



Boswell Regional Center Bulletin

January 2017

HAPPY NEW YEAR

A Publication for Employees, Family and Friends of BRC

Making Moves!

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The publication of the BRC Bulletin is made possible by contributions from 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 2017 Issue.



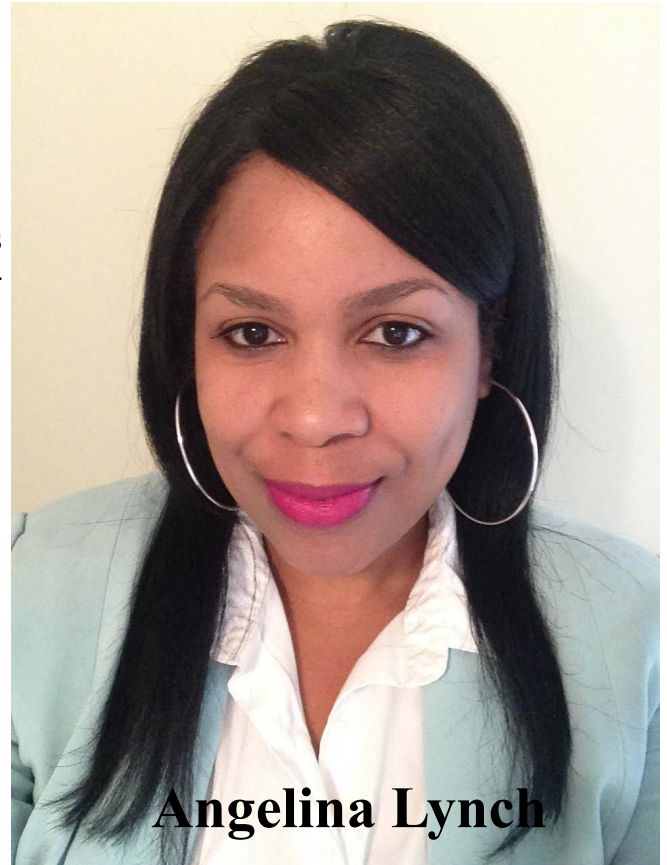
If a smile warms your heart, then you should have been present on December 19, 2016, when Ms. D. Lyon received the much anticipated news that a date had been set for her to transition from the Wesson Geriatric Group Home to the Hazlehurst Community Home. She was excited about her new adventure. As her moving day approached, that smile got bigger and bigger! Ms. Lyon is pictured with Christa Jones, Director of the Wesson Geriatric Group Homes, and Janet Holmes, Direct Support Professional. Ms. Lyon will be truly missed by all of the staff and individuals at Wesson. Boswell is happy to be a part of making Ms. Lyon's dreams become a reality. Many thanks to the Boswell Regional Center staff for assisting with her move. Ms. Lyon is looking forward to relaxing in her new home.

Angelina began her life journey in Hazlehurst, MS. She was raised in a small rural community called “It,” just outside of town. At an early age, her parents instilled in her the importance of values, love, family, and hard work. A Christian foundation was always prevalent in her home. She enjoyed attending Chapel Hill Baptist Church while she was growing up. As a young girl, Angelina enjoyed fishing, baking, and picking fruit (blackberries, plums, figs, etc.). She grew up the middle child of three children. She has an older sister and a younger brother. During her early years, she learned the value of working by mowing yards and babysitting her cousins. At the beginning of her senior year of high school, she started working as a cashier at the local Jitney Jungle grocery store. She was playfully called the “Jitney girl.” During her four years at Jitney, she met many people and developed relationships throughout the community that would last a lifetime.

Angelina graduated with honors from Hazlehurst High School in 1995. She participated in the Annual Staff, ROTC, Science Club, and etc. while attending high school. She received the “Retired Teachers of Hazlehurst School District Scholarship” upon graduation. Angelina graduated from Copiah-Lincoln Community College in December 1997 with an Associate of Arts Degree, and from the University of Southern Mississippi in May 2001 with a Bachelor of Science Degree in Psychology. She also participated in the “Mississippi Alternate Route to Teaching Program” her senior year of college and obtained her teacher’s licensure in June of 2001. She graduated from Jackson State University with her Masters of Science in Education Degree in 2007.

Angelina is currently a resident of Wesson, MS, and attends Lowes Independent Chapel in Crystal Springs, MS. She is blessed with one son, Adicuz Harris who is the joy of her life. He is a senior at Loyd Star Attendance Center. Her daily advice to him is to always stay humble and give your best within the will of God. Angelina has always carried a quiet, strong-willed nature throughout her life, and prays that she can always be a dependable and reliable person for others.

In 2001, Angelina began her professional career at Southwest Mental Health as a Case Manager at Life Skills in Brookhaven, MS. She then transitioned to Day Support Coordinator in 2002. Her years within these positions groomed her for the next road on her journey. She began working at Boswell Regional Center in June 2003 as the Qualified Mental Health Professional (QMRP) and continues to serve as the Qualified Intellectual Disabilities Professional (QIDP, formerly known as QMRP) at Wesson Geriatric Services. She loves to see the individuals smile and have fun because she knows that some of the smallest things bring them joy and have some of the biggest impacts. Over the years at Wesson, she has watched many of the individuals mature to their golden years. She prays that the service that she and others have given them has fulfilled their lives to the fullest. She has learned many facets of Mental Health throughout her time with Boswell, and hopes to continue to gain more knowledge in the future.



Angelina Lynch

Meet The Supervisor

Schynies Williamson

Years of Service: 9

Hire Date: January 16, 2008

Resides: Magee, MS

Favorite Color: Pink

Favorite Team: Magee Trojans

Favorite Food: Chicken Dumplings

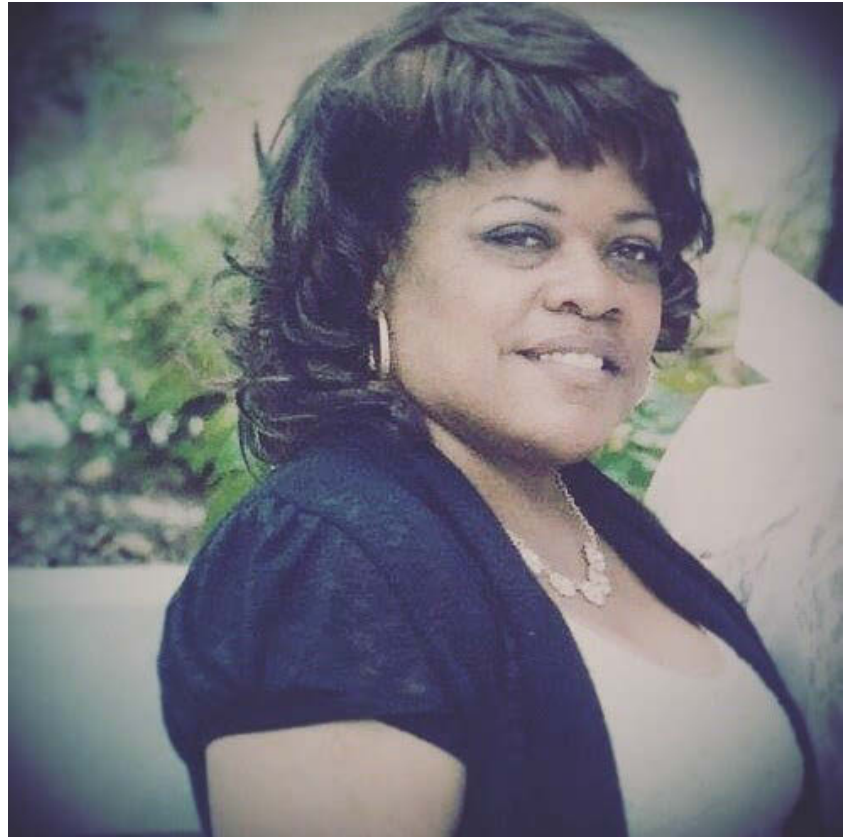
Favorite Restaurant: Likes home cooked meals

Favorite Vacation Spot: Home body

Favorite Music: Gospel

Favorite Song: His Eye on The Sparrow

Favorite Movie: The Passion of Christ



It's been a pleasure serving the individuals here at Boswell. I'm grateful to work with the staff who work hard as a team no matter the work load. We have our challenging days, but somehow manage to finish. I'm thankful for such a good group, and proud of what they do to make our individuals comfortable in their own home.

A Visit From Florence High School Medical Science Academy

On January 26, 2017, Cliff Thames, Instructor for Medical Science Academy at Florence High School, along with 10 of his students took time out of their busy day to visit Boswell Regional Center. They had an opportunity to tour the Sanatorium Museum and participate in a Q&A session with David Tedford, Employment Services Director. Afterwards, Clint Ashley, Director of Boswell, gave a warm welcome to the visitors. Sarah Kennedy, Infection Control Nurse, gave a short presentation providing them with her knowledge and expertise in the medical field. Finally, a tour of Pinelake Geriatrics was given by Kay Adcox, Social Worker for that program. The Medical Science Academy is a career and technical program designed to prepare students for the medical field. This is a four year program and students receive clinical hours in four different locations. Boswell appreciates the opportunity to assist in preparing students for their future endeavors.



In and Around BRC



BRC Orientation Classes



January 1st Orientation: Back Row Left to Right: Amber Atchley (Oakbrook), Ralph Johnson (Pinelake), Lillian Green (Supported Living), Keshondra Haynes (Pinelake) **Front Row Left to Right:** Genasya Magee (Fairway), Elisabeth Little (Pinelake), Tularius Bridges (Fairway), Sherry Stubbs (Pinelake), and Maria Allen (Staff Development) Not pictured Jhessica Crosby (Oakbrook).



January 16th Orientation: Back Row Left to Right: Jonathan Ware (Ridgeview), Angel Catchings (Oakbrook), Mari-cus Williams (Ridgeview), Marvin Easterling (Security), Rokeskia Pittman (Magee Autism), Nathaniel Thurman (Employment Services) **Front Row Left to Right:** Deplas Ford (Ridgeview), Kevin Dean Sullivan (Pinelake), Pearlie Knight (Pinelake), Mary Beth Hall (Pinelake), Clarissa Magee (Shivers), Querida Collins (Pinelake)

MAC EOM



The MS Adolescent Center's December Employee of the Month is Angelia Hardy. Pictured with Angelia is William Gates, Direct of the MAC. Congratulations!

BRC EOM



During the January Director's Meeting, Boswell Regional Center recognized Employees of the Month in the area of direct care and support and professional staff. November Employees of the Month are Stephen May, Community Services; Sharron McNay, Pinelake; and Lisa Westbrook, Recreation.



December Employees of the Month are Richard Brown, Community Services; Vicki Kettleman, Oakbrook (QIPD); and Jeffrey Williamson (not pictured).

Governor's Service Awards



Boswell Regional Center employees received Governor's service awards in recognition of 10 years each of state service. Tameka Cooper and Ruby Armstrong were recognized for their dedication to BRC at the January Director's Meeting.

Betty Newton Retirees From BRC



On January 31, 2017, Boswell Regional Center held a retirement reception honoring retiree, Betty Newton. This event was held at the LeGrand Café at 2:00 p.m. It is difficult to see great employees such as Ms. Betty leave, but she is delighted that she will be able to spend time with her family on the Mississippi Gulf Coast, visit her sister in Kentucky more often, and enjoy her grandchildren. BRC congratulates Ms. Betty for 23 years of state service and wishes her well. Pictured above with Ms. Betty is Cindy Womack, Assistant Director of Boswell Regional Center.

Pastor's Corner



**Bro. Rudy Jackson,
BRC Chaplain**

Change Is Not A Four letter Word

The U.S. standard railroad gauge (distance between rails) is four feet, eight-and-one-half inches. Why such an odd number? Because that's the way they built them in England, and American railroads were built by British expatriates. Why did the English adopt that particular gauge? Because the people who built the pre-railroad tramways used that gauge. They in turn were locked into that gauge because the people who built tramways used the same standards and tools they had used for building wagons, which were set on a gauge of four feet, eight-and-one-half inches. "Why were wagons built to that scale?" Because with any other size, the wheels did not match the old wheel ruts on the roads. "So who built these old rutted roads?" The first long-distance highways in Europe were built by Imperial Rome for the benefit of their legions. The roads have been in use ever since. The ruts were first made by Roman war chariots.

Four feet, eight-and-one-half inches was the width a chariot needed to be to accommodate the rear ends of two war horses.

Maybe "that's the way it's always been" isn't the great excuse some people believe it to be.

Romans 12:1-2

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.



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

How to Contact Your Legislator

The 2017 Legislative Session will begin on January 3, 2017. The Department of Mental Health would like to make sure all of its employees are aware of the legislative process and are as involved as they would like to be. Remember that it is your right as a citizen to speak to your legislators and let them know your opinions and your feelings about the directions our state government is going.

We have had employees ask in the past how they can identify and reach out to their legislators. There are a few ways you can do this:

- ⇒ If you happen to know who your legislators are, you can find their contact information at the Mississippi Legislature web site at www.legislature.ms.gov. You'll see a menu near the top of the page that has a button labeled "Legislators." You can hover over that to find your senators and your representatives.
- ⇒ If you do not know who your legislators are, there are some online tools that can help you identify them:
 - ⇒ Visit www.openstates.org. You can enter your address in a text box at the top of the page or browse by state. Entering your address will show you who your legislators are. Clicking their names will also give you their contact information.
 - ⇒ Empower Mississippi is another site that will identify your legislators. You can reach it by using your computer to visit www.empowerms.org/do-you-know-your-legislators/. Once again, you can simply enter your address to identify and get contact information for your legislators.
 - ⇒ The Electric Power Associations of Mississippi have a legislative roster available on their web site and as a smartphone app. Search for "Mississippi Legislative Roster" in your phone's app store or visit ecm.coop/roster on a web browser for their guide.

With the 2017 Legislative Session approaching, it is important to know how to effectively communicate with your legislators if you do decide to contact them.

During session, legislators are very busy and often don't have time for long phone calls or in person conversations. The best way to contact them is through letters or email. If you choose to contact your legislator this session be sure that you are contacting the legislator who represents the district you live or work in. DMH has been discussed often in the off season, which only means it will continue to be discussed during session. When you contact legislators be sure to clearly tell them what you want them to know, but be brief with your message and make sure you are prepared before you send it. Always be honest, accurate and timely with the information you send a legislator.

One thing to remember is that you should not use any state time or resources if you do reach out to your legislators. You will need to contact them on your own time, on your own phone, and through your own personal email address or stationery. While we appreciate our employees' willingness to get involved, it must be done as a private citizen, not as a representative of any state agency.

One final thing to remember is something to remember in all of our professional interactions – always remain polite and courteous. Both state employees and legislators are public servants, and the Legislature has been supportive of our agency's community expansion efforts over the past several years. Please make sure to thank any legislator you speak to for their support, and for taking the time to hear your concerns.



2017 Onsite Wellness Calendar of Events

Quarter	Month	Monthly Wellness Theme/Observance	Wellness Webinar	Wellness Challenge	Online Group Coaching (6 weeks series)
1	January	Healthy Living	Total Health. It's All Good.	New Year, New You Healthy Habits	The Weight is Over
	February	Heart Health	ABC's of Good Heart Health		
	March	National Nutrition Month	Balance Your Diet and Your Life		
2	April	Physical Activity	Get Up, Get Active	Stand More, Sit Less	Daily Success with Diabetes
	May	Stress Management	Mindfulness Matters: Living in the Moment		
	June	Sun Safety	Sun Safety: Tips to Stay Safe in the Sun		
3	July	Sleep	Shhh...Goodnight...Sleep Well	Taste the Rainbow	Better Blood Pressure Now
	August	Healthy Aging	Boost Your Brainpower as You Age		
	September	Healthy Habits at Home	High 5...Healthy Habits at Home		
4	October	Tobacco Free Living	Steps to Tobacco Free Living	Maintain Don't Gain	Stress Less, Live More
	November	Pre-Diabetes	A Growing Concern...Reduce your Risk for Diabetes		
	December	Healthy Holidays	Grateful for the Gift of Health		

The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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Webinar Dates and Registration Links

Webinars are 45 minutes at 9:00am, 11:30am or 3:30pm CT

Registration is required!

Month	Wellness Webinar	Dates	Registration Link
January	Total Health. It's All Good.	January 31 st	http://go.activehealth.com/wellness-webinars
February	ABC's of Good Heart Health	February 21st	http://go.activehealth.com/wellness-webinars2.html
March	Balance Your Diet and Your Life	March 21st	http://go.activehealth.com/wellness-webinars
April	Get up, Get Active	April 18 th	http://go.activehealth.com/wellness-webinars2.html
May	Mindfulness Matters: Living in the Moment	May 16 th	http://go.activehealth.com/wellness-webinars
June	Sun Safety: Tips to Stay Safe in the Sun	June 20 th	http://go.activehealth.com/wellness-webinars2.html
July	Shhh...Goodnight...Sleep Well	July 18 th	http://go.activehealth.com/wellness-webinars
August	Boost Your Brainpower as You Age	August 15 th	http://go.activehealth.com/wellness-webinars2.html
September	High 5...Healthy Habits at Home	September 19 th	http://go.activehealth.com/wellness-webinars
October	Steps to Tobacco Free Living	October 17 th	http://go.activehealth.com/wellness-webinars2.html
November	A Growing Concern...Reduce Your Risk for Diabetes	November 14 th	http://go.activehealth.com/wellness-webinars
December	Grateful for the Gift of Health	December 12 th	http://go.activehealth.com/wellness-webinars2.html

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Security is the Key

As we start 2017, it's important to remind everyone about computer security tips to keep your devices, your network, your home devices and your agency protected. According to IBM's "2014 Cyber Security Intelligence Index," 95% of all security incidents are related to human error.

Phishing, malware, hacking, Distributed Denial of Service (Ransomware) attacks can result in client PHI exposure, reportable HIPAA breaches, increased cost of remediation and a lack of confidence in the agency. Home devices and networks are vulnerable too, and each of us needs to make sure our actions at home are as safe as what is expected at work.

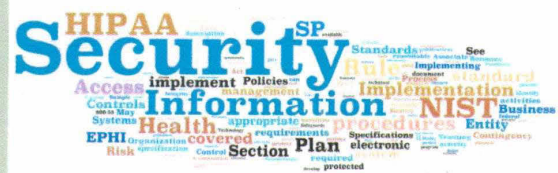
In 2016, most breaches were from:

1. Theft
2. Loss
3. Improper Disposal
4. Unauthorized Access (includes hacking, phishing, trojans, malware, ransomware)

SECURITY IS EVERYONE'S RESPONSIBILITY

Not to make you feel afraid, but it's important to think like an attacker as you go about your day. How would someone who wants to access your computer think? They will try to find any type of weakness that they can use to access your device or your network. Ask yourself:

- Is my password strong and difficult to figure out?
- Do I click on links to websites that people send me without being critical of the address?
- Do I download apps from websites, even if I believe they are legitimate, without being critical of the entire website?
- Would I give info out to someone who calls me wanting to fix my computer and needs my login/password?
- Do I know my devices have up-to-date anti-virus and anti-malware running?
- Are my mobile devices that I use for email encrypted so any PHI is safe from being read if my device is lost or stolen?
- Do I save PHI out to a thumb drive or other external storage device without making sure the device is encrypted?

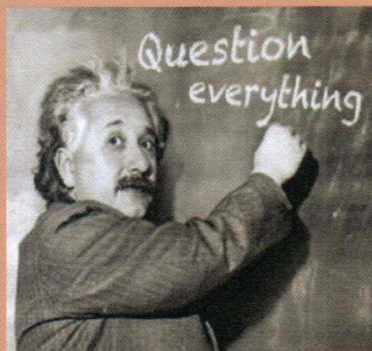


REMINDERS

- Set up strong passwords. Consider using phrases that you will remember. For example, My Dog Likes To Run In The Park At 1:00 = MDLTRITPA1
- Email reminders:
 - Before you click on a link in an email, be critical of who sent it and the name of the link.
 - You may receive an email from a co-worker or friend, but the link they send may have words misspelled or just not look right. This is a red-flag!
 - The wording in the email may not look right; your friend may address you as your first name/last name or something different than normal. This is a red-flag!
 - When in doubt, contact the person who sent the email and inquire about it.
- Social Media reminders:
 - Beware of friend requests from someone you don't know or don't have any connections with.
 - Beware of suspicious blogs or links in Facebook/Twitter.
 - Be careful never to post pictures taken at work; you may have PHI included that you didn't notice until it's too late.
- Device Protection:
 - Make sure you know where your mobile devices are at all times.
 - If you save PHI to your devices, make sure your computer is safe and mobile devices are encrypted.
 - Keep your monitor facing away from public view or ask your IS department for a privacy screen if repositioning the monitor isn't possible.
 - Keep your office door locked when you're not there or lock your device when you leave your work area

WHAT TO DO IF SOMETHING HAPPENED?

- Call your security officer or IS department right away.
 - If you can't find the number in less than 20 seconds, start memorizing!
- Turn off your device and physically unplug it when it's powered down.
- Write down everything you can remember that occurred, what you clicked on, etc.
- Never make fun of someone who raises the red flag; it's important for everyone to feel comfortable speaking up.
- Learn from the experience and share what you learned with others.



**Stop, Think and Don't
click the Link!**

POSITIONS AVAILABLE
(Magee, Brookhaven, New Hebron
and Shivers)

Direct Support Professionals are needed
for all shifts and locations.

If you believe that helping people
matters, then we need you at BRC!

For more information contact:

Human Resources
601-867-5000 Ext. 75079

P. O. Box 128
Magee, MS 39111



Boswell Regional Center

Where dreams can become reality.

Mission Statement

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

Programs

Boswell Regional Center programs offer an extensive range of program and service options to those with Intellectual and Developmental Disabilities (IDD). The primary goal of each existing program using a person centered approach is to allow each person to live more independently and to fulfill their lives through meaningful days.

Programs and services offered through BRC include:

Community Options:

- In Home Services
- Community Living
- Crisis Transition Homes
- Employment Opportunities
 - Day Options
 - Behavior Services
 - Autism Services



Campus Options:

On Campus Residential Services

On Site Day Programs

Membership Information

Indicate at right which type of membership you wish by circling the appropriate amount.

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

Single/BRC Employee - Free

Single/Non-employee \$5

Bronze \$25

Silver \$50

Gold \$100

Platinum \$500

Fundraisers

Some examples of fundraisers that have been held are:

Scrub Sales

Jewelry Sales

Book Fairs

RADA Knives

T-shirt Sales

Special Hosted Events

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.

Boswell Regional Center's



Boswell Regional Center

Boswell Regional Center

Post Office Box 128

Magee, MS 39111

Telephone: 601-867-5000

www.brc.state.ms.us

A MS Department of Mental Health Facility



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 of _____

In Honor of _____

By: _____

Acknowledgement should be sent to the following:

Name: _____

Address: _____

State: ____ Zip Code: _____

Phone: (____) _____

Email: _____

Boswell Regional Center

**Friends & Family Association
P.O. Box 128
Magee, MS 39111**

**Boswell
Regional
Center
Friends and
Family
Association**



*Where Dreams Can
Become Reality!*