



# Boswell Regional Center Bulletin

# September 2015

A Publication for Employees, Family and Friends of BRC

# BRC "Paints it Purple"

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Alzheimer's disease causes brain changes that gradually get worse. It causes people to progressively lose their intellectual and social skills. The losses of these skills are severe enough to interfere with day to day life. It is a devastating disease. In an effort to educate the public, Kathy Van Cleave, Director of the Department of Mental Health's Division of Alzheimer's Disease and Other Dementias, asked Boswell Regional Center to assist her in raising awareness for those who have been stricken with the disease. The front gates were draped with a balloon arch over the BRC rock. Purple balloon columns lined the entrance, and the campus street poles were wrapped with purple ribbon. Thanks to all who participated in decorating and wearing purple for this worthy cause.



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, September 2015 Issue.

# An Alzheimer's Plea

By: Fred A. Das

The song of the birds, I cannot hear, The flowers, I cannot smell.  
I cannot remember, the ones I loved, And things I knew so well.  
I cannot see the wondrous sights, My eyes no longer can see,  
The setting sun, the stars at night, The beauty of a Tree,  
I cannot cry, I have no tears, And yet my heart is filled with fears.  
I cannot speak as I did before, My voice has faded away.  
I'm in a world all of my own, I cannot even pray.  
I know no difference between day and night, Time means nothing to me.  
I cannot tell the wrongs from right, Oh! God, What has happened to me,  
I long to feel the tender touch, Of Someone to light the way,  
Someone to lead me out of my world, And turn the night into day.  
I need a strong and gentle hand, Someone who understands,  
Someone who would guide me, Out of these strange and distant lands.

## Powell Apartments



Powell Apartments are decorated and ready for Autumn.

# T. Williams

By: Claire Bevell



Featured Artist,  
T. Williams

Almost six years ago, former director Mr. Raymond Johnson had the vision of implementing an Expressive Arts program at Boswell Regional Center. The program would include a performing choir, Orff Music classes, and visual art classes. The program has successfully discovered artistic and musical strengths among people served at Boswell Regional Center. Boswell artists are also discovering an entrepreneurial component to their hobby of painting. Not only are they able to win money in various exhibits, but they also are able to sell their paintings to the general public. Boswell artists receive 75% of the sale price from their paintings, while 25% returns to Boswell to cover the cost of art materials. Now, thanks to Sue Honea at [mageenews.com](http://mageenews.com) and the support of Mr. Steven Allen, current director of BRC, Boswell artists have the opportunity to offer their work for sale at the [mageenews.com](http://mageenews.com) website. Every couple of weeks, [mageenews.com](http://mageenews.com) will feature a Boswell artist. Some of the art will be shown and information will be given on how to purchase a painting.

The first artist featured was Mr. T. Williams. Mr. Williams recently won the prestigious award of first place in the adult non-professional division of the 2015 Goodwill Art Exhibit in Madison, MS. His painting, Catfish Pond, brought him a cash award of \$500. Additionally, a teaching artist bought his painting for \$20 and placed it in the art lab where she works at the Mississippi School for the Deaf in Jackson. Mr. Williams now has a print of his painting and a certificate in his room which states, "It Pays to Paint."

Mr. Williams shared some of his thoughts about his art in a recent interview. He stated that his favorite color is blue. Future subjects for paintings he is considering are pumpkins and fall trees as well as a tiger. He often speaks of his favorite teacher from earlier years, Ms. Anne, and wishes he could show her his paintings because she would be so proud. Mr. Williams plans to use his income from art to purchase clothes, shoes, a hat, a watch, and socks. In order to create more art, Mr. Williams attends classes offered on Friday mornings for men who enjoy music and art. Mr. Williams works independently with visual and verbal instruction from his teacher. He has a steady hand and a great deal of patience. If you are interested in purchasing one of Mr. Williams' paintings, please call Kathy Pittman at 601-867-5000, extension 75021. The three paintings featured below are priced as \$10.00 each.



# Spotlight on: Kerry Bynum



**Mr. Kerry Bynum, Co-Director of Community IDD Supervised Living**

James Kerry Bynum is our BRC Spotlight for the month of September. He is a graduate of Mize High School and attended Jones Junior College. He attended Mississippi State University and graduated with a bachelor's degree in Business. Kerry has worked for the Department of Mental Health for the last 26 years. He began his employment at East Mississippi State Hospital as a purchasing officer. Shortly thereafter, he was offered the position of Nursing Home Administrator. He served in that position until 1995, when he became the Division Director for Nursing Home Services. He remained in that position until he transferred to Boswell Regional Center in October 2003. At Boswell, he has served as Division Director of ICF/MR Community Services, Director of Geriatric Services, and currently works as a Co-Director of Community IDD Supervised Living. Kerry lives in Mize and is married to Cassie Bynum. Together they have 2 children, Jamie and Ashlyn. He enjoys spending time with family, working with livestock on his land, and participating in the Dixie National Wagon Train. He also enjoys traveling to the Smoky Mountains. He is a member of First Baptist Church of Mize.

## Direct Support Professionals Recognition Week



By: Director Steven Allen

**Thank You For Making Dreams Become Reality!**

September is a month many of us love. The extreme heat is on the way out and cooler weather is coming. Football is everywhere, and this gives us all an opportunity to root for the underdog. September also brings with it a time for us to recognize the heartbeat of what we do. Governor Phil Bryant set aside September 13-19 as Direct Support Professional Week.

At BRC, DSP's are always going above and beyond to make the lives of the people we support better. Every day, whether it is at work, the grocery store, out visiting the day programs, or at church, I see DSP's doing everything they can to make people happy. We all know the happier someone is, the easier our jobs are. We also know the pay scale for DSP's in Mississippi is not where it needs to be!

In the budget request for the upcoming legislative session, Boswell Regional Center and the other Mississippi Department of Mental Health programs included the proposed realignment for the entire Direct Care position series. This realignment would bring Mississippi salaries up to the Southeast average. Please take the time to contact your local legislators and let them know the need for an increase in salaries.

On a very sad note, BRC lost an outstanding asset on September 8. Ms. Alfricda Hubbard lost her life in an automobile accident on Highway 49. She worked in the SUCCESS program at BRC and did an outstanding job. She was very caring and supportive of everyone. She was always on time and was dedicated to her job. Please continue to remember her family in your prayers.

# Turn Up the Music!

Every year clients and staff wait patiently for this event to arrive. Arts Fair 2015 was a success! If you were present you would agree that the theme was fitting because it was “Turned Up” in the BRC auditorium. The building was filled with an array of orange Arts Fair t-shirts that brightened up anyone’s mood. The curtains opened a few minutes after 1:00 p.m. with a slide show to kick off the afternoon. “Because I’m Happy” rang throughout the auditorium as everyone clapped along, danced in the isles and stomped their feet. We were entertained by Ike and Tina Turner, Elvis Presley and Michael Jackson to name a few. Thanks to everyone who worked behind the scene, the Arts Fair committee, recreation department, local businesses for door prizes, DJ DeGarrette Tureaud and most of all Mr. Steven Allen, Director of Boswell Regional Center, for allowing us to host this annual event.



# College Kickoff

It's time to fire the grills up, pull out your favorite team platter and pom-poms, and to cheer on your team! September 4, 2015, kicked off college football weekend! Boswell Regional Center had the chance to show their spirit by wearing their favorite college t-shirt or jersey. Mississippi State, Ole Miss, Alabama, Florida Gators, Jackson State University, LSU, Alcorn State University shirts along with many more were displayed throughout campus and community offices.



# LET'S GO CAMPING!

Program Manager, Elmer Thomas, Boswell community staff, and people served through Boswell Community Services enjoyed three fun filled days camping at Roosevelt State Park. During the trip, they went fishing, played games, cooked out, and enjoyed nature while taking scenic walks in the park. In addition to taking in the great outdoors, they went to the Natural Science Museum and ate at the Crazy Ninja. They really enjoyed the hibachi experience.





# Hook, Line, & Sinker!

The annual fishing rodeo and cookout sponsored by Boswell Industries was a huge success. It was held in Mendenhall courtesy of Stacy Broadhead. This event takes a lot of planning and preparation and as usual the staff pulled together and made it a huge success hook, line, and sinker! A huge thank you to all of the departments and staff that worked together! The weather was absolutely beautiful which made for a fun day outdoors. Everyone fished at the pond of Mr. Broadhead and thoroughly enjoyed themselves. The smiles, laughter, and fellowship made the sun shine brighter. It was a great day of fellowship with friends and staff. The day concluded with a meal prepared by Boswell Industries and friends. Everyone enjoyed grilled sausage dogs, chips, and cookies.





# Pastor's Corner



**Bro. Rudy Jackson,  
BRC Chaplain**

## A Builder Or a Wrecker

As I watched them tear a building down  
A gang of men in a busy town  
With a ho-heave-ho, and a lusty yell  
They swung a beam and the side wall fell  
I asked the foreman, "Are these men skilled,  
And the men you'd hire if you wanted to build?"  
He gave a laugh and said, "No, indeed,  
Just common labor is all I need."  
"I can easily wreck in a day or two,  
What builders have taken years to do."  
And I thought to myself, as I went my way  
Which of these roles have I tried to play?  
Am I a builder who works with care,  
Measuring life by rule and square?  
Am I shaping my work to a well-made plan  
Patiently doing the best I can?  
Or am I a wrecker who walks to town  
Content with the labor of tearing down?  
"O Lord let my life and my labors be  
That which will build for eternity!"



## Birthd**ay** Bash!



On September 11<sup>th</sup> D. Collins celebrated his birthday at Jose's in Magee! The employees came out singing and clapping as D. Collins' eyes lit up! He even got his nose topped off with cool whip!



## Mobile Security

By 2017, the number of Smartphone users in the United States is expected to surpass 200 million, nearly 65 percent of the population. Users need to understand the risks and steps they can take to minimize the likelihood of a successful cyber-attack through mobile devices.

- Update your device regularly. Mobile malware increased 75 percent in 2014 from 2013 and is expected to increase even further in 2015. Updated operating systems and security software are critical in protecting against emerging threats.
- Use a passcode. Enable a strong password protection on your device and include a timeout requiring authentication after a period of inactivity. Use a unique password- not the default one. Don't share your password with others.
- Don't use public Wi-Fi. Do not log into accounts and do not conduct any sensitive transactions while using public Wi-Fi. Disable the "automatically connect to Wi-Fi" setting on your phone.
- Install applications from trusted sources. When downloading apps, be proactive and make sure that you read the privacy statement, review permissions, check the app reviews and look online to see if any security company has identified the app as malicious.
- Install a phone locator/remote erase app. A locator app allows you to log on to another computer and see on a map exactly where the device is. Remote erase apps allow you to remotely wipe data from your device.
- Disable unwanted services when not in use. Bluetooth can provide an easy way for an unauthorized user nearby to gain access to your data. Turn this feature off when not necessary.
- Carefully dispose of mobile devices. Make sure you wipe the information from your Smartphone before disposal. Contact your mobile provider or the manufacturer for more information on how to dispose of your mobile device.



### **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 person, family, and community, dreams can become reality.**

**BOSWELL**  
**Where Dreams Can Become Reality**

# Eva Lockett Retires

On September 28, 2015, a retirement reception was held in honor of Eva Lockett. Many of her co-workers filled the LeGrand Café to say their last goodbyes before she started a new chapter in her life. Her last day of service was Wednesday, September 30<sup>th</sup>. Lockett exits BRC after 10 years of state service. It is hard to see co-workers retire, but it is a blessing that they will have free time to participate in other things upon retirement. Lockett stated, "I have enjoyed my time here at Boswell Regional Center, but can't wait to be with my grandchildren more." Congratulations and best wishes!



Pictured: Eva Lockett, retiree from Autism Services, and Steven Allen, Director of Boswell Regional Center.

# Donna Jones Retires

While it's hard to see our co-workers retire from Boswell Regional Center, we are happy that they'll be free to participate in all those things they've been planning on doing upon their retirement. Whether it is arts and crafts, travel, spending time with family or other employment, we congratulate them on reaching this milestone and wish them well. Each retiree is honored with a certificate and a chance to say goodbye to their fellow employees at a retirement reception. September 30<sup>th</sup> was Donna's last day at BRC.



Pictured: Recent retiree, Donna Jones (Human Resources) is pictured with Steven Allen, BRC Director. Congratulations!

# Governor's Service Award



Boswell Regional Center employee receives Governor's service award in recognition of 10 years of state service. Uneika Funches was recognized for the dedication to BRC at the September Directors' meeting. Congratulations!

# BRC August EOM



Boswell Regional Center recently named the employee of the month at the September Directors' Meeting. Recognized as the Employee of the Month is John Barnett, Maintenance Department. Congratulations, John!

# MAC August EOM



MAC's August 2015 Employee of the Month was Jennifer Farling. Jennifer has many duties – Krono's expert; Time Keeper; Minute-taker for Team, HRAC, Leadership and ASRC; Processes Medicaid Billing; Switchboard Operator Relief; and is William's Administrative Assistant.

**Masquerade**  
Experience the Frenzy!



Maxine Welch, employee at Priority One Bank, takes her lunch break to start her Christmas shopping. Boswell Regional Center's \$5 Masquerade Sale was another success. This event generates funds for the Friends and Family Association. Save next year's date: March 30-April 1, 2016 and September 29-30, 2016.





# MIND MATTERS

A FREE community education series focused on Alzheimer's disease and other dementias.

Thursday  
**September 24**  
2015

*Inside the Mind: A Journey Into the  
Mind of a Person with Dementia*

Kim Tarver, MD | Sue Ann Meng, LCSW

Better understand a typical day for individuals living with Alzheimer's or other dementias, improve support and communication with your loved one, and learn ways to handle behavior challenges commonly seen with dementia.

Thursday  
**November 5**  
2015

*Peace of Mind: Dementia Care  
at the End of Life*

Mark Meeks, MD

Learn what advance directives are and why they are important, what to expect in the late stages of Alzheimer's and other dementias, and understand available care and placement options in the final stages of life.

5:30 – 6:00 pm | *Check-in & Refreshments*

6:00 – 7:00 pm | *Program*

University of Mississippi Medical Center  
2500 N. State Street | Jackson, Mississippi  
Norman C. Nelson Student Union Building, 2nd Floor

*For easy access to parking, enter the north side of campus from Lakeland Drive and follow the signs to Lot D.*



[ummchealth.com/mindcenter](http://ummchealth.com/mindcenter)

Please register by contacting  
Emily Grossenbacher at  
601.815.4213 or [mindcenter@umc.edu](mailto:mindcenter@umc.edu)

# 2015 Open Enrollment

The Plan's 2016 Plan Year Open Enrollment period will be from October 1 through October 31, 2015. Active employees, non-Medicare eligible retirees, and COBRA participants may choose Base or Select Coverage during Open Enrollment with the coverage to be effective January 1, 2016. You can find an Application for Coverage form on the Plan's website, at your employer's Human Resources office, or by calling Blue Cross & Blue Shield of Mississippi (BCBSMS) at (800) 709-7881. Refer to the enrollment categories below to see what changes you can make during Open Enrollment.

**Active Employees:** if you want to change coverage types (Base or Select) or add eligible dependents, you will need to return a completed *Application for Coverage* form to your Human Resources office. Contact your Human Resources office to find out the deadline to submit the form. Remember, you must be participating in the Plan in order to cover your dependents.

**Non-Medicare Retirees:** if you want to change coverage types (Base or Select), you will need to return a completed *Application for Coverage* form to BCBSMS by October 31, 2015. Please note that retirees cannot add dependents during Open Enrollment.

**COBRA Participants:** if you are a COBRA participant and want to change coverage types (Base or Select) or add eligible dependents, you will need to return a completed *Application for Coverage* form to BCBSMS by October 31, 2015.

**Medicare Eligible Retirees:** Medicare eligible retirees cannot make coverage changes during open enrollment.



# More fruits and veggies!

Nothing compares to the taste of a fresh peach or a steaming baked potato. But fruits and vegetables don't just taste good—they're good for you, too! Making them part of your diet can be as easy as adding fruit to a bowl of cereal, or grated carrots and zucchini to pasta sauce.

## Adding fruits and veggies to a healthy diet may:

- Improve your nutrition and lower the amount of calories you take in
- Reduce your risk for heart disease, including heart attack and stroke
- Protect against obesity, type 2 diabetes and certain types of cancers
- Lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss

## How much fruit and veggies are needed daily?

At mealtime, try to make half your plate fruits or veggies. That equals about 1 ½ to 2 cups of fruit and 2 to 3 cups of veggies every day.

[To learn more, visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)



## Try to make half your plate fruits or veggies!

What counts as a cup of fruit?



1 small apple  
(2.5 inches around)



1 cup of grapes  
(about 32 grapes)

# Nutritional value of fruits and veggies

Eating different kinds of fruits and veggies will provide you with many key nutrients. Here are some good sources of vitamin A, potassium, folate, vitamin C and fiber:



**VITAMIN A:** Keeps eyes and skin healthy and helps to protect against infections.

**Sources:** Carrots, apricots, squash, dark green and yellow vegetables



**POTASSIUM:** May help lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss.

**Sources:** Bananas, prunes, cantaloupe, honeydew melon, sweet potatoes, white potatoes, beet greens, soybeans, lima beans, spinach, lentils, white beans and kidney beans



**FOLATE:** Helps the body form red blood cells.

**Sources:** Oranges, dried beans, peas, lentils, asparagus, beets, broccoli, Brussels sprouts and spinach



**VITAMIN C:** Important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

**Sources:** Oranges, grapefruit, strawberries, cantaloupe, tomatoes, red and green pepper, kiwi, broccoli, baked potatoes

**FIBER:** May help to reduce blood cholesterol levels and lower risk of heart disease; important for proper bowel function.

**Sources:** Most fruits and vegetables, beans and peas

Sources: Why is it important to eat fruit? Retrieved August 25, 2015, from: <http://www.choosemyplate.gov/fruits-nutrients-health>  
Why is it important to eat vegetables? Retrieved August 25, 2015, from: <http://www.choosemyplate.gov/vegetables-nutrients-health>  
What counts as a cup of fruit? Retrieved August 25, 2015, from: <http://www.choosemyplate.gov/fruit>



This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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**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**



**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!*

## 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

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## 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**

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Boswell Regional Center  
Post Office Box 128  
Magee, MS 39111  
Telephone: 601-867-5000  
[www.brc.state.ms.us](http://www.brc.state.ms.us)

A MS Department of Mental Health Facility