



# Boswell Regional Center Bulletin

# June 2014

A Publication for Employees, Family and Friends of BRC

# Special Olympics

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Representatives from Boswell Regional Center had the honor to participate in the Special Olympics 2014 National Games held in Trenton, New Jersey. Three individuals served by Boswell and five Boswell staff participated in the games.

The Special Olympics games included competitions in golf, unified team volleyball, bowling, bocce ball, power lifting, swimming, and track and field. Pam Webb of Boswell was half of a bocce ball doubles unit that won silver. In singles, she came away with a bronze medal in bocce ball. The gold medal in unified team volleyball went to the athletes from Boswell Regional Center. Chris Wann and Sam Banks were included on that team.



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, 2014 Issue.

**The unified volleyball team from Boswell is in position to win the gold**

# Special Olympics

Continued

National coverage of the Special Olympics games was shown on Fox Sports1 and Fox Sports 2 starting on June30th with repeat airing until July10. The title of the broadcast, produced by the WWE, was "Celebrating Champions:2014 Special Olympics USA Games." To see all of the photos available for the games, can go to their official Flickr feed at <https://www.flickr.com/photos/77440382@N04>. The official song was "Heart of a Champion" by Mike DelGuidice and can be downloaded for free at [www.2014SpecialOlympics.org](http://www.2014SpecialOlympics.org).

Please enjoy these photos of the Boswell Special Olympics team as they travel to the east coast and come back winners!



# Wal-Mart Honors Special Olympics Employees



Wal-Mart in Magee has recently honored three employees for their talent and athleticism, as well as their dedication to their job. Pam, Chris, and Sam attended the national games for Special Olympics which was held in Trenton, New Jersey. Calvert Sims, Jr., Area 2 Director for Special Olympics also went along with them. The staff of Wal-Mart hosted a reception which included cake and punch to show their support and appreciation for these individuals. Mr. Lee Maddox, Co-Manager, stated, "On behalf of our store, we would like to commend our associates who had the opportunity to participate in the events. Each of these associates shows timeless dedication and enthusiasm for their job. They are a vital part of our team." These three individuals are very deserving of this recognition. As always, Boswell greatly appreciates the support and encouragement of Wal-Mart and Simpson County.

## MIKULA APPOINTED EXECUTIVE DIRECTOR OF MISSISSIPPI DEPARTMENT OF MENTAL HEALTH



**Ms. Diana Mikula , new DMH Executive Director**

The Mississippi State Board of Mental Health has appointed Ms. Diana Mikula, of Madison County, as the Executive Director of the Mississippi Department of Mental Health. Mikula will assume the role July 1, 2014, after Mr. Edwin C. LeGrand III retires. Mikula is a long-term Department of Mental Health (DMH) employee, having started her career at Mississippi State Hospital (MSH) in 1995, serving the last three years as Deputy Executive Director.

“Over the years the Board has been impressed with Ms. Mikula’s extraordinary breadth and depth of experience while serving in the Department,” said Dr. James Herzog, Chair of the Board of Mental Health. “She exhibits an ideal grasp of the important issues facing the Department regarding expanding community-based programs. Her experiences with motivating staff and interfacing with the legislature regarding funding and necessary legislation is very impressive.”

Mikula joined MSH in 1995 as a personnel officer in the Human Resource Division and was later named Director of that Division. In March of 2000, she was promoted to administrator of Whitfield Medical Hospital, a position she held until the promotion to assistant director of MSH in 2004. In September 2007, Mikula was promoted to Director of the Bureau of Mental Health at DMH Central Office.

Mikula received a bachelor’s degree from the University of Mississippi and a master’s degree in health care administration from Mississippi College. She is currently pursuing her doctorate at Grand Canyon University in Organizational Leadership. Mikula has also completed the Mississippi Economic Council Leadership Mississippi Program, the John C. Stennis Institute of Government’s State Executive Development Institute, and the Certified Public Managers Program. She currently serves on the DMH Professional Licensure and Certification (PLACE) Review Board.

In addition to her extensive experience at DMH, Mikula has continued to be active in numerous professional organizations, including the Mississippi Hospital Association, and was a former board member of MHA’s Society of Behavioral Health Services. She also formerly served as the vice-president of Mental Health/Mental Retardation Council. In 2003, Mikula was named one of Mississippi’s “Top 40 Under 40” by the *Mississippi Business Journal*, the first DMH employee to receive this honor. In 2012, Mikula was the recipient of the Albert Randel Hendrix Leadership Award which is presented to a Mississippian who has demonstrated exemplary leadership in the field of services for persons with mental illness and/or mental retardation.

Mikula is a Certified Public Manager and a Licensed Mental Health Administrator. “Ms. Mikula brings a vibrancy and enthusiasm that will serve the Department, its staff and consumers exceptionally well in the years to come,” said Dr. Herzog. “She has a keen vision for the future of mental health in Mississippi and we cannot wait to work with her in this new role.” Currently, Mikula resides in Madison County with her husband Tom and daughter Megan.

# Spotlight on Shan Crumpton



**Shan Crumpton, BRC Director of Home and Community Supports**

Ms. Shan Crumpton is our BRC Spotlight for the month of June. She graduated with a Bachelors of Social Work from Mississippi State University in May 1998. In August she became a Case Manager for Community Counseling in Starkville, MS. She worked there for two years and while at Community Counseling received her Social Work License. Ms. Crumpton later transferred to Ellisville State School's (ESS) Taylorsville, MS, group home as a VTI in April of 2000. In August of 2000 she transferred to ESS's main campus as a LSW. Her final stop at ESS was as a LSW for the Prentiss Group Homes. This was all ICF/MR work. In the fall of 2002, she transferred to BRC as a Case Manager. Ms. Shan Crumpton is now in her 14th year with the Department of Mental Health. She states, "I've worn a lot of hats while in the Community IDD world. The first was as Case Manager for Alpha, Broadhead, Cedarcrest, Cottage Lane, Eastside, Mendenhall Retirement, Oakplace, Pine Grove, Powell, and Simpson Cove. I then worked as Day Services Director under Ronald Britt while also continuing as a Case Manager. Now I'm Director of Home and Community Supports as well as handling the benefits for all the community individuals. That means it falls to me to make sure no one's Social Security, Medicaid, and Food Stamps are discontinued. I'm very appreciative of the different jobs/challenges I've been given, and I hope to continue to work in Community IDD for the rest of my career. My insecurities are paramount and tied into my appearance. I'm constantly thinking 'Is this right?' 'Is this wrong?' 'Will they listen to me,' and Britt, Sheri, and BRC Community have helped so much in me thinking 'It's going to be all right'."

## Mammoth Church at BRC



**The Mammoth Springs Baptist Church youth group paid a visit to Boswell Regional Center**

# Business of the Year

Boswell Regional Center's Employment Services Division (Boswell Industries) offers employment options for individuals with intellectual and developmental disabilities. These options include competitive employment, supported employment, volunteering, entrepreneurial opportunities, and manufacturing/assembly work at the Main Street location. At the initial opening in 2012, there were 78 disabled employees and 15 support staff. This facility has grown to employ 162 disabled employees and 35 support staff. Over 25.5 million products were shipped from its facilities last year. Examples of products at the Main Street location include mailbox post and mailbox combinations which are sold at Wal-Mart, Home Depot, Lowes, and assorted hardware distributors. Special thanks to Mr. David Tedford, Director of the Employment Services Division, and his staff for truly making this program what it is today.

Boswell Industries is a program operated by Boswell Regional Center. Since 2012, BRC has offered more and more community options for individuals in the state who choose this service. Revenue in the community program during that time has risen from \$3,175,813 to \$7,769,029 with BRC having a total budget of over \$36,000,000. The total number of **Simpson County** employees has also risen from 579 to 619 during this time frame. New programs in Simpson County include Boswell Industries, Dream Extreme, and also a Community Crisis Transition Division which results from a grant from the Mississippi Department of Mental Health with an additional 16 jobs to the county.

On June 24, 2014, Boswell Industries was named Business of the Year. Berry's Fish House of Magee hosted the ceremony dinner. The success of Boswell Regional Center is because of all the Simpson County legislators, officials, citizens and businesses. Without them and their support, none of the services BRC provides are possible.



Pictured from left to right is Ms. Cindy Womack, BRC Assistant Director, John Rankin, President Elect for SCDF, David Tedford, Director of Boswell Industries, John, Employee of Boswell Industries, Brandon Hubbard, President of SCDF, Michael Ingram, Executive Director of SCDF and Steven Allen, Director of BRC.

# Camp Shelby



On June 6, 2014, several of the individuals at Life Links and Life Connections toured the Mississippi Armed Forces Museum at Camp Shelby. The visit was relaxing yet informative as they were able to “walk through time” and experience the unique, state-of-the-art museum at their own pace. The armed forces museum displays over 15,000 artifacts which represent all branches of the military. Afterwards, the participants dined at the Farmer’s Market in Hattiesburg, MS.



By: Cassie Bynum

# Heritage Trust Award



Boswell Regional Center recently received the Heritage Trust Award for Preservation. Originally constructed as a four unit, two-story apartment building in 1928, Dexter Hall was recently transformed into administrative offices for the Business Services Division at Boswell Regional Center in Magee. Under the auspices of the Mississippi Bureau of Buildings, Belinda Stewart Architects and Scarborough Construction completed the 1.3 million dollar project, which included complete window restoration, cast stone restoration, new casework and new finishes on a new roof. The restored building, with its lovely historic details, is now a proud centerpiece of the campus.



# ASCP Graduation

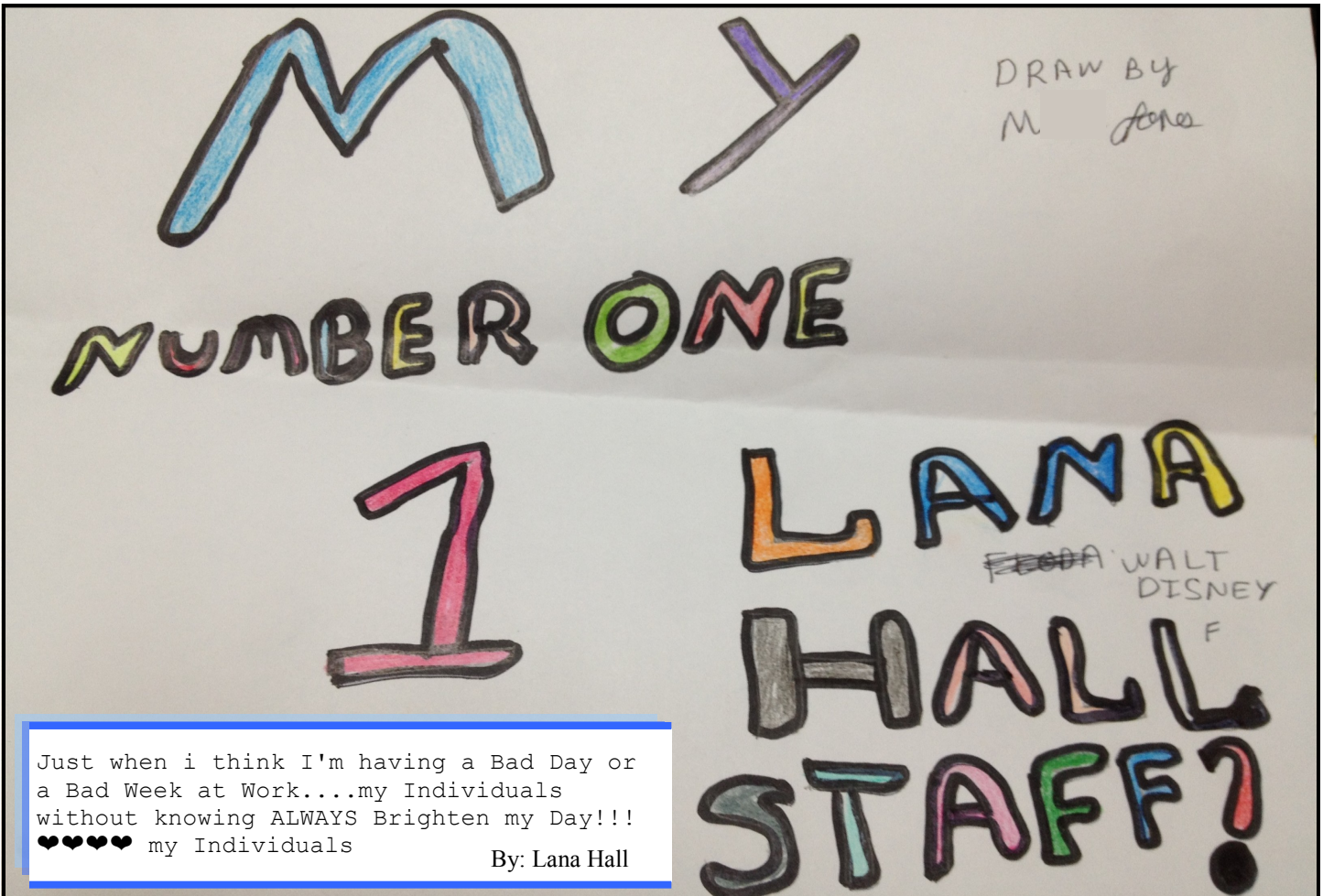


Ms. Leigh Evans graduated from the Administrative Support Certification program which is awarded through the Mississippi Personnel Board. Mr. Steven Allen, BRC Director, and Mr. Bill Blair, Director of MR/QA, congratulate her.

# A LOOK Around Boswell Co-Lin Nurses on Campus



Boswell Regional Center was honored with a visit from Copiah Lincoln Community College (Simpson County Campus) Nursing students on June 23<sup>rd</sup> and June 24<sup>th</sup>. Theresa Windham, Director of Nursing at BRC, toured the students to various areas; beginning with The Virtual Dementia Tour which is meant to give participants a first-hand experience of what it can be like to have Alzheimer's.



Just when i think I'm having a Bad Day or a Bad Week at Work....my Individuals without knowing ALWAYS Brighten my Day!!!  
♥♥♥♥ my Individuals

By: Lana Hall

# Ball Game

By: Kathy Pittman

Take me out to the ball game.....

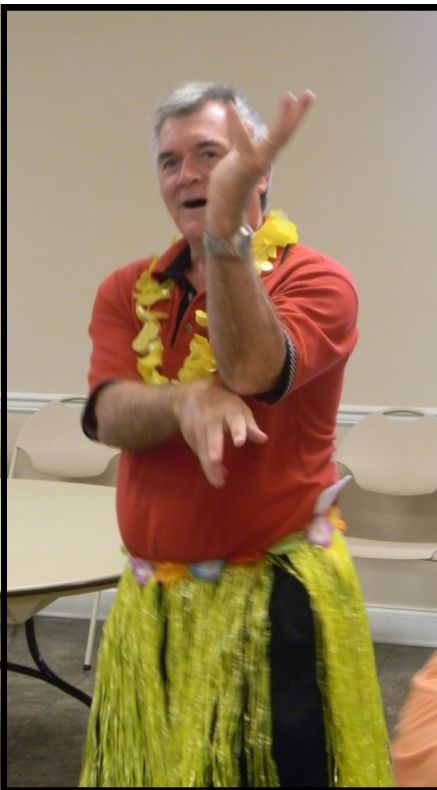
Every person is valued, and every person has value, every person has a purpose and the love that I see here at this baseball event is something that I appreciate very much. Several individuals from The Mississippi Adolescent Center enjoyed an evening of baseball at the Mississippi Braves game. Everyone waited patiently for the first pitch to be thrown out. You could hear one yelling, "STRIKE, BALL, SWING THE BAT!" Everyone enjoyed refreshments during the game, and they had a chance to meet Trusty, the Mississippi Braves Mascot. Jeremy Clark, recreational therapist, stated, "I enjoy the outings just as much as the ones we serve; the expressions on their faces says it all."



# BRC Luau

By: Jason Holloway

On June 26, 2014, our friends at PriorityOne Bank sponsored a luau for individuals receiving services from the community living program. Staff members from the bank decorated the fellowship hall of Corinth Baptist Church with Hawaiian decor. As participants arrived, they were greeted and given a lei to wear as part of their Hawaiian attire. The activities of the evening consisted of games, music, photo booth and food. The sounds of laughter and great conversation echoed throughout the fellowship hall during the luau.



## 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*

# BRC Employees of the Month



During the June Director's Meeting, Boswell Regional Center recognized Employees of the Month in the area of support/professional staff: Employees of the Month for May are Cheryl Sellers, Nutritional Services and Billie Morgan, Pinelake Geriatric .

# MAC Employees of the Month



Maurice Reese and Tara Smith were the Employees of the Month for the Month of May at the Mississippi Adolescent Center.

# Governor's Service Awards



Boswell Regional Center employees receive Governor's service awards in recognition of a total of 30 years of state service. They were recognized for the dedication to BRC at the June directors meeting. Pictured are Tammie Tebo (10yrs) and Bobbie Durr (20yrs). Congratulations!

## Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a life-guarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.

[Never leave a young child unattended near water](#) and do not trust a child's life to another child; teach children to always ask permission to go near water.

Have young children or inexperienced swimmers wear U.S. Coast Guard-approved [life jackets](#) around water, but do not rely on life jackets alone.

- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests. Even if you do not plan on swimming, be cautious around [natural bodies of water](#) including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.

- If you go boating, wear a life jacket! Most boating fatalities occur from drowning. Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

### Prevent Unsupervised Access to the Water

Install and use barriers around your [home pool or hot tub](#). Safety covers and pool alarms should be added as additional layers of protection.

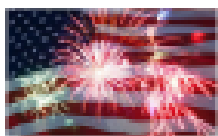
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment. Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

### Maintain Constant Supervision

- Actively supervise kids whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise. Always stay within arm's reach of young children and avoid distractions when supervising children around water.

### Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit. Enroll in Red Cross [home pool safety](#), water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.



**TOPSTORY**  
Happy July 4th!



**RECIPE OF THE MONTH**  
Citrus Salad



**GET FIT**  
Reverse Fly



**NUVAL WARS!**  
Choose This, Not That



July 4th is Independence Day! If you are considering being tobacco-free, here are a few tips. **Tip 1: Choose a quit date that works for you.** Do not try to quit during high stress times. **Tip 2: Make a plan for quitting.** Decide what times are the hardest for you, such as when you are restless or around others who smoke. Plan how you will handle your cravings during these times. **Tip 3: Get support.** Ask loved ones or people who used to smoke to assist you.

### Citrus Salad

Prep Time: 5 minutes | Cook Time: 0 minutes | Yields: 8 servings | Serving Size: 1.5 cups

**Ingredients:**

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 c. mixed greens / lettuce
- 1 red onion, small and sliced thin
- 2 Tbsp apple cider vinegar
- 1 Tbsp lime juice
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp water
- 1/4 tsp black pepper
- 1/4 tsp cumin



**Instructions:** Cut fruit into bite size pieces. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.  
**Calories - 80, carbohydrates - 9g, fiber - 3g, total fat - 3g, saturated fat - 0g, cholesterol - 0mg, protein - 2g, sodium - 20mg**

### Monthly Webinar

Topic: "Turn the Pressure Down"

Presenter: Rolanda

Date: Tuesday, July 8th

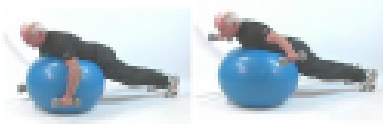
Times: 9:30am, 1:30pm, 5:30pm CST

Webink: [Motivation MS Wellness Webinar](#)

Call-In Number: 1-888-459-3239

Access Code: 652 167 619

### Back /



### Shoulder Exercise: Reverse Fly

**Muscles Worked:** The reverse fly works the muscles of the upper back and rear shoulders.

**Description:** Start by placing your chest on a stability ball, legs extended behind you with toes pressing into the ground. Hold the dumbbells with your arms on the sides of the ball (pic 1). Using your back and shoulders, raise your arms out to shoulder height (pic 2). Return to starting position. Perform 10-12 repetitions and rest for 30 seconds. Repeat the sequence up to 2 more times. **Tip: Concentrate on squeezing the shoulder blades together at the top of the motion.** The ball helps to further engage the muscles of the core, but will increase the difficulty. To make this exercise easier, replace stability ball with a bench. \*We recommend prior consent from your physician before starting any exercise program\*

### NuVal Trade-Up: Comparing Peanut Butter

Creamy Reduced Fat Fresh/Roasted Peanut Butter | Creamy Peanut Butter

7 NuVal



20 NuVal

NuVal is a Nutritional Scoring System where foods are ranked on a scale of 1 to 100— the higher the score, the higher the nutrition. Check out this month's comparison between reduced fat peanut butter and creamy peanut butter. Reduced fat peanut butter typically has more sugar, which is why the nutritional score has dropped. Search the entire database on your MyActiveHealth website!

### Quick Tip

Today do one little thing to take care of yourself. Then repeat tomorrow....

Speak with a health coach toll-free:  
**1-866-939-4721,**  
 Monday–Friday, 8 am – 8 pm, Central time  
 and Saturday, 8 am–1 pm, Central time or visit  
**MyActiveHealth.com/Mississippi**





# *The Contemporary Handbag & Scent Event*



Fabulous handbags from Jessica Simpson, Big Buddha, Fossil, Vince Camuto, Steve Madden, BCBG and MORE!! The newest fragrances from Jean Paul Gaultier, D&G, Versace, and Nicki Minaj to name a few!

Plus Come see our large selection of Fashion Apparel, Watches and personal Electronics.

**Tuesday, August 19**

**7:00 am to 4:00 pm**

**Boswell Regional Center Training Center**

Deduction Accepted with Employee ID, Cash, & All Major Credit Cards Accepted

**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**

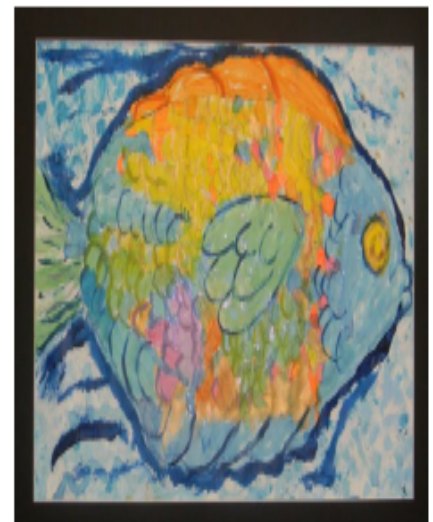
**RADA Knives**

**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