



Boswell Regional Center Bulletin

July 2013

A Publication for Employees, Family and Friends of BRC

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Journey Skyward

By: Jamie Prine



B. Edge gives the thumbs up and she is ready for take off!

Many individuals served by Boswell had the opportunity to experience a "Journey Skyward" by attending an event held at John Bell Williams Field in Raymond, MS, by the ARC of MS. This event displayed dreams of flying becoming reality for the individuals who attended.

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, July 2013 Issue.



Continued on page 2

Journey Skyward

continued

Passengers of the V-Tail Bonanza, a small-engine plane, were instructed on some of the basic flying rules and mechanics of the plane. Spectators and others waiting for their turn to fly enjoyed refreshments and sharing stories with a volunteer group of cyclists while on their “Journey of Hope.” The “Journey of Hope” Cyclists ride from the West to the East Coast to raise awareness of intellectual and developmental disabilities.

This activity was a good example of how Boswell is implementing the Department of Mental Health’s (DMH’s) Strategic Plan. This plan has three main goals, one of which is for individuals receiving services to have more community involvement. A summary of the first goal states: “Goal 1 sets forth DMH’s vision of individuals receiving services having a direct and active role in designing and planning the services they receive as well as evaluating how well the system meets and addresses their expressed needs.”



CAMP WALAPEI

Camp Walapei are summer camp sessions for adults on the autism spectrum (ASD), 18 and older, and are designed to be fun in an age appropriate environment. This Camp is open to a limited number of participants and includes a strong emphasis on outdoor adventure and fun. Camp Walapei offers a similar experience that Kamp Kaleidoscope provides but with less rigorous demands and with adults in mind. Some of the individuals from BRC's Autism Services and Oak Brook attended the session held on June 13th through June 15th. The individuals had the opportunity to participate in the following activities: horseback riding, swimming, volleyball, arts & craft, music, archery, talent show, camp fires and nature hikes. Camp Walapei is located at Center Ridge Outpost in Center Ridge, MS. It's owned and operated by Dr. Mark Yeager of the TEAAM Organization (Together Enhancing Autism Awareness in Mississippi).

By: Calvert Sims



Spotlight on: Kelly Jones



This month's spotlight features Mr. Kelly Jones. He has been employed by Boswell Regional Center since September 2011. He has recently moved to Community Services to serve as Community Services Director. When asked what he most liked about Boswell, he said he really enjoyed the individuals and cared deeply for them. He is a graduate of Mississippi State University where he received a degree in Fitness Management. He noted that his new career in the community was a great challenge, but he enjoyed it. His hobbies include sports and fitness. He competes in marathons, triathlons and anything that pushes him physically. In his free time, one can find him with his family. He is married to Ashley Jones, and they have 2 children, Mollie and Thomas. Keep up the good work, Kelly!



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
BOSWELL
REGIONAL CENTER

Boswell is Smoke Free!

The smoke stack that has long towered above the Boswell campus is no more. It was built in 1920 as part of the Sanatorium's power plant which still stands next to the laundry building that was also erected the same year. Many do not know that this was not the first smoke stack on the campus, but quite possibly will be the last. That's because the smoke stack represents a rich history and technology that was innovative for its time but is now obsolete.

In its day, the smoke stack was where the smoke from all the burning coal was released. There was no electricity on the campus when the power house was built. The entire grounds were powered by coal energy. A railroad track ran behind the power plant. Day after day, the train would bring loads of coal to be used by the power plant. The train carts would spring open from the bottom and dump their loads in the carts waiting underneath the train tracks. Day and night, the workers at the power plant shoveled coal into the furnaces to keep the energy going, and the smoke stack smoked. An intricate system of tubing ran from the power plant all over the campus and a little beyond to keep everything functioning.

As time went on, the power plant became more and more advanced. There was less of a need for coal energy or the smoke stack, and the Sanatorium began to rely on natural gas. By 1939, the main buildings had steam and hot water pipes and electric wires extending to them through service tunnels. Now, the system of underground tunnels are spoken of as though folklore, but they really existed and were used on a regular basis.

Today, the smoke stack no longer stands. Starting the last week in July, it began to be demolished "brick by brick". For more information of the history of the smoke stack, power plant, or the Sanatorium campus, take a trip by the BRC museum. You're sure to find some treasures there.



This is the rear entrance to the power plant where coal was taken to power the grounds.



The smoke stack as it stood for decades



The smoke stack disappearing "brick by brick"



These are the remnants of the train track which brought the coal .

A big special thanks goes to Mr. David Tedford for being the historian and my tour guide on researching this article~ Sondra Wells Arthur

The Return of Donna Vella

By: Angelia McDonald



July 11, 2013, Jason Holloway, Robin Moss and myself made the trip to Kokomo, MS, to see how Donna Vella was doing with her training at Country Air Kennels. We were amazed at Donna Vella's training and how well she had improved and could not wait to get her home. We all agreed it was time, and on July 15th Donna Vella arrived. The individuals and staff at State Farm Apartments were just as excited and cheered when she arrived, many asking if she was home to stay, more cheers went out when given a positive, "yes," and Donna Vella knew right away she was home and ran to her kennel to grab her favorite toy.

Donna Vella grew so much not just in height but in ability. Robin, Jason, Jan and Angelia will be working with Donna Vella daily to maintain her skills and to add more skills and continue CGC (Canine Good Citizen) training.

On July 30th Donna Vella and three dood pawpals visited Prime Timers, State Farm Apartments and Day Services. It was very therapeutic for myself and the other trainers I know to see the joy that Donna Vella offered to each individual.

From all the trainers, we look forward to visiting your department soon. You may contact Jason Holloway, Robin Moss, Angelia McDonald or Jan Fairchild to schedule dood time with Donna Vella.

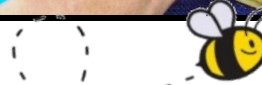
T. Beaubé Has Another Year of Successful Gardening!



Busy Bees at Life Connections

By: Cassie Bynum

Participants in the Life Connections program practice skills that will be useful when they move to the community. Each month they create menus and prepare meals. One class cooked up a storm! They prepared pork chops, macaroni and cheese, broccoli, corn bread, tea and water. For dessert, they had Strawberry Angel Food Shortcake. The guys had a great time preparing the food and enjoying their meal together.



Every month each class at Life Connections grocery shop at Piggly Wiggly. This trip the ladies enjoyed learning how to pick out quality produce and became familiar with comparison shopping. These ladies will also prepare a meal later in the week.



Individuals at Life Connections that have perfect class attendance and participation are chosen to attend a rewards trip at the end of each month. Last month, G. Braxton, B. Topps, J. Phelps, L. Bolden, and T. King traveled to Hattiesburg and enjoyed lunch at The Farmers Market.



Bioethics VDT Tour



UMMC Center for Bioethics Summer Fellowship VDT training.

On July 30th, Kathy Van Cleave (Division of Alzheimer's Disease and other Dementia) and Boswell Regional Center hosted Dr. Ralph Didlake and five of his University of Mississippi Medical Center students. Dr. Didlake is a professor of surgery and director of the Center for Bioethics and Medical Humanities at UMMC. He has an arrangement to bring students to Boswell for the Virtual Dementia Tour.

The Virtual Dementia Tour (VDT) is an empathy exercise to help those who go through it get a better concept of cognitive and physical disabilities associated with aging and dementia. After the tour, the students expressed that the experience had truly served its purpose. One student even said that she had "more empathy" toward people who cannot express themselves. This exercise made them consider how difficult it must be for a person with dementia to go to a doctor's appointment and not be able to explain his or her symptoms. Professor Didlake also presented them with ethical questions to consider about how people diagnosed with Alzheimer's dementia should be treated.

It was a pleasure for those assisting with the tour to hear the students in this medical program express how, after the tour, they better realized that people in the health care professions need a greater understanding of dementia in order to relate better to those who have such a diagnosis.

Alzheimer's Scholarship Award

Ms. Joann Nelson has been selected for the 2013 Alzheimer's Scholarship Award. Ms. Nelson will have the opportunity to attend the 14th Annual Conference on Alzheimer's Disease and Psychiatric Disorders in the Elderly "Shaping the Future," on August 14 - 16, 2013, in Meridian, Mississippi. Ms. Nelson has been employed at Boswell for 9 ½ years. She is a CNA on the Pine Lake Unit. Ms. Nelson is passionate about providing excellent care for the individuals on the geriatric unit. She is always positive and encouraging. Ms. Nelson goes above and beyond to provide individuals with enrichment opportunities that go far beyond the regularly scheduled activities.



**Congratulations Ms. Joann Nelson
for a job well done!**

Grill Donation

Pictured right is Ms. Edith Shoemaker and Ms. Shirley Weatherall of the Community Services Advisory Council. They are standing with BRC Director Mr. Steven Allen as they present him with a grill that the Council donated to Boswell Regional Center.

June Employees of the Month



Tyler Barnes was awarded the Direct Care Employee of the Month for the month for June. He works in Community Services in Magee. Janna Von Francke got Professional Staff Employee of the Month. She is a Behavioral Health Clinician and helps supervise other Psychology staff.



Remembering Dr. Randy Hendrix

Dr. Hendrix always took the time to make sure every employee knew the importance of their job and how they fit into the "big picture." I always considered him to be a friend with lots of integrity who will be greatly missed. His dedication to the citizens of Mississippi will be remembered for generations to come.

Steven Allen, BRC Director



Remembering Dr. Randy Hendrix



Above: Dr. Hendrix enjoying a meal at the annual Directors' meeting hosted during Christmas season at Boswell



In the "good ole days" if someone was in the hospital, Dr. Hendrix made sure there were lots of visitors. One day as I was visiting an employee in the hospital, he asked me if I knew how to ensure that the nurses paid lots of attention to my loved one, if I had a relative in the hospital. I did not...anyway he said to go and buy a big basket and fill it with lots of goodies, fruits, chips, candy, and then get a roll of quarters. Of course I thought that this basket was for the patient. He said, "it is not for the patient, it is for the nurses." Tell them each time they come in, hey grab you a candy bar or some crackers. He said those nurses will make extra trips to your room to check on the patient because they can get some free snacks. I have actually done this when I have had friends in the hospital. It was a fabulous idea. And although Dr. Hendrix and I shared many more conversations, this is one I can actually share...lol...

Suzanne Wilder, HR Director

Are You Ready?

Before the Hurricane Season

- ✓ Determine safe evacuation routes inland.
- ✓ Learn locations of official shelters.
- ✓ Check emergency equipment, such as flashlights, generators and battery-powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- ✓ Buy food that will keep and store drinking water.
- ✓ Buy plywood or other material to protect your home if you don't already have it.
- ✓ Trim trees and shrubbery so branches don't fly into your home.
- ✓ Clear clogged rain gutters and downspouts.
- ✓ Decide where to move your boat.
- ✓ Review your insurance policy.
- ✓ Find pet-friendly hotels on your evacuation route.



FEMA

During the Storm

When in a Watch Area...

- ✓ Frequently listen to radio, TV or NOAA Weather Radio All Hazards for official bulletins of the storm's progress.
- ✓ Fuel and service family vehicles.
- ✓ Inspect and secure mobile home tie downs.
- ✓ Ensure you have extra cash on hand.
- ✓ Prepare to cover all windows and doors with shutters or other shielding materials.
- ✓ Check batteries and stock up on canned food, first aid supplies, drinking water and medications.
- ✓ Bring in light-weight objects such as garbage cans, garden tools, toys and lawn furniture.

When in a Warning Area...

- ✓ Closely monitor radio, TV or NOAA Weather Radio All Hazards for official bulletins.
- ✓ Close storm shutters.
- ✓ Follow instructions issued by local officials. Leave immediately if ordered!
- ✓ Stay with friends or relatives at a low-rise inland hotel or at a designated public shelter outside the flood zone.
- ✓ DO NOT stay in a mobile or manufactured home.
- ✓ Notify neighbors and a family member outside of the warned area of your evacuation plans.
- ✓ Take pets with you if possible, but remember, most public shelters do not allow pets other than those used by people with disabilities. Identify pet-friendly hotels along your evacuation route.

Plan to Leave if You...

- ✓ Live in a mobile home. They are unsafe in high winds no matter how well fastened to the ground.
- ✓ Live on the coastline, an offshore island or near a river or a flood plain.
- ✓ Live in a high rise building. Hurricane winds are stronger at higher elevations.

If Staying in a Home...

- ✓ Turn refrigerator to maximum cold and keep it closed.
- ✓ Turn off utilities if told to do so by authorities.
- ✓ Turn off propane tanks.
- ✓ Unplug small appliances.
- ✓ Fill bathtub and large containers with water in case clean tap water is unavailable. Use water in bathtubs for cleaning and flushing only. Do NOT drink it.

If Winds Become Strong...

- ✓ Stay away from windows and doors, even if they are covered. Take refuge in a small interior room, closet or hallway.
- ✓ Close all interior doors. Secure and brace external doors.
- ✓ If you are in a two-story house, go to an interior first floor room.
- ✓ If you are in a multi-story building and away from water, go to the 1st or 2nd floor and stay in the halls or other interior rooms away from windows.
- ✓ Lie on the floor under a table or other sturdy object.

Be Alert For...

- ✓ Tomatoes—they are often spawned by hurricanes.
- ✓ The calm "eye" of the storm—it may seem like the storm is over, but after the eye passes, the winds will change direction and quickly return to hurricane force.



American Red Cross

What to Bring to a Shelter

What to Bring to a Shelter

- First-aid kit
- Medicine, prescriptions
- Baby food and diapers
- Games, books, music players with headphones
- Toiletries
- Battery-powered radio and cell phone
- Flashlights
- Extra batteries
- A blanket or sleeping bag for each person
- Identification
- Copies of key papers such as insurance policies
- Cash, credit card

REMINDER: If you are told to leave your home, do so immediately!

After the Storm

- ✓ Keep listening to radio, TV or NOAA Weather Radio All Hazards.
- ✓ Wait until an area is declared safe before entering.
- ✓ Watch for closed roads. If you come upon a barricade or a flooded road, Turn Around Don't Drown!TM
- ✓ Stay on firm, dry ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from power lines.
- ✓ Never use a generator indoors.
- ✓ Avoid weakened bridges and washed out roads.
- ✓ Once home, check gas, water and electrical and appliances for damage.
- ✓ Use a flashlight to inspect damage. Never use candles and other open flames indoors.
- ✓ Wear proper shoes to prevent cutting feet on sharp debris.
- ✓ Do not drink or prepare food with tap water until officials say it is safe.
- ✓ Avoid electrocution by not walking in areas with downed power lines.

Family Emergency Plan



Everyone needs to be prepared for the unexpected. You, as well as your family and friends, will most likely not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electricity or phone services are shut off?

Steps to Take

- I **Gather information about hazards.** Contact your local National Weather Service office, emergency management office and American Red Cross chapter. Find out what type of emergencies could occur and how you should respond. Learn your community's warning signals and evacuation plans. Assess your risks and identify ways to make your home and property more secure.
- II **Meet with your family to create an emergency plan.** Pick two places to meet: a spot outside your home for an emergency, such as fire, and a place away from your neighborhood in case you can't return home. Choose an out of state friend as your family's point of contact for everyone to call if the family gets separated. Discuss what you would do if advised to evacuate.
- III **Implement your plan.**
 1. Post emergency telephone numbers by the phone.
 2. Install safety features in your house, such as smoke alarms and fire extinguishers.
 3. Inspect your home for items that can move, fall, break or catch fire and correct them.
 4. Have your family learn basic safety measures, such as CPR and first aid, how to use a fire extinguisher, and how and when to turn off water, gas and electricity in your home.
 5. Teach children how and when to call 911 or your local emergency number.
 6. Keep enough supplies in your home for at least 3 days. Assemble an emergency supplies kit. Store these supplies in sturdy, easy-to-carry containers, such as backpacks or duffel bags. Keep important documents in a waterproof container. Keep a smaller emergency supplies kit in the trunk of your car.

An Emergency Supplies Kit Should Include:

- | | | |
|---|--|--|
| ✓ At least a 3-day supply of water (one gallon per person, per day) | ✓ One blanket or sleeping bag per person | ✓ Extra set of car keys |
| ✓ At least a 3-day supply of non-perishable food | ✓ First-aid kit | ✓ Credit card and cash |
| ✓ At least, one change of clothing and shoes per person | ✓ Battery-powered NWR and a portable radio | ✓ Special items for infant, elderly or disabled family members |
| | ✓ Emergency tools | ✓ Prescription and non-prescription medicines |
| | ✓ Flashlight, extra batteries | |

- IV **Practice and maintain your plan.** Ensure your family knows meeting places, phone numbers and safety rules. Conduct drills. Test your smoke detectors and NWR monthly and change the batteries at least once each year. Test and recharge your fire extinguisher(s) according to manufacturer's instructions. Replace stored water and food every 6 months.

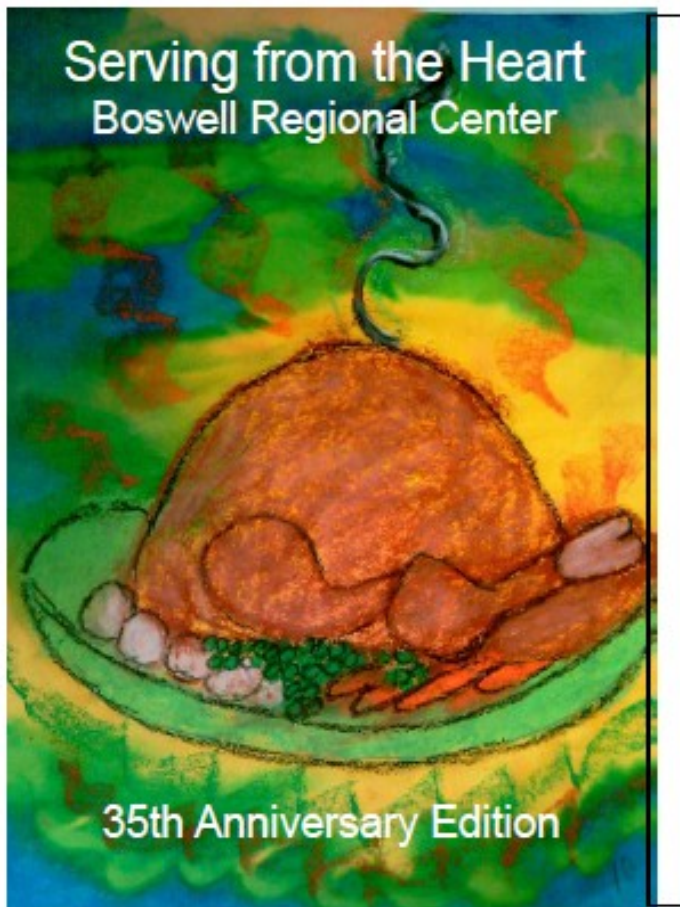
Safety and preparedness material is online at:

Federal Emergency Management Agency: www.ready.gov

American Red Cross: www.redcross.org

NOAA National Weather Service: www.weather.gov/safety.php

Purchase a 35th Anniversary Boswell cookbook today!



Featuring over
225 delicious
recipes
& artwork created
by
Boswell
individuals

*This is a hard covered, binder cookbook
and priced at only \$15!*

To purchase a cookbook contact: Kathy Pittman at 601-867-5000 ext
75021

Proceeds will benefit BRC's Friends & Family Association

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