



Boswell Regional Center Bulletin

May 2016

A Publication for Employees, Family and Friends of BRC

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Special Olympics at Keesler

A great time was had by all at the 2016 Mississippi Special Olympics Summer Games held at Keesler Air Force Base in Biloxi, MS, May 20-22. Boswell Regional Center and Mississippi Adolescent Center (Pearl River Region Area 2) represented by winning several gold, silver and bronze medals in the areas of softball throw, track and field, and bowling. One of the largest events was Unified Volleyball, Boswell Regional Center's team brought home the GOLD! The athletes and coaches are already making plans for 2017 the Summer Games.



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, May 2016 Issue.

Special Olympics at Keesler Photos



Spotlight on Don Thames



Don Thames, BRC Night Administrator

Don Thames is a native of Simpson County. He grew up in a large family with three brothers and two sisters. He began working at Boswell Regional Center in 1999 as a Direct Care Worker. Over the years he has been a Supervisor, Program Coordinator, and now serves as Night Administrator. Don became a Christian in his teenage years. He is an active member of New Bethlehem Baptist Church. He serves as the Sunday School Superintendent and a deacon. Church has always been a vital part of his life, and this is where he met his wife of 35 years, Sherry Thames. Together they have two children: Cliff Thames and Tara Thames Sullivan. Cliff is a Biology teacher and coach at Florence High School. Tara is a Special Education teacher at Sumrall Middle School. In 2010, Don was given the title of "Papi." He has two grandchildren: Sawyer and Sadie Thames. Don enjoys cooking and traveling especially when he can take cruises or go to the mountains. He is an avid Mississippi State fan. His other favorite teams are the New Orleans Saints and the Houston Astros.

BHS Graduation



The Mississippi Adolescent Center (MAC) recently had two students graduate from Brookhaven High School. Aaron Taylor and Plaze Thomas pose with MAC Principal, Bobby Alsworth, and their Certificates of Completion. Plaze Thomas received the Functional Skills Award recently at Awards Day for Seniors at Brookhaven High School.

Torch Run

The Special Olympics Torch Run is an annual event that takes place a couple of days before Summer Games at Keesler Air Force Base in Biloxi, MS. This ceremony was held in downtown Magee at Boswell Industries on May 18th. Law Enforcement and the mayors lined up at the Magee City Park with blinking lights and sirens roaring. Leading the special event was the City of Magee Fire Department truck driven by Phillip Magee, BRC Staff. The our torch runners, Jamie Bynum, BRC staff, and P. Thomas' Mississippi Adolescent Center Resident, were next in line followed by representatives from the Mississippi Highway Patrol, Simpson County Sheriff's Department, Magee Police Department, Mendenhall Police Department, Ridgeland Police Department, Biloxi Police Department, the United States Marshal Services, Madison County Police Department, Boswell Regional Center Campus Police, and the Mayor of Mendenhall, MS. After everyone paraded through, the individuals served placed their full attention to the stage to hear the remarks from Calvert Sims Jr., Area 2 Director, about the beginning of Summer Games nearing. The guest speaker was Anthony Bahou, President and CEO of Special Olympics of Mississippi. Boswell Regional Center would like to say a special "thank you" to the City of Magee, Mayor Jimmy Clyde and Magee's Chief of Police Randy Crawford for graciously allowing such a heartwarming event in this great city. At the closing, everyone chanted the Special Olympics Oath and clapped as they awaited Friday morning to depart to Summer Games!



The City of Magee Mayor Jimmy Clyde playing the National Anthem



Torch Runners: P.Thomas; Jamie Bynum, BRC Staff; and S.Banks



Anthony Bahou, President & CEO of Special Olympics of Mississippi was the guest speaker.



Steven Newell, US Marhsal; Calvert Sims, Jr. Pearl River Region Special Olympics Director (Area 2); Marcus Bass, US Marhsal.

Spring Fling

The weather was perfect! This year's theme was Safari Adventures, and the events began immediately after lunch on Friday, May 6, 2016. Some of the activities included music, dancing, volley ball, kickball, basketball and face painting. The snow cones were the best part of the afternoon; a quick cool down is always welcoming. Medical Services sat underneath a tent with water available, as Information Technology rode around on golf carts passing out water to quench everyone's thirst after each game played. A good time was had by all at Green Park!



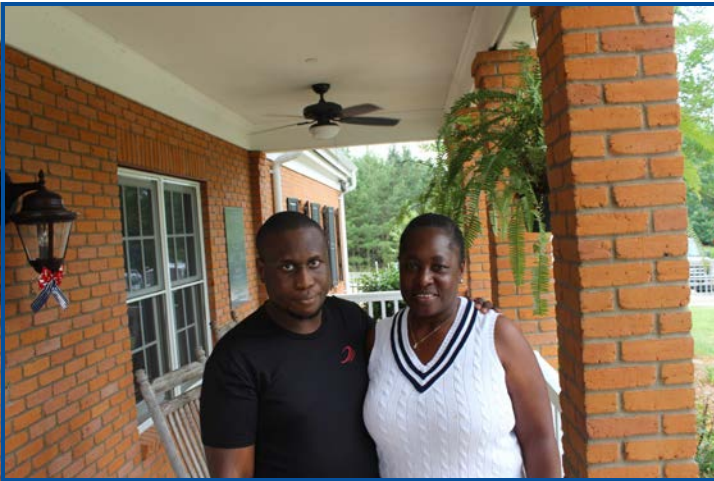
Priority One Bank Cookout

Rain was in the forecast, but not one drop fell! Priority One Bank in Magee held an annual cookout for the ones served in the community. Everyone gathered under the pavilion at the Magee Sportsplex on May 19th around 5:30 p.m. Brian Barnard, Priority One Bank Vice President/Branch Manager, blessed the food, and other Priority One Staff prepared plates of chicken tenders and potato wedges. It is truly a blessing to have such a welcoming community that enjoys putting smiles on faces and making dreams become a reality. The administration and staff at Boswell Regional Center appreciate you!



Goodwater/Morton Family Day

The weather was perfect on Saturday, May 28th! As the smoke rolled into the air, the smell of ribs came from underneath the grill as Calvert Sims, Jr. prepared the entrée for family day. Staff, family members, and the ones served enjoyed arts and crafts. The beautiful United States flag was a welcoming sight at the entrance, and the red, white and blue balloons sealed the patriotic decorations. Everyone enjoyed their visit, food, laughter and fun. Happy Memorial Day to all! We are proud to be AMERICAN!



National Nurses Week was May 6-12



Wesson BRC and MAC Nurses



Top Left: 1st shift nurse Vanessa Fells and 2nd shift nurse Abby Jergins for Wesson Group Home. Top Right: Latasha Taplin and Lacey Bates. Bottom Left: Annie Murray. Bottom Middle: Bathsheba Dampeer. Bottom Right: Felicia Jackson.

BRC Magee Nurses



Front Row; L to R: Star Logan, Vanita Showers, Angela Murphy, Mica Crews, Teresa Windham(DON) Angel White, Angel Bratcher, Paula Sims, Dale Mitchell, Tiffany Howell, Vicki Morton, Ashlee Robinson. Back Row; L to R: Sharon Lindsey, Kay Maddox, Brittany Ducksworth, Wilford Speed, Scott Vanderford.

SCDF Leadership Institute

On May 19th, the Simpson County Development Foundation Leadership Institute took a tour of Boswell Regional Center. They had a chance to visit the Sanatorium Museum, Pine Lake Geriatric, Dream Extreme and Boswell Industries. Mr. Richard Rankin, Office Manager and Director of this program, always enjoys coming to Boswell's beautiful campus and sharing the history with his class. Pictured left: Mr. Richard Rankin; Angie Berry, Insurance Associates; Stacy Warren, Priority One Bank; and Kimberly Newsome, Boswell Regional Center. Not Pictured are other participants: Will Beeson, Boswell Regional Center; Bo Huffman, Simpson Technical Center; Marney Walker, Simpson County Academy; and Faith Wallace, Trustmark National Bank. Pictured right: David Tedford, Director of Employment Services, explains the day to day operation of his program.



BRC Green Park Cookout

On May 27th the weather was perfect for the BRC campus cookout. Everyone gathered at Green Park at 11:00 a.m. for lunch. The menu consisted of hamburgers with all the trimmings, oven baked chips, and cookies to satisfy that sweet tooth. After lunch, everyone socialized as a welcome cool breeze came through. This was the definition of a wonderful day!



MAC at the Zoo



A few of the guys from MAC went to the Hattiesburg Zoo on May 24, 2016.

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

FOHC Golf Tournament

The 15th Annual Friends of Hudspeth Center Golf Tournament was held on Friday, May 20, at Patrick Farms Golf Course in Pearl. Thirteen teams vied for the coveted first place win and then there was the team who played for the Arc of Mississippi. The monies raised from the tournament are used for needs that arise for individuals served by HRC or the staff who serve them. A good time was had by all.



Friends and Family Recognition Program

The BRC Friends and Family Recognition Program is always held on the same day as the Accomplishment Ceremony, which was on May 6th. Businesses are recognized for the generous donations to the Friends and Family Association. This year's outstanding business sponsor goes to Zip Windham Café! Zip's gives a Zip Burger to each of our monthly employees of the month. Pictured are Friends and Family President Rev. Ike Durr and Teresa Windham. Also recognized was Brother Jay Westbrook, Pastor of Corinth Baptist Church. Brother Jay is so kind to host the annual Community Christmas party at Corinth. Pictured are Rev. Ike Durr and Brother Jay Westbrook. Thank you for your support!



Clara Bell Walker and Lester Evans Awards



S. Konshak is this year's winner of the Clara Bell Walker Award and A. Walters in this year's winner of the Lester Evans Award. These awards are given in memory of two outstanding citizens who participated in programs provided by Boswell Regional Center several years ago. Every year two individuals served by BRC are chosen who exemplify the excellence that was displayed by Ms. Clara Bell Walker and Mr. Lester Evans.

Favorite Staff

Persons served at Boswell Regional Center had the opportunity to select their favorite Direct Support Professional for each program. The following staff members were the winners. They were recognized and presented with a certificate at the Friends and Family recognition program on May 6, 2016. Congratulations to you all!



Oakbrook: Francis Lofton Fairway: Antoine Williams and Christy Robinson Ridgeview: Jimmy Holmes



Magee Autism: Mattie Rogers Wesson: Mary L. Smith Brookhaven: Doris Dixon Pinelake: Mary Sims

BRC April EOM



During the May Directors' Meeting, Boswell Regional Center recognized Employee of the Month in the area of support staff. Employee of the Month for April is Angela Hubbard, Oakbrook Unit. Congratulations and thanks for all you do!

Governor's Service Award



Boswell Regional Center employee receives Governor's service award in recognition of 10 years of state service. Mary Garner was recognized for the dedication to BRC at the May Directors' Meeting. Congratulations!

MAC April EOM



The April Employee of the month is Jeremy Clark – Recreation Therapist.

BRC Orientation Classes



First row L-R: Christy Kidd (Pinelake 2nd Shift, DSP), Sharon Lindsey (Pinelake 1st Shift, Nursing), Savannah Hollingsworth (CS-Pinegrove, DSP), Shawanda Lewis (Psychology). **Back row** L-R: Kentrell McNair (Ridgeview 1st Shift, DSP), Shelby Barnes (Oakbrook 2nd Shift, DSP), Jan Vanderschaaf (Ridgeview 2nd Shift, DSP), Hope Griffith-Jones (Psychology), Shantanya Alexander (Pinelake 3rd Shift, DSP), Zachary Graves (Ridgeview 2nd Shift, DSP).



Front Row: Catrice McCollum (Pinelake), Dori Sprinkle (Pinelake), Yvette Womack (CS State Farm), Helen Price (Pinelake), Benny Blair (Security), Stephanie Lee (Emp. Services). **Second Row:** Dreama Fairley (Oakbrook), Rita Traxler (Const. Services), Cherrell Favors (Oakbrook), Sherri Martin (Pinelake), Terri Durr (Pinelake), Marissa Boykin (Pinelake), Samalia Funches (Pinelake), Salbrina McLaurin (Pinelake), Subrina Slater (Pinelake). **Back Row:** Nakela Wiggins (CS Brookwook), Maria Bass (Pinelake), Ashley Gray (Oakbrook), Hope Roberts (Med. Services), Kristen Blackwell (CS Pinegrove), Alexis Womack (Pinelake).

Pastor's Corner



**Bro. Rudy Jackson,
BRC Chaplain**

MEMORIAL

It is gratitude that prompted an old man to visit an old broken pier on the eastern seacoast of Florida. Every Friday night, until his death in 1973, he would return, walking slowly and slightly stooped with a large bucket of shrimp. The sea gulls would flock to this old man, and he would feed them from his bucket. Many years before, in October, 1942, Captain Eddie Rickenbacker was on a mission in a B-17 to deliver an important message to General Douglas MacArthur in New Guinea. But there was an unexpected detour which would hurl Captain Eddie into the most harrowing adventure of his life.

Somewhere over the South Pacific the Flying Fortress became lost beyond the reach of radio. Fuel ran dangerously low, so the men ditched their plane in the ocean. For nearly a month Captain Eddie and his companions would fight the water, and the weather, and the scorching sun. They spent many sleepless nights recoiling as giant sharks rammed their rafts. The largest raft was nine by five. The biggest shark...ten feet long. But of all their enemies at sea, one

proved most formidable: starvation. Eight days out, their rations were long gone or destroyed by the salt water. It would take a miracle to sustain them. And a miracle occurred.

In Captain Eddie's own words, "Cherry," that was the B-17 pilot, Captain William Cherry, "read the service that afternoon, and we finished with a prayer for deliverance and a hymn of praise. There was some talk, but it tapered off in the oppressive heat. With my hat pulled down over my eyes to keep out some of the glare, I dozed off."

Now this is still Captian Rickenbacker talking, "Something landed on my head. I knew that it was a sea gull. I don't know how I knew, I just knew. Everyone else knew too. No one said a word, but peering out from under my hat brim without moving my head, I could see the expression on their faces. They were staring at that gull. The gull meant food...if I could catch it."

And the rest, as they say, is history. Captain Eddie caught the gull. Its flesh was eaten. Its intestines were used for bait to catch fish. The survivors were sustained and their hopes renewed because a lone sea gull, uncharacteristically hundreds of miles from land, offered itself as a sacrifice. You know that Captain Eddie made it.



And now you also know that he never forgot. Because every Friday evening, about sunset, on a lonely stretch along the eastern Florida seacoast, you could see an old man walking. White-haired, bushy-eyebrowed, slightly bent. His bucket filled with shrimp was to feed the gulls...to remember that one which, on a day long past, gave itself without a struggle, like manna in the wilderness.

[Philippians 4:19](#) But my God shall supply all your need according to his riches in glory by Christ Jesus.

Getting fit for free

Want to get in shape without spending money? It's easier than you think. The key is focusing on simple exercises you can do anywhere, including **stretching**, **muscle fitness**, and **aerobic fitness**. So start by reaching for your toes — not your wallet!

Stretching

- Begin by warming up your muscles for 5 to 10 minutes by walking or jogging.
- Stretch all your major groups of muscles. These include the muscles of your arms, your back, your hips, the front and back of your thighs, and your calves.
- Stretch slowly and regularly to help yourself be more flexible. Try to hold each stretch for 15 to 30 seconds.
- Do some stretches first thing in the morning. Take a "stretch break" instead of a coffee break at work.

Muscle fitness

- Keep busy with housework and yard work. Scrub the bathtub, wash walls, till the garden, or pull weeds.
- Do basic muscle toning exercises such as push-ups, leg lifts, and other familiar exercises.
- Try weight lifting with objects found around the house such as cans of food.



“ Staying fit helps you sleep better, handle stress better, and keep your mind sharp. It’s good for your heart, lungs, bones, and joints. ”

Aerobic fitness

- Try to do moderate activity for at least 2½ hours a week. This could be brisk walking, brisk cycling, or shooting baskets.
- You can also try vigorous activity for at least 1¼ hours a week. This means things like jogging, cycling fast, or playing a basketball game.

See other side for more free exercises you can do every day

Living the **free active life**

All of these everyday activities cost nothing, and all count as aerobic activity. If they don't work for you, try to think of something else that does.

YOU ARE IN CHARGE
of your health!



Walking briskly to work or to do errands



Walking the dog



Pushing a lawn mower



Playing actively with your children



Vacuuming



Dancing



Sweeping (perhaps to fast-paced music)



Raking leaves or shoveling snow



Need more structure for your exercise but don't want to spend money for a class? Try checking out some free exercise videos online.



This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health care professionals. 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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05/2016

***Creating Your
Own Path:
Successful Transitions for
Persons with Autism***

A conference by the
Mississippi Statewide Autism Training Initiative.

Hosted at:

Broadmoor Baptist Church
1531 Highland Colony Parkway
Madison, MS 39110

****SAVE THE DATE****

September 8, 2016

8:30 a.m. to 4 p.m.

If you require any auxiliary aids, services, or special requirements, please contact: Peggy Kelly at 601-867-5000 ext. 75241, pkelly@boswell.state.ms.us or Teresa Johnson at 601-867-5000 ext. 75018, tjohnson@boswell.state.ms.us. For more information, please visit our website at: <http://www.brc.ms.gov/Pages/autismtraining.aspx>.



Center for Discovery, Integration & Transformation

Advanced Professional Social Work Continuing Education:

2016

Trauma Series: Matthew Vasquez, PhD

May 20

Trauma informed practice for social workers: An advanced overview of traumatic stress and innovative approaches to its treatment (3CEs)

June 11

The new science of neglect: An overview of brain development, affect regulation, and the implication for social work practice (3CEs)

July 16

Understanding trauma and traumatic stress for health care professionals (3CEs)

August 13

(Repeat)

Trauma informed practice for social workers: An advanced overview of traumatic stress and innovative approaches to its treatment (3CEs)

Child Maltreatment Series: Tamara Hurst, PhD, LCSW

September 16

Recognizing and reporting child maltreatment: An overview for helping professionals (3CEs)

October 14

Understanding forensic interviews of children for mental health, health care, and criminal justice professionals(3CEs)

November 18

Labor and sex trafficking: What is it and does it happen here? (3CEs)

Each class: \$60 Regular/\$45 Early Bird

Space is Limited/Pre-registration Required

Class Time: 9:00 am – 12:15 pm

For more information & to register visit our website www.usm.edu/social-work

Registration Opens on April 20, 2016



THE CLAIBORNE
PREMIER RETIREMENT COMMUNITIES

All workshops are hosted by The Claiborne at Hattiesburg, 200 Whispering Pines Boulevard, Hattiesburg, MS 39402. Located off Veterans Memorial Drive between Timberton subdivision and the Family Y.

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!*