



Boswell Regional Center Bulletin

Holiday 2013

A Publication for Employees, Family and Friends of BRC

Magee Parade

By: Craig Kittrell

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The Boswell float won first place in the Magee Christmas Parade and also first place in the Wesson Christmas parade. They won second place in the Mendenhall Christmas parade.

Special thanks go to all who worked diligently to make this happen. Thanks goes to Angela for driving and decoration; Greg, Chad, Phillip, and Randy for building needed items; Shylah for helping with individuals from Community; Robin and Kerri for helping with individuals from the BRC campus; and Kathy for the line-up. Last but not least, a big thank you goes to Jeff Martin for allotting the small budget for float supplies.

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, Holiday 2013 Issue.



Magee Parade



Wesson Parade



Thanksgiving Dinner

By: Kerri East

Thanksgiving Dinner was held on Tuesday, November 26, 2013 in the Big Kitchen on campus. The Thanksgiving Dinner is planned out over several weeks and there are many volunteers from several departments that join in and help make this a success. The planning process includes the food, decorations, and the order of the dinner. As one team, this is accomplished.

Mr. Allen gave a warm welcome to all the staff and individuals and then Bro. Rudy Jackson brought a brief message of thankfulness from scripture. Bro. Rudy then blessed the food and the turkey and dressing were served!

This is a time of fellowship in a family atmosphere between the unit staff and individuals. The concept of oneness is taken to a different level as we mingle with the individuals we serve at Boswell Regional Center. We spend a lot of time with the individuals, and the Thanksgiving Dinner is a time for staff to be able to enjoy a meal with the individuals as a BRC family.



Friends and Family Christmas Party

By. Beth Luper

If you missed the 2013 Friends and Family, Staff, and Individual Christmas Party this year, you missed a real treat! Friday December 13, was a night full of awesome music, good food and wonderful fellowship. Mr. Joe McGuffee sponsored Mr. Rocky, who was the entertainment for the night. Mr. Rocky, also known as Elvis, brought the crowd to their dancing best as he performed hits from the 60's... and yes, he could move like Elvis also! For those that were not finished dancing after Elvis left the building, Mr. Greg Barnes chose some of their favorites to finish out the evening. The food was catered by Mr. James Williams and Tyson Foods of Magee....so nobody should have left hungry! Door Prizes were also given away to some staff in attendance.

The events committee would like to thank all the staff that volunteered to help. So if you missed this year's event, be on the lookout for next year as plans are already being made. This event was sponsored by Friends and Family. Thanks to everyone that has supported Friends and Family Fundraisers during the year. You made this possible!



Rocky center stage with the band



Mr. McGuffee (l) and Mr. Rocky also known as Elvis



A Look Around Boswell



Amber Craft, former employee of Boswell's Staff Development Department, stands with one of her beautiful creations used to decorate the Training Center for Christmas.



Randy Robertson and Angie Tanner of Boswell's Maintenance Department are seen on the rooftop stringing lights for the Christmas Season.



STS shows some Christmas Cheer!

Food Drive Toy Drive

By: Kay Adcox



Pinelake Geriatric Services along with other departments on campus gathered food for the First Baptist Church of Magee. Kerry Bynum, Kay Adcox, Denise Brown, Flossie, and Cindy Womack were proud to present the food items to First Baptist Church of Magee. Our hearts go out to the church after the recent fire.

On December 6, 2013, Pinelake Geriatric Services/ Primitimers completed a Community Outreach Project for Christmas. Individuals and staff participated in the Blair E. Batson Children's Hospital Toy Drive at the Magee Police Department. Toys were picked out by our individuals and along with our staff delivered to the Magee Police Department.

Christmas Snacks



Dietary Services enjoys Christmas Snacks prepared by Geriatric Services

State Veterans Home

By: Kay Adcox



On November 20, 2013, Pinelake Geriatric Services/Primetimers completed a Community Outreach Project. Individuals and staff participated in making items to present to the Veterans at the State Veterans home in Collins. Items included were handmade ornaments for Christmas, a Thanksgiving necklace, along with patriotic bandannas, cups, calendars, and fans which were placed in 12 baskets. The baskets were assembled and presented by our individuals and staff. Staff and residents at the State Veterans Home welcomed us with thanks and smiles. All of us at Pinelake Geriatric Services/Primetimers welcome every opportunity to give back to those who help keep our country free.

Pinelake Christmas Party



Pinelake individuals along with staff and guests enjoyed their annual Christmas Party.

Christmas Gifts



Pinelake individuals along with Pinelake/Primetimers staff enjoyed making and giving Christmas Gifts to Boswell Administration staff.

Priority One Christmas



Cynthia Bynum, Charlene Lloyd, and Priority One Bank have been celebrating Christmas with us since 2003 and it is truly a blessing to witness. Cynthia, Charlene and her elves start planning for this annual party in November by requesting a list of what presents Santa needs to bring. But their guests start thinking of the party and presents much earlier. They make known their wishes every time they visit the bank employees. The presents are great and much appreciated, but that is just one aspect of the party. Priority treats us all to dinner before Santa and his elves appear. After presents are opened and pictures taken with Santa, Christmas Carols are sung to cap off the wonderful night. Everyone goes home with a joyous Christmas feeling in their heart.

Pastor's Corner



Bro. Rudy Jackson, BRC
chaplain

Long ago, there ruled in Persia a wise and good king. He loved his people. He wanted to know how they lived. He wanted to know about their hardships. Often he dressed in the clothes of a working man or a beggar, and went to the homes of the poor. No one whom he visited thought that he was their ruler. One time he visited a very poor man who lived in a cellar. He ate the coarse food the poor man ate. He spoke cheerful, kind words to him. Then he left. Later he visited the poor man again and disclosed his identity by saying, "I am your king!" The king thought the man would surely ask for some gift or favor, but he didn't. Instead he said, "You left your palace and your glory to visit me in this dark, dreary place. You ate the coarse food I ate. You brought gladness to my heart! To others you have given your rich gifts. To me you have given yourself!" The King of glory, the Lord Jesus Christ, gave himself to you and me. The Bible calls Him, "the unspeakable gift!"

If our greatest need had been information, God would have sent us an educator; If our greatest need had been technology, God would have sent us a scientist; If our greatest need had been money, God would have sent us an economist; If our greatest need had been pleasure, God would have sent us an entertainer; But our greatest need was forgiveness, so God sent us a Savior.

Westminster Presbyterian



Orlando Rankin (far left) and Bro. Rudy Jackson (far right) receive gifts from Westminister Presbyterian church for the individuals of BRC.

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

Governor's Service November EOM



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 December's Directors Meeting. Pictured are Christine Roberts, 20 years of Service, and Jason Kittrell, 10 Years of Service.

During the December Director's Meeting, Boswell Regional Center recognized Jan Fairchild of Magee, Ms; Autism Services, as November Employee of the Month in the area of support/professional staff.



October EOM

During the December Director's Meeting, Boswell Regional Center recognized Employees of the Month in the area of support/professional staff: Employees of the month for October were Alfredia Smith of Collins, Ms; Pine Lake Geriatric and Joyce Windham of Mize, Ms; Business Services.

Eating Better on a Budget



10 tips to help you stretch your food dollars

From the Wellness Committee

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.



3 compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.

Understanding Your State Employee Retirement System

By: Ed LeGrand, Executive Director of the Mississippi Department of Mental Health

You may be planning to retire within the next five years or you may have just finished your first year working in state government. Either way, the recent discussions about changes to the state employee retirement system should be important to you.

There has been much talk recently about the state of Mississippi changing from a defined benefit plan to a defined contribution plan. The difference is pretty simple. A defined benefit plan guarantees a predetermined retirement benefit based on the contribution of both the employee and employer, while a defined contribution plan is based solely on how well the investment market does with the money invested by the employee and by the employer on behalf of the employee.

I know very few people who chose to work in state government because they wanted to make a lot of money. Most people choose this line of work because they believe in the services their agency provides. They also may have been drawn to state government in part because of the benefits – health insurance, vacation/holidays, and the retirement plan. Unlike the private sector, the public sector doesn't have the advantage of high salaries to lure hard working employees into the field. The public sector must use benefits as the selling point. If the state changes to a defined contribution plan, where the employee assumes all the investment risk and could even outlive the value of his or her retirement account, then we lose one of the best "cards" we have at hiring and keeping qualified, dedicated employees.

The purpose of a retirement plan is to provide a secure and predictable amount of income for employees at the time of their retirement. Our current defined benefit retirement system does just that. A defined contribution plan is only successful for an individual if they invest a considerable amount of money and if they make wise investments. Under a defined contribution program the security is gone. The predictable level of income is gone. The employees who have dedicated their lives to state government now bear all the risk.

The reasoning behind overhauling the current system is to "save" the state money. Implementing a defined contribution plan would eliminate or substantially reduce the responsibility of the state because it would pay little or no match in comparison to what the employee contributes to the retirement plan. Under the current defined benefit plan, employer contributions to PERS were only 3.69% of the total state budget expenses in 2012, down significantly from 4.44% of state expenses in 1991.

If state policy makers change the current defined benefit program to a defined contribution program we can anticipate a surge in people requiring programs such as Medicaid, Medicare, food stamps, etc. due to the fact that they didn't invest enough for retirement or they made bad investments. Ultimately, the state will pay in the end because some people will exhaust their retirement earnings while they are still alive and reach a level where they need to access these types of programs.

As state employees, is this a change we are prepared to have others make for us? Your future retirement is on the line. Remember, you have a voice. One way you can express your voice is by joining the Mississippi Retired Public Employees' Association (MRPEA) which promotes the health, well-being, quality of life, and financial interests of members and retirees of PERS. MRPEA is open to both active PERS members and to all PERS retirees.

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