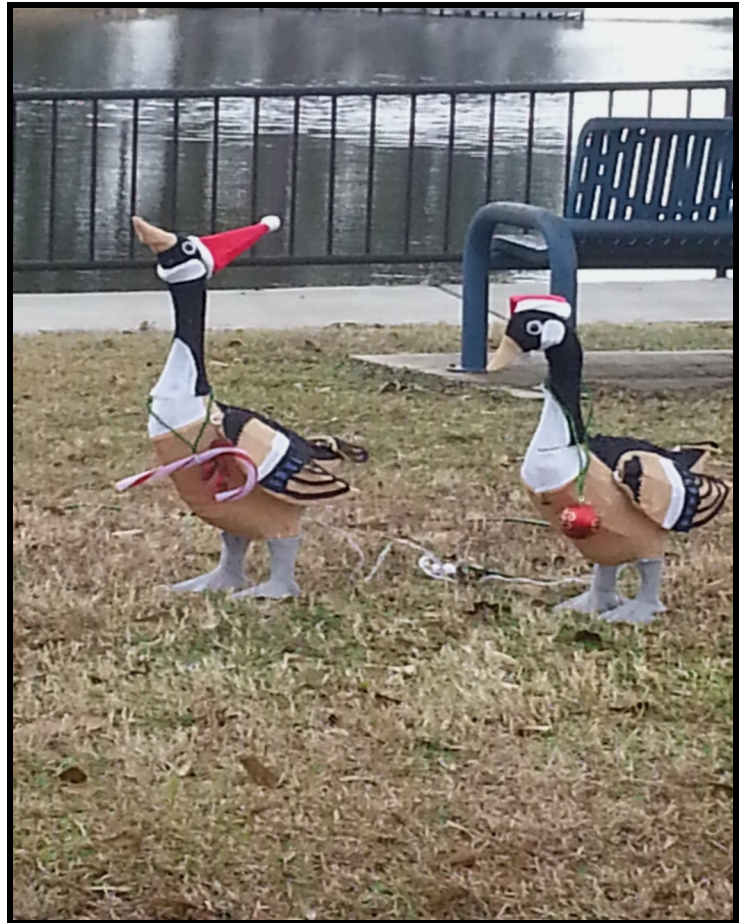


BRC's Community division had an awards ceremony honoring people who stood out during the year. Pictured above with Mr. Ronald Britt is Ms. Tammy Meaders who won the Citizenship Award. Above right, pictured with Ms. Dovie Hall, is Mr. Willie Bailey who won Supported Employment Employee of the Year. To the right is Mr. Kelly Jones posing with Mr. Chris Ficklin who won the Special Achievement Award.

December EOM'S The Geese



During the January Director's Meeting, Boswell Regional Center recognized Employees of the Month in the area of support/professional staff: Employees of the month for December were Jamie Prine of Magee, MS; (Short Term Stabilization) and Glenda Gray of Mendenhall, MS; (Autism Services).



Note from the Bulletin Designer Sondra Arthur: Even though Christmas is behind us, I'm still getting questions about "those ducks" that were part of the decorations at Christmas. Well, turns out, they were geese. Here is the story behind the geese, by Craig Kitrell.

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.

Where Dreams Can Become Reality

This past year BRC added a unique Christmas decoration that complemented the lake. The addition was a pair of Canadian Christmas Geese with a Santa hat and a holiday necklace. Although not what first comes to mind when you think of a Christmas goose, this dapper duo was sure a campus favorite. Standing 32" high, the Christmas Canadian Geese are designed of soft shimmering material over clear lights to create a welcoming sight day or night.

As always, special thanks goes to Randy Robertson, Angela Tanner, and Steve Evans along with all the Maintenance Department working many hours lighting up buildings and grounds for Christmas.

Masquerade™

Experience the Frenzy!

**\$5 Jewelry
and Accessories
SALE**

Monday, March 3rd

7:00 am – 6:00 pm

Tuesday, March 4th

7:00 am – 4:00 pm

**Boswell Regional Center
Training Center**

Cash, Credit/Debit Cards & Payroll Deduction

**Sponsored By & Proceeds Benefit
Boswell Regional Center Friends & Family Association**



Making and Keeping New Year's Resolutions

The New Year is a natural time to try for a new start and do things better. Some of the most common – to lose weight, exercise more, and quit smoking – are healthy habits that can help you lower your cancer risk and benefit you for the rest of your life. More than 40% of American adults make New Year's resolutions, and almost half of them keep their resolutions for at least 6 months. Here are some tips and tools for making those resolutions and sticking to them.

Quick Tips for Starting your New Year off right –

- Eat healthy and get active
- Stay away from tobacco
- Be safe in the sun

Exercise

- Be specific about your exercise goal. For example, instead of resolving to just get more, make a plan to walk 30 minutes every Monday, Wednesday, and Friday.
- Think you don't have time to add any physical activity to your day? Try simple substitutions, such as using stairs rather than an elevator, walking to visit co-workers instead of sending an email, and using a stationary bicycle or treadmill while watching TV. Studies show that getting even just 15 more minutes of exercise a day can help you live longer.
- Use the USDA's free SuperTracker tools to help you set goals for managing your weight and getting enough physical activity.

Eat better

- Eat a little less by avoiding oversized portions. For example, the amount of meat recommended as part of a healthy meal is about 3 ounces, or the size of an iPhone.
- Eat a little healthier by adding more vegetables, fruits, and fiber to your meals and leaving out some of the sugar, fat, and calories.
- Use the USDA's free SuperTracker tools to help you set goals for managing your weight and eating right.

From the Wellness Committee

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 are:

Scrub Sales

Jewelry Sales

Book Fairs

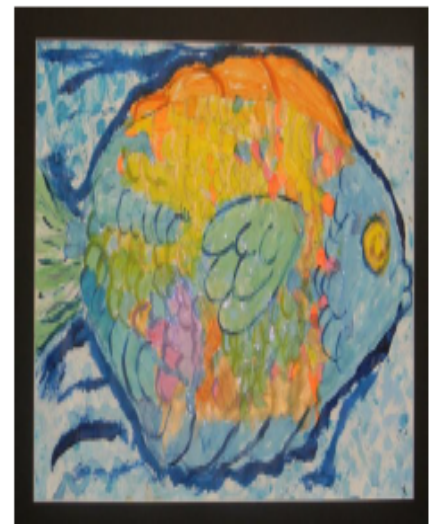
RADA Knives

T-shirt Sales

Special Hosted Events



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 2012-2013

- Single/BRC Employee - Free**
- Single/Non-employee \$5** Membership Card
- Bronze \$25** Membership certificate designating level of giving
- Silver \$50** Membership certificate designating level of giving
Name on all Friends & Family sponsored events
- Gold \$100** Membership certificate designating level of giving
Name on all Friends & Family sponsored events
Recognition in each issue of the Bulletin newsletter
- Platinum \$500** Membership certificate designating level of giving
Name on all Friends & Family sponsored events
Recognition in each issue of the Bulletin newsletter
Publicity in local media
Boswell 35th Anniversary cookbook