



Boswell Regional Center Bulletin

June 2013

A Publication for Employees, Family and Friends of BRC

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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, June 2013 Issue.

From the Director



Mr. Steven Allen, Director of Boswell Regional Center

Boy how time flies! It's been more than a year now since BRC decided to offer specialized program options in the ICF and increase our Community Programs under the Waiver Program. Since that time, let me recap some of the accomplishments.

- The Geriatric Program at Pine Lake and Wesson are operating as a medical model providing services to the Geriatric individuals who do not choose a community option in which to reside.
- Fairway Special Supervision is continuing to down-size the number of individuals served, and some of the staff are continuing to receive specialized training in order to offer the appropriate intervention and treatment to those in need.
- Oakbrook and Ridgeview have reduced their population by offering short term stabilization programs to individuals as they transition to community settings.
- The Autistic Program in Magee and Brookhaven is up and running strong. This program offers individuals behavioral and technological support as their level of independence increases.
- Our Behavioral Support and Crisis Intervention has provided supports to many individuals in and around the state.
- Our Community Services Program has opened many new residential options for people choosing this type of setting. Also, two additional Day Programs are in the process of opening to support the new growth.
- BRC has partnered with Region 8, the ARC, SON Valley, Brandi's Hope and others to offer options for people wanting either to move home or closer to their home town.

Overall, BRC's Campus population has decreased by over 20% and our Community Residential Program's population has increased by over 60%. I look forward to continuing this movement. Thanks to all the staff and community who have made the success possible.

Spring Fling!

BRC had its annual Spring Fling in the month of June. Staff and individuals served by Boswell came together to play games, eat fun foods, and go swimming. The theme for this year's Spring Fling was "Tiki Time".



The first place Volley Ball team lead by team captain Calvert Simms

Second place Volley Ball team led by team captain Jason "Poppy" Holloway.



An Amazing Find

By: Will Beeson

This morning (Friday June 28) at around 9:15 AM, I was walking to my truck when I noticed Steven Pratcher attempting to pick a rock out of the ground. He was standing under the light pole by the fire hydrant in front of Ridgeview. Assuming the worst, I walked up to him and asked what was in his hand. He smiled and handed me the rock. To my amazement the "rock" turned out to be a near perfect spear head. I suspected he'd brought it from home and had just dropped it there. I looked at the ground and there it was. A half-inch deep impression of a likely 1500 year old Native American weapon. I wonder how many times we've all walked right past it. Steven decided to donate it to the BRC Museum. Mrs. Kathy Pittman took several pictures of him and his discovery. How lucky can you get? Pretty lucky if you are Steven Pratcher.



Above: Steven Pratcher holds his amazing find that he discovered on Boswell's Magee campus. Inset: A close up of the arrowhead Steven donated to the BRC Museum.

Change

By: Craig Kittrell

Change is coming and that's part of life, and sometimes that change comes right to our doorstep. I can see it both ways. Not all change is good, but change can produce good. Look around at BRC. It is always changing, and it has produced more good than bad.

It's ok if someone asks us to change. You create your own power, and the moment you let someone else's opinion get you mad and angry, you have effectively given up that power to them. We have the power to direct change in a positive way. Sometimes you have to ignore the negative to hear the positive.

I like the state of Ohio's motto, "With God All Things Are Possible". I was removing pictures off of my camera and had forgotten about this one that is attached. Hope this brings a little shine to your day. Enjoy!



On July 1, Mr. Austin turned 82 years old. He is the oldest individual that is supported through Boswell Regional Center's Case Management program. He chose to spend his birthday morning with Mr. Michael Rankin on a Fishing trip. Later that day he was surprised with a Birthday Cake by Mrs. Bobbie Durr and Ms. Jeannette Garner.

Happy Birthday, Mr. Charlie!

Outstanding Citizen



Pictured: Steven Allen, BRC Director; Rev. Ike Durr, President of Friends and Family and Mayor Jimmy Clyde, recipient of the Outstanding Citizen of The Year Award.

Mayor Jimmy Clyde was named Outstanding Citizen of The Year by The Friends and Family Association of Boswell Regional Center on May 31, 2013. Mayor Clyde is always willing to lend a helping hand. We thank you for your support and appreciate the difference that you make in the lives of the ones we serve.



Citizenship Awards

The Lester Evans Award is given annually in memory of a Boswell individual who exemplified good citizenship and kindness to staff and other individuals. The recipient is chosen by Boswell staff. This year, B. Thompson was presented with the award at the Friends and Family Association meeting on May 31, 2013. He is pictured on the left with Mr. Steven Allen, Boswell Director, who made the presentation.

Boswell also presents the Clara Bell Walker Award annually to a female individual that staff selects. This award is in memory of Ms. Clara Bell Walker who was loved by so many and was a good example of an upstanding citizen. This year's recipient of the Clara Bell Walker Award was M. Cauthen. Ms. Cauthen was given this presentation by Mr. Steven Allen on May 31, 2013, at the Friends and Family Association Meeting.

Favorite Direct Care Workers

This year the individuals served by Boswell had the opportunity to vote on favorite Direct Care Workers. Of all the excellent employees of Boswell Regional Center, there could only be one winner per unit.



Pictured above from left to right are: Joann Nelson (Pine Lake), Valerie Puckett (Oak Brook), and Arlene Brooks (Wesson Geriatric Services). Winners not pictured are: Vernon Dampier (Ridgeview), Leo Spann (Fairway), Phyllis Enoch (Autism Services in Magee) and Amanda Graham (Brookhaven Group Home).



Steven Pratcher was chosen Football MVP at the Friends and Family meeting on May 31, 2013. For being an awesome player on the Fire Dogs team he got to take home not only a trophy, but also a collectable football signed by former NFL player Marcus Dupree!

Steven was not the only athlete in the spotlight though. All Star Cheerleader J. Lott was also recognized for her efforts to cheer on players during competition.



A Visit From Marcus Dupree

Marcus Dupree, outstanding Oklahoma Sooner, New Orleans Breaker, and Los Angeles Rams star stopped in to visit his friends, Kathy and DeWayne Pittman while getting his windshield repaired at Hill's Windshield in Magee. Marcus donated an autographed football to The Friends and Family Association of Boswell Regional Center in Magee. The football was given to S. Pratcher, resident of BRC and Fall Ball standout player, on May 31st at the annual meeting.

Kathy Dampeer-Pittman, Director of Public Relations at BRC, stated "I appreciate all of the local businesses in and around Simpson County for all that they do and most of all for accepting the community transition from an institutional setting so well. I am grateful for my job and enjoy seeing the individuals smile. It simply warms my heart."



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

CPM Graduation



Carol Carter, of Boswell Regional Center, graduated from CPM (Certified Public Manager) class on June 11, 2013. Graduation was held at The Old Capitol Inn in Jackson, Mississippi.

Leadership Development Institute Class of 2013

Boswell's very own Assistant Director, Cindy Womack, was honored at the 34th Annual Simpson County Development Banquet on June 18, 2013. She is picture below (far left) with her fellow classmates.



Co-Lin Nurses



LPN class scheduled to graduate July 2013: Front row L to R: Kacey Hollingsworth, Kayla Case, Connie Boles, Shamekia Keys, Brooke Mckinney
Back row: L to R: Kissi Magee, Kelley Couey, Lane Flynt (instructor), Jason Lee, and Jasmine Washington.



Front row L to R: Alicia Smith, Lisa Hankins (instructor), Patrice Hardy, Lauren Windham
Back row L to R: Janeen Shows (instructor), Ashley Pedalino, Ryan Millis, Amy West, Adacia Brooks, Ashley Brown, Madison Smith, Kelly Blair, Alicia Hooker

Boswell Regional Center was honored with a visit from two groups of nursing students in the month of June. One group came on June 13th and 14th while the other came on June 18th and 19th. Both groups were treated to tours around various parts of the campus and got to experience the Virtual Dementia Tour.

The Virtual Dementia Tour is meant to give participants a first hand experience of what it can be like to have Alzheimer's Dementia.



Lane Flynt, RN Copiah Lincoln Community College Instructor and Theresa Windham, Director of Nursing at Boswell Regional Center.

Employee Honors

Governor's Service Award Employees of the Month



Boswell Regional Center employee Barney Sullivan of Magee, MS, received a Governor's Service Award in recognition of 10 years of state service.



During the June Director's Meeting, Boswell Regional Center recognized Ms. Mary Harvey from Nutritional Services as Employee of the Month. Cassie Bynum, of Day Services was also recognized as Employee of the Month.



Entergy Donation



Ricky Ates, an Entergy employee, donated \$250.00 to Special Olympics (Area 2) and \$250.00 to Friends and Family of Boswell Regional Center. Kathy Dampeer-Pittman, Director of Public Relations at BRC received the check on behalf of the organizations.

Special Olympics is an organization that provides children and adults with intellectual disabilities develop improved fitness and motor skills, greater self-confidence and a more positive self-image. Through their activities, they exhibit boundless courage. This gives them an opportunity to showcase their hidden talents. Special Olympics Summer Games were held at Keesler Air Force Base in Biloxi, MS, May 10-12. The Friends and Family Association is a non-profit all volunteer organization that works to ensure Boswell individuals feel valued and loved. All monies received from memberships are donated to the organization to purchase items for the individuals served by Boswell Regional Center.

File photo courtesy of MageeNews.com

A Look Around Boswell

Memorial Service



Friends remember a friend by singing at his memorial service held on Friday June 28 at the BRC Chapel.

High Hat Society



Pet Therapy



Awards



Remembering Dr. Randy Hendrix

The following obituary contains excerpts that were published in the Clarion Ledger and Hattiesburg American on June 30, 2013. It can also be found in its entirety on Legacy.com where you can view and sign the online guestbook.



On June 28, 2013 Dr. Albert Randel, "Randy", Hendrix, 66, died due to cancer at Wesley Medical Center in Hattiesburg, MS. His death followed a long history of service to others having served in the U.S. Army in Vietnam, 36 years in the Mississippi Department of Mental Health followed by teaching at William Carey University in Hattiesburg and consulting with mental health agencies.

Dr. Hendrix was born in Panola County, MS August 17, 1946, to Howard Roy and Marjorie Corrine Hendrix. He received his Bachelor's degree & Master's degree in Special Education at the University of Mississippi. Upon receiving his Master's degree he went to work at Ellisville State School as a special education teacher/grants writer. He later received his Ph. D. in special education from the University of Southern Mississippi. In 1975 he became Director of the North MS Regional Center (Oxford) being the youngest director of a major facility in the nation. While there he served as adjunct professor at Ole Miss. Later Dr. Hendrix became Chief of the Bureau of Mental Retardation (Intellectual Disabilities) serving simultaneously as Director of NMRC. In November of 1986 he was appointed Executive Director of the MS Department of Mental Health from which he retired in 2007.

Dr. Hendrix was preceded in death by his parents. He is survived by his wife of 39 years, Sandy, four children, Jo Ellen Townsend (Jeffrey James Townsend, Sr.), Sarah Elizabeth Marshall (Justin Joe), Albert "Randel" Hendrix, Jr. (Christina "Chrissie" Holston Hendrix), and Sandra Louise Hendrix (soon to be son-in-law John A. Augusto). In addition he had 3 granddaughters Grace Abigail Townsend, Jessica Elizabeth Townsend, (baby to be Kate Elizabeth Marshall), and two grandsons Jeffrey James Townsend, Jr. & Holston "Holt" Randel Hendrix.

In lieu of flowers persons are asked to donate to either the Mississippi Department Of Mental Health "Dr. Albert Randel Hendrix, Sr. Employee Appreciation Fund" at 1101 Robert E. Lee Building, 239 N. Lamar Street, Jackson, MS 39201. Phone: 601-359-1288. Fax: 601359-6295 or to the American Cancer Society at 1380 Livingston Ln, Jackson, MS 39213. Phone: 601 362-8874.

Dr. Hendrix's body died on the 28th. Because of his contributions to others he will never die as his memories and principles will pass from generation to generation.

An online guestbook may also be signed at www.ellisvillefuneralhome.com

Pastor's Corner

How do I know that my youth is all spent?

How do I know that my youth's all spent?
Well, my get up and go has got up and went.
But in spite of it all, I am able to grin
When I recall where my get up has been.
Old age is golden, so I've heard it said,
but sometimes I wonder, when I get out of bed.
My ears in a drawer and my teeth in a cup,
My eyes on the table until I wake up.
The sleep dims my eyes, I say to myself
"Is there anything else I should lay on the shelf?"
And I am happy to say as I close my door,
My friends are the same, perhaps even more.
When I was young my slippers were red,
I could kick my heels right over my head,
When I grew older my slippers were blue,
But still I could dance the whole night through.
Now I am old and my slippers are black;
I walk to the store and puff my way back;
The reason I know my youth is all spent,
My get up and go has done got up and went.
But I really don't mind, when I think with a grin
Of all the grand places my get up has been.
Since I have retired from life's competition,
I busy myself with complete repetition.
I get up each morning, dust off my wits,
Pick up my paper, and read the obits,
If my name is missing, I know I'm not dead.
So I eat a good breakfast, and go back to bed.



Bro. Rudy Jackson
BRC Chaplain

If you are still doing at sixty what you were doing at twenty you wasn't doing much at twenty.



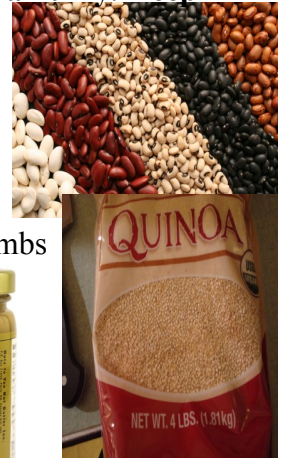
Psalm 126:2 Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The LORD hath done great things for them.

From the Wellness Committee

Shopping List: Basic Ingredients for a Healthy Kitchen. The first step to cooking healthy is to stock your kitchen with a variety of foods that you can throw together for healthy meals in a hurry. Keep these foods on hand for fast meals on busy nights.

In the cupboard

- Beans: Black, pinto, kidney, chickpeas, lentils, refried
- Rice: Brown, long-grain, rice mixes
- Pasta: Whole-wheat spaghetti, fettuccini, penne, bowtie, ramen noodles
- Other grains: Couscous, orzo, cornmeal, whole-wheat crackers, breadsticks, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetables: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, cranberries
- Sauces: Pasta, pizza, tomato
- Soups: Canned soups, broth, and bouillon and dried soup mixes
- Meats: Canned tuna, salmon, minced clams, and chicken
- Peanut butter
- Evaporated milk
- Vinegars: Cider, red and white wine, balsamic
- Your favorite herbs and spices
- Oils: Olive, canola, peanut, and non-fat cooking spray



In the refrigerator

- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, mozzarella, Swiss, Monterey Jack, Parmesan
- Reduced-fat sour cream and cream cheese
- Whole-wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, and chili
- Ketchup and mustard (spicy and Dijon)
- Salad dressings with olive oil or reduced-fat



In the freezer

- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: Whole-grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra-lean hamburger
- Fish: Red snapper, salmon, orange roughy, cod, flounder, sole



Benefits of Relaxation

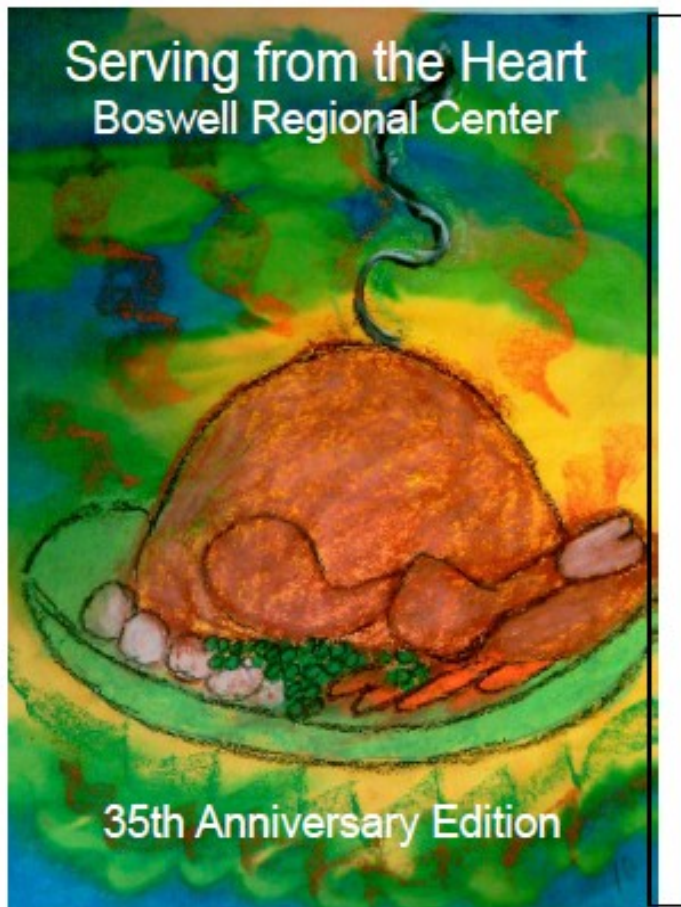
One of the body's reactions to fear and anxiety is muscle tension. This can result in feeling "tense", or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you "tense up" when you're feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension. Relaxation techniques can help with the following:

- ❖ *enhanced immunity*
- ❖ *gives the heart a rest by slowing the heart rate.*
- ❖ *increases blood flow to major muscles*
- ❖ *lowers blood pressure*
 - *decreases the likelihood of stroke and heart attack.*
- ❖ *decreases muscle tension*
- ❖ *slows the rate of breathing and reduces the need for oxygen*
- ❖ *improves focus*
- ❖ *boosts confidence to handle problems*
- ❖ *more energy*
- ❖ *better sleep*
- ❖ *smoother emotions and more pleasant personality*
 - *less anger, crying, anxiety, frustration*
- ❖ *less headaches and chronic pain*
- ❖ *stimulates creativity*



Join us for 30 minutes of relaxation at the Training Center on Thursday, July 11, 2013. Sessions begin at 9:00 a.m and end at 3:30 p.m.

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

2012-2013 Friends Sponsors

Platinum

Mr. and Mrs. Richard Manning
Shivers Construction
MageeNews.com (Sue Honea)
Priority One Bank
Fellowship Sunday School Class
Mayor Jimmy Clyde
Barksdale
Richard Carroll
Entergy Corp.
Tyson Foods
BB's Salon & Boutique
Lanelle Hudson
Popeyes of Magee
People's bank
Joe McGuffee
Mark and Ina Magee
Brittney Greene

Silver

Jann Houge and Angelique Nunnery
Paul and Betty Loper
JoAnn Powell
Keith and Frances Woods
MISSCO

Gold

Terry and Diane Green
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Huddle House of Magee
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Mr. Terry Puckett
Insurance Associates
Tillman Furniture

Bronze

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Marvel Thomas and Richard Thompson
Lou A. Robinson
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Christine Fortenberry
Regina Pigg
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Cathy L. McGinnis

Friends & Family Association