



Boswell Regional Center Bulletin

February 2015

A Publication for Employees, Family and Friends of BRC

BRC Goes Red!

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National Wear Red Day is the first Friday each February. It is a special day to bring attention to heart disease, which is a silent killer of women. Traditionally, heart disease and heart attacks have been associated with men, but 1 out of 3 women die from heart disease yearly. Many of the symptoms of heart disease are different in women than in men.

On National Wear Red Day, Boswell Regional Center encourages everyone to wear red, raise their voices, know their cardiovascular risk, and take action to live longer, healthier lives. Here is a sample of the many BRC staff who went red.



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, February 2015 Issue.

BRC Health Fair

By: Kathy Pittman

Boswell Regional Center's Wellness Committee partnered with Copiah Lincoln Community College Practical Nursing Students on February 13, 2015, providing a Health Fair. This event was held at the training center from 6:30a.m.-11:00a.m. Several services were provided including the following: cholesterol checks, glucose check, body mass index, blood pressure and sleep apnea. Pamphlets were available to educate our staff on a healthier lifestyle. Door prizes were given away at the end of the health fair. A special thanks to the Wellness Committee for arranging this event in order to raise awareness of the importance of our health.

The Health Fair Door Prize Winners were:

Tena Sullivan
Kathleen Patterson
Lisa Hankins
Kimberly Newsome
Geraldine Brown
Ann Brinson



Top left: Randy Robertson of the Maintenance Department is getting a glucose check. Bottom left: Lekesha Floyd is getting her blood pressure checked. Above: Scott McMullan poses next to weight loss sign at the body mass index table. Scott is the Active Health Management Wellness Coach. He visits Boswell periodically to educate the staff on fitness and nutrition.

Setting the Pace

By: Sheri Allen



Chris Gaines wearing red for National Wear Red Day.

Chris Gaines was born on December 22, 1983, in Natchez, MS. Soon after his delivery, doctors discovered he was born with a hole in his heart and had an irregular heart rhythm. Chris states the doctors told his parents he would not live long due to his heart defect. Chris had a pacemaker implanted at three months old and had it replaced in September 2004. Chris says he's has been going strong ever since.

Chris attended Natchez/Adams school district until May of 1999. His family moved to the Atlanta, GA, area and Chris attended Wheeler High School and Osborne High School in Marietta, GA. He graduated from Osborne High School in May of 2003. During the last three years of high school, Chris received services through a summer program at the Tommy Nobis Center in Marietta, GA, that provided work evaluations, and employment experience.

Chris was also enrolled in the Roosevelt Warm Springs Institute for Rehabilitation in Warm Springs, GA, from July 2000-July 2004. While at Roosevelt Warm Springs, Chris gained many employment skills, and he worked at several different jobs, such as Piggly Wiggly, Fred's, Kroger, and Dollar General.

While Chris was attending high school and participating in the Roosevelt Warm Springs Institute for Rehabilitation, he was still living with his mother who had been diagnosed with pancreatic cancer. Chris stated he helped to care for her while she was at home until her passing.

Chris completed the program at Roosevelt Springs Institute for Rehabilitation one year after he graduated from High School. In 2004, Chris moved to Nashville, TN, and lived with his sister for a while. Chris was admitted to Boswell Regional Center's Community Services Division in September 2005. Chris periodically goes to the doctor for checkups to ensure his heart remains healthy and his pacemaker is working properly. He is currently enrolled in Supported Living where he has a contract worker helping him in his home 20-25 hours each week. Chris also currently has a job working on BRC's main campus. Chris says God had other plans for him. Chris is happy and loving life.

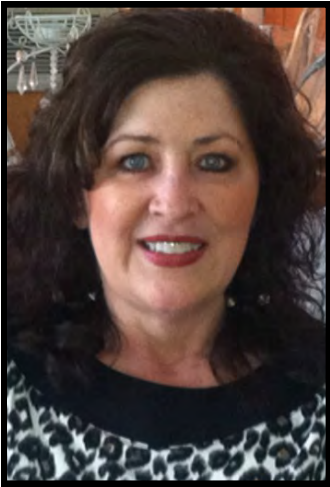
Dream Haven Outing

By: Lisa Tolliver

Dream Haven participants made Mardi Gras masks to wear to their party. They also went on an outing to Magnolia Court House where they were able to sit in the judge's chair, tour the court house, and sit in the police officer's chair. Everyone had a blast.



Spotlight on: Teresa Windham



Ms. Teresa Windham
BRC Director of Nursing

The Spotlight for the month of February is Teresa Windham, the Director of Nursing for Boswell Regional Center.

Teresa Windham was born in Hattiesburg, Mississippi, to Jack and Pat Flynt of Mt. Olive, Mississippi. She is currently a resident of Magee, Mississippi. Teresa was the Salutatorian of her Simpson County Academy graduating class and was also in the Hall of Fame. She went on to earn her Bachelor's degree in nursing from the University of Southern Mississippi. Ms. Windham has had a long career in the field of nursing. She worked at Simpson General Hospital from 1985 to 2010, occupying various roles. Some of those roles included staff nurse for the Med-Surg, ER, and OR departments, Infection Control Nurse, Risk Manager, Director of Continuous Quality Improvement, Director of Staff Development, and Assistant Administrator.

Teresa is a member of several professional nursing organizations, including the American Nurses' Association, the Mississippi Nurses' Association, the Mississippi Nurses' Foundation, the Organization of Nurse Executives, and the Mississippi Hospital Association. She has been given many honors and awards for her hard work and dedication, including being a 2003 MNA Nominee for Nurse of the Year. She is a past and the current president of the Mississippi Nurses' Association District #11. Ms. Windham also holds a specialty certification from the American Heart Association as an Advanced Cardiac Life Support Instructor.

Teresa says, "From approximately five years of age, I have always wanted to be a nurse. For me it is more of a calling than just a job; it's an opportunity to serve others. Taking care of people is what we do as nurses in whatever setting it may be. I've enjoyed the opportunity to work with the individuals we serve, and I am proud to have been a part of nursing for these past thirty years."

Teresa was married to the late David Windham of Magee, MS. Together, with other family members, they owned and operated Zip's Restaurant. Teresa continues as owner of the restaurant with much help from family and dedicated staff after her husband's passing. Most of the day-to-day operations are now conducted by David's sister Donna and his mother Ms. Louise. Many of the hired staff who currently work at Zip's are the children and grandchildren of the workers who started out at Zip's when it was opened in 1963 by the late David Windham's father, who was known as Zip, and his wife Louise.

Recently, Zip's burger was nominated by the Beef Council as one of the best burgers in the state. A secret judging panel then went to each nominated restaurant to sample the different burgers. No surprise to Smith and Simpson County residents, the Zip's burger won! The "Best Burger in the State" winner was announced during the Dixie National Rodeo. Teresa and her family were honored there with the recognition and a prize.

Teresa has two adult married children with her late husband David Windham. Their children are Matthew, who lives with his wife Meggan in Pearl, Mississippi, and Lauren, who lives with her husband Andrew Pierce in Mt. Olive. Teresa is looking forward to the birth of her first grandchild. Lauren and her husband Andrew are expecting a baby girl in March.

Teresa Windham is also an active member of Shiloh Missionary Baptist Church in Mt. Olive, Mississippi, where she is music director, a teacher, and a youth worker. She is also a member of Boswell Regional Center's Friends and Family Association, the March of Dimes, the American Cancer Society, Mississippi Special Olympics, American Heart Association, and Phi Mu Fraternity, Alpha Omicron Chapter, USM.



Teresa posing with her husband, David Windham

Dixie National Wagon Train

By: Cassie Bynum

Since 1965, Mississippi has played host to the largest rodeo and livestock show in the South. The Dixie National Wagon Train has always marked the beginning of the rodeo. Riding groups from all over the state travel across Mississippi in covered wagons or on horseback to gather at the Coliseum in Jackson. The wagon train provides an opportunity for folks who enjoy the outdoors to meet new and interesting people who share the same interests. It's also a time to just let your hair down and relax. On Monday, February 9, 2015, the Mt. Olive wagon train, led by Ben Robinson and Tommy Sullivan, rode through BRC's campus. The people there had a great time watching the wagons and horses parade by. They even recognized a few BRC staff that participated in this year's ride.



Dixie National Rodeo

By: James Randolph

The people who live at Fairway building on the BRC campus had the opportunity to attend the Dixie National Rodeo. They had a wonderful western experience in which they enjoyed the wild horse rides, Cecil the clown, calf roping, the bull riding and a live concert.



Clean Up Day

By: Kassandra Ibarra

Several participants and staff members from Dream Extreme volunteered their time at Taylorsville's Ball Park. They helped the city get prepared for spring baseball by cleaning leaves from the stands and cleaning restrooms.



Westminster Open House

By: Orlando Rankin

On February 8, 2015, Boswell visited Westminster Presbyterian Church in Hattiesburg, MS for their Rededication Ceremony. The ceremony was a celebration of the rebuilding of the church that was significantly damaged by the horrific EF4 tornado that passed through on February 10, 2013. The program started at 3:30 p.m. with a Scottish-flavor bag piper, Jim Goode. The service continued to celebrate the rededication of the church building with guest speakers, church members and music and concluded with a tour of the facilities. A smorgasbord of delicious food was enjoyed after the service in the new Montague Hall. Pictured are Cindy Womack, R. Clark, Karen Reidenbach, Bro. Rudy Jackson, Bro. Steve Ramp, Orlando Rankin and R. Tabor.



Wesson Mardi Gras

By: Laura Taylor

The furniture was moved, the tables were set, Cajun music was playing in the CD player, and hot red beans and rice were ready to be served. Masks, hats, and beads were ready to be adorned. The stage was set and everyone was ready to party. This was the scene at the Wesson Rosewood Geriatric Home on February 10, 2015. The staff brought the sounds and colors of Mardi Gras, the biggest party in the Big Easy, to Wesson, MS. All the people of Rosewood and Oakwood enjoyed an exciting evening filled with delicious food, dancing, and great times.



MAC Mardi Gras Party

By: Rachel Britt

On Friday, February 13, 2015, the guys had a Mardi Gras Party for lunch in the gym. They feasted on grilled ribs, sausage dogs and baked beans. For dessert they had King Cake.



Valentine's Day Ball

By: Kathy Pittman

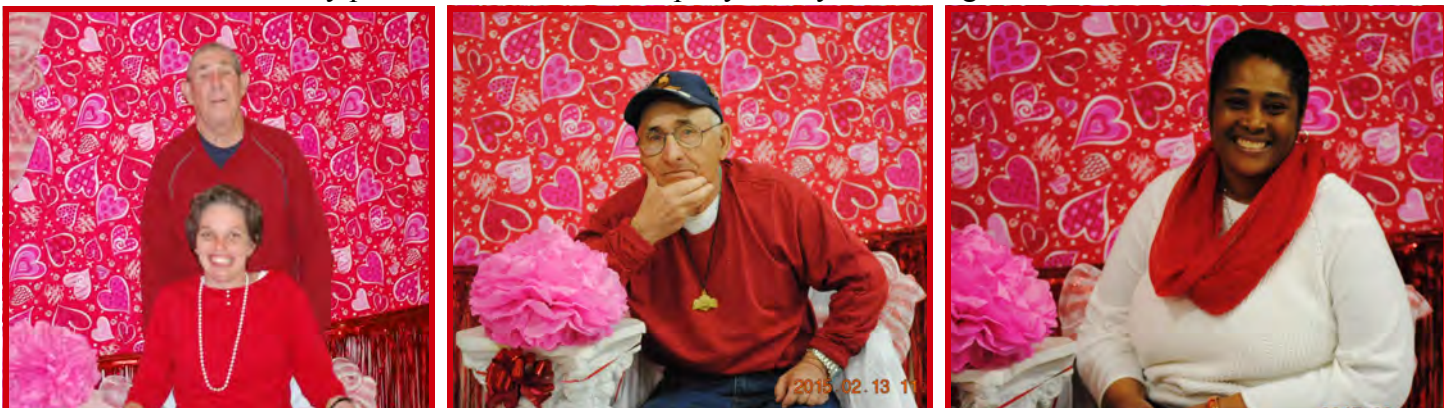
On February 12th, BRC celebrated Valentine's Day with an annual ball held at the Nutritional Services Building. The room was filled with vibrant colors of red and pink; everyone enjoyed the fellowship, food and fun! The menu for the ball included pigs in a blanket, red Jell-O, red velvet cupcakes and red punch. Big thanks to Boswell Regional Center's Recreation Department for the beautiful decorations. A special thanks to the DJ's for the evening: James Randolph and James Bynum. Events like this are not possible without dedicated staff who come together to make this happen. We appreciate your attendance, and we are already making plans for next year.



Dream Haven Party

By: Theresa Humphrey

The Valentine's Day Party consisted of plenty of food, fun, games, and laughter. People from Community, Wesson, Hazlehurst, and Brookhaven came together to enjoy the fun. Each person took a Valentine's Day picture which was then presented in a frame decorated during Expressive Arts class. Valentine's Day pillows were also made to keep or give away to loved ones. The parties listened to music, danced, played BINGO and received Valentine's Day prizes to take home after party. Everyone had a great time!



Pictured above from left to right are: S. Smith and C. Lewis posing together, R. Reed ready for his pose, and S. Burns showing a perfect smile!

Pastor's Corner



Bro. Rudy Jackson
BRC Chaplain

An honest man was being tailgated by a stressed out woman on a busy boulevard. Suddenly, the light turned yellow just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection. The tailgating woman hit the roof, and the horn, screaming in frustration as she missed her chance to get through the intersection.

As she was still in mid rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up. He took her to the police station where she was searched, fingerprinted, and photographed, and then placed in a holding cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you, and cussing a blue streak at him. I noticed the 'Choose Life' license plate holder, the 'What Would Jesus Do?' bumper sticker, the 'Follow Me to Sunday School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk. Naturally, I assumed you had stolen the car!"

As ambassadors for Christ we are ever under the watchful eye of the world around us. So much is at stake concerning our behavior. First your own testimony is at stake. The action of the woman above leaves her powerless to be a witness to people around her. The Apostle Paul said in Philippians 2:15, "That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world."

Second, the fact that you who name the name of Christ are ambassadors for Christ, a representative for him, a reflection of him who sent you. We not only will stain our name but the one who sent us. We have an obligation to get our walk and our talk in harmony together. Have a blessed day.



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

BRC Employees of the Month



During the February Directors' Meeting, Boswell Regional Center recognized Employees of the Month in the area of support/professional staff. Employees of the Month for January are Eric Lackey, Short Term Stabilization; and Shirley Harper, Day Services. Congratulations to you both!

BRC Governor's Service Awards



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

MISSISSIPPI STATE AND SCHOOL EMPLOYEES' HEALTH INSURANCE PLAN Tobacco Use Attestation Form

All sections of the form below must be completed in order for the form to be processed. Please print in blue or black ink.

LAST NAME:	FIRST NAME:	MI:	LAST FOUR OF SSN:	
HOME ADDRESS:	CITY:	STATE:	ZIP:	
PERSONAL TELEPHONE NUMBER:	PERSONAL EMAIL ADDRESS:			

- Please initial the appropriate box below to indicate whether or not you use tobacco on a regular basis.
- If you are a regular user of tobacco, please indicate whether you agree or decline to participate in the Plan's sponsored tobacco cessation program by checking the appropriate box.

NON-TOBACCO USER

- I attest that I have not regularly used a tobacco product in any form (cigarettes, cigars, pipe, oral tobacco products, etc.) within the last three months. I attest that if this information changes at any time in the future, while I have health insurance coverage through the Mississippi State and School Employees' Health Insurance Plan (Plan), I will complete and submit a new attestation form within thirty days.

I certify that all information provided by me on this form is complete and accurate. I understand that any misrepresentation by me may result in the Tobacco Use Premium Surcharge being retroactively applied and/or cancellation of my coverage under the Plan.

Signature

Date

TOBACCO USER

- I acknowledge that I regularly used a tobacco product in some form (cigarettes, cigars, pipe, oral tobacco products, etc.) within the last three months and therefore, am subject to the Tobacco Use Premium Surcharge. I understand that should I cease using tobacco on a regular basis for at least three consecutive months, I will have the opportunity to submit a new attestation form and no longer be subject to the surcharge.

- I agree to participate in the Plan's sponsored tobacco cessation program. I understand that the \$50 monthly Tobacco Use Premium Surcharge will be waived for an initial six months pending my completion of the program. I am also aware that I will only be able to participate in the Plan's sponsored program once every twelve calendar months. Call ActiveHealth Management at (866) 939-4721 to enroll.

- I decline to participate in the Plan's sponsored tobacco cessation program and understand that I will be charged the \$50 monthly Tobacco Use Premium Surcharge.

I certify that all information provided by me on this form is complete and accurate.

Signature

Date

Form Submission:

- If you are an active employee, please return your form to your employer's Human Resources Department.
- If you are a non-Medicare retiree or COBRA participant, please mail or fax your form to:

Blue Cross & Blue Shield of Mississippi
 P.O. Box 23734
 Jackson, MS 39225-3734
 Fax: (601) 664-5342

For more information visit KnowYourBenefits.dfa.ms.gov

MISSISSIPPI STATE AND SCHOOL EMPLOYEES' HEALTH INSURANCE PLAN
Tobacco Resistance and Awareness Campaign – TRAC
Participant Frequently Asked Questions

Q. What is TRAC and why has it been implemented?

A. Tobacco use is considered the leading preventable risk factor for illness and disease. The Mississippi Department of Health reports that smoking costs 4,700 Mississippians their lives each year, and 280 children die from the effects of second hand smoke. In an effort to encourage healthy lifestyle choices among our participants, the Mississippi State and School Employees' Health Insurance Plan is implementing Tobacco Resistance and Awareness Campaign (TRAC), a campaign to educate participants about the importance of quitting tobacco use while providing information about available cessation programs. TRAC includes a Plan Sponsored Program (Program) through Motivating Mississippi to help tobacco users kick the habit, as well as a fifty dollar (\$50) monthly Tobacco Use Premium Surcharge (surcharge).

Q. What is considered regular tobacco use?

A. Regular tobacco use is determined as frequent and recurring tobacco use in any form such as a cigarette, pipe, cigar, or using smokeless tobacco, such as snuff or chewing tobacco, within the past three (3) months. An example of regular tobacco use would be using tobacco on a weekly basis.

Q. Are e-cigarettes considered tobacco use?

A. No, electronic cigarettes do not contain tobacco. If you use electronic cigarettes, you will not be subject to the monthly surcharge.

Q. How often do I need to certify my status as a tobacco user or non-tobacco user?

A. You will need to submit the Tobacco Use Attestation Form by May 1, 2015 in order for it to be processed for the July 1, 2015 effective date. You will be required to re-attest annually, twelve (12) calendar months from your last attestation. If you begin regular tobacco use at any time, a new attestation form should be submitted within thirty (30) days.

Q. What is the TRAC surcharge?

A. This surcharge, effective July 1, 2015, adds fifty dollars (\$50) per month to the health insurance premium of an active employee, non-Medicare retiree, or COBRA participant who uses any tobacco product on a regular basis. The surcharge does not apply to spouses or dependents.

Q. If I use tobacco, what can I do to avoid the surcharge?

A. You may indicate on your attestation form that you agree to participate in the Program, provided through ActiveHealth Management, and avoid the surcharge for an initial six (6) months. If you complete the full Program within the initial five (5) months, whether or not you have successfully stopped using tobacco, the surcharge can be waived for an additional six (6) month period. If you do not complete the full Program within the initial five (5) months, you will be subject to the surcharge at the end of the initial six (6) month period. You will have the opportunity to participate in the Program once per twelve (12) month period. For more information please call ActiveHealth at (866) 939-4721 or visit KnowYourBenefits.dfa.ms.gov.

You may use other methods of tobacco cessation, however the Program is the only method that will allow the surcharge to be waived. Once you are tobacco free for three (3) months, you can apply to have the surcharge removed by submitting a new attestation form.

Q. What are the requirements of the TRAC Program?

A. The Program is available through *Motivating Mississippi – Keys to Living Healthy* and is administered by ActiveHealth Management. The Program includes the following proven methods to help you quit:

- **Nicotine Replacement Therapy** – Up to eight weeks of nicotine replacement therapy can be mailed directly to you after an initial phone assessment.
- **Lifestyle Coach** – This telephone coaching provides the personal guidance needed to succeed. Coaching calls can be scheduled at a time that fits your schedule.

- **Digital Coaching** – This interactive internet based coaching gives you the option to learn how to quit at your convenience 24/7 by logging onto www.MyActiveHealth.com/Mississippi. Heartbeat units are earned for each module completed.

In order to complete the Program, you must complete the following within five months of submitting your attestation:

- Four telephone coaching sessions with a lifestyle coach
- Earn one hundred (100) heartbeat units of digital coaching, including all tobacco cessation modules. Up to twenty five (25) heartbeat units can be earned per week.

Q. How often can I enter into the TRAC Program?

A. You will have the opportunity to participate in the Program once per twelve (12) month period. To participate in the Program and have the surcharge temporarily waived, you must indicate your intent to do so on the attestation form. Once you have submitted your attestation form, please call ActiveHealth at (866) 939-4721 to enroll.

Q. Can I participate in any program and have the surcharge waived?

A. No, only participating in the Program will waive the monthly surcharge. If you participate in a program not offered through TRAC and are tobacco free for three (3) consecutive months, you may have the surcharge removed.

Q. I want to quit using tobacco but need help doing it. What should I do?

A. The following are a few free tobacco cessation resources available to you:

ActiveHealth Management – Administrator of the Plan Sponsored Program

Call (866) 939-4721

Or visit KnowYourBenefits.dfa.ms.gov

Mississippi Tobacco Quitline

Call (800) QUITNOW (800-784-8669)

Or go to www.quitlinems.com

ACT Center for Tobacco Treatment, Education and Research

Call (601) 815-1180

Or visit www.act2quit.com

Q. What if I regularly use tobacco but complete the attestation form to indicate I am a non-tobacco user? What are the penalties if this is discovered?

A. If it is determined that you have regularly used tobacco products within the last three (3) months or if you start using tobacco products and do not submit a new attestation form within thirty (30) days, you may be subject to penalties. These penalties may include, but are not limited to, the surcharge being retroactively applied and/or possible termination of coverage in the Plan due to insurance fraud, or both.

Q. What happens if I do not to complete the form?

A. You will be charged the surcharge if you do not to complete and submit the attestation form.

Q. Where do I send my completed form?

A. If you are an **active employee**, return the completed form to your employer.

If you are a **retiree or COBRA participant**, you can mail or fax your completed form to:

Blue Cross & Blue Shield of Mississippi

P. O. Box 23734

Jackson, MS 39225-3734

Fax: (601) 664-5342



From the Wellness Committee

February 2015 - Heart Healthy Foods Your Whole Body Will Love

Love is in the air, and not just because Valentine's Day is around the corner. February is National Heart Month – a time to show our hearts a little love and do what we can to reduce our risk heart disease, the leading cause of death in the United States.

Oats, beans, and apples

Chances are, you've read somewhere that you should eat more fiber. There's a good reason for that! There are two types of fiber: soluble fiber, which helps reduce serum cholesterol levels and is therefore good for your heart; and insoluble fiber, which helps keep a healthy GI tract which is good for your colon. Oats, beans, and apples – along with other fruits, vegetables, and grains – are great sources of primarily soluble fiber but contain insoluble fiber as well. In general, don't get too hung up on what type of fiber you eat – just eat more! Shoot for 25-30 grams of fiber each day.

Bananas, berries, and broccoli

Eating fruits and vegetables is important for reducing your risk for heart disease. Low in calories and bursting with nutrients, fruits and vegetables can help reduce high blood pressure (a risk factor for heart disease) and can also help with weight control, which is an important way to reduce your risk for both heart disease and cancer. Aim for at least 2.5 cups of colorful fruits and vegetables each day. Sprinkle berries on your cereal, add lettuce and tomato to your sandwich, or start your dinner with a salad topped with red peppers and carrots. Eating seasonal produce will ensure you're consuming fruits and vegetables at their peak while enjoying a variety in your diet.

Brown rice, whole wheat pasta, and popcorn

Brown rice, whole wheat pasta, and even popcorn, are whole grains – foods that are packed with fiber and other nutrients that help regulate blood pressure. This same fiber and other nutrients may also help reduce the risk of colon cancer, and eating whole grains is a key component of the American Cancer Society's recommendation to eat a mostly plant-based diet. Shoot for at least half your grain sources during the day to be whole grain. Kick off the day with a 100 percent bran cereal, snack on some popcorn (skip the butter!), or wrap your fish taco at dinner in a corn tortilla.

Salmon, tuna, and mackerel

These fish contain omega-3 fatty acids – a type of fat that may help reduce cholesterol and triglyceride levels, and also blood pressure. (Other sources include walnuts, flaxseed, and canola oil). The American Heart Association recommends that we eat fish – particularly these types – at least two times per week. While it doesn't appear that eating fish high in omega-3s impact cancer risk, serving fish in place of red meat like beef, pork, or lamb is a healthy swap as red meat consumption is associated with an increased risk of colon cancer. So why not swap out a beef steak with a salmon steak sometime this week? Your heart will thank you!

Avocados, nuts, and seeds

Not only can these foods add some great texture and flavor to your diet, they also provide heart-healthy poly- and monounsaturated fats which can help lower your cholesterol. While these foods may not directly influence your risk for cancer, they are rich in antioxidants and should be included as part of an overall healthy diet. Use mashed avocado on toast instead of butter, or sprinkle walnuts on top of your salad instead of croutons. One thing to keep in mind – they are high in calories, so you don't want to go overboard!

Did you know?

American Cancer Society researchers have determined that following our Nutrition and Physical Activity Guidelines does indeed reduce the risk of both cancer and heart disease. So spread a little love this month. Encourage your friends, family members, and coworkers to join you in eating well and being active – this month, and beyond!

Visit cancer.org for recipes that will help you and your Valentine stay healthy.

Person First Language

*Person-first language emphasizes the **person**, not the disability. By placing the person first, the disability is no longer the primary, defining characteristic of the person, but one of several aspects of the whole person.*

YOU SHOULD SAY:

person, people

person with an intellectual disability,

people with disabilities

people without disabilities

person who has a congenital disability

person who has (or who has been diagnosed with)...

person who has Down Syndrome

person who has autism

person with quadriplegia, person with paraplegia, person diagnosed with a physical disability

person with a physical disability

person with a cognitive disability

person of short stature, little person

person who is unable to speak, person who uses a communication device, communicates with eyes or gestures

people who are blind, person who is visually impaired

person with a learning disability

person diagnosed with a mental health condition or a mental illness

YOU SHOULD NOT SAY:

consumer, client, individual, resident, recipient, patient

mentally retarded, slow, moron, idiot, retard

the handicapped, the disabled, crippled

normal, typical

person with a birth defect

person afflicted with, suffers from, a victim of...

A Downs, mongoloid

the autistic, an autistic

a quadriplegic, a paraplegic, a spastic

a cripple

mentally retarded, slow, moron, idiot, retard

a dwarf, a midget

non-verbal, dumb, mute

the blind

learning disabled

crazy, insane, psycho, demented, mental patient

Person First Language

student who receives special education

special education student

person who uses a wheelchair or a mobility chair

confined to a wheelchair, wheelchair bound, non-ambulatory

person who is hard of hearing, person with a hearing impairment

the deaf, deaf and dumb, mute

walks on her own

ambulates/ambulatory

remind her by saying...

verbal cues or prompts

distracted

off task, non-compliant

pays attention

on task, compliant

accessible parking, bathrooms, etc.

handicap parking, bathroom, etc.

she/he needs/uses

she/he has problems with/has special needs

person who is paralyzed

invalid or paralytic

person who has a condition

disease

direct care worker/direct support professional

caretaker

person who is successful, productive

has met goals and objectives

person who has an addiction

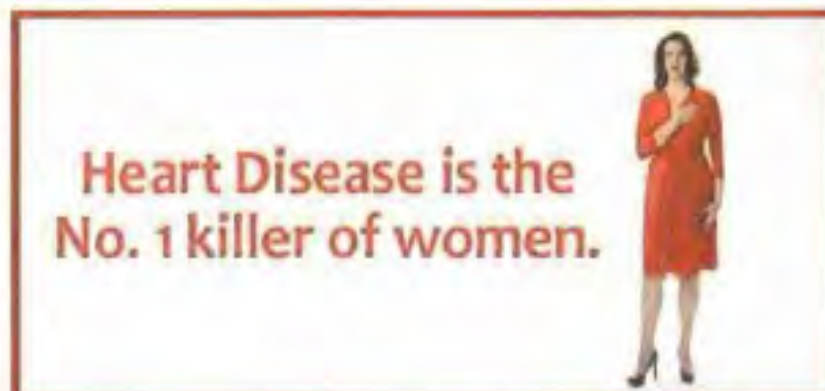
a drunk, alcoholic, druggie





Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



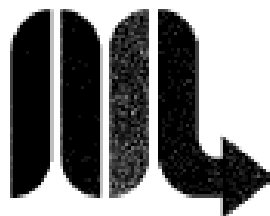
This Information is brought to you by the BRC Wellness Committee

**Plan Sponsored
Program**

1.866.939.4721

**ActiveHealth
Management**

**motivating
MISSISSIPPI**



keys to living healthy

STOP SMOKING START REPAIRING

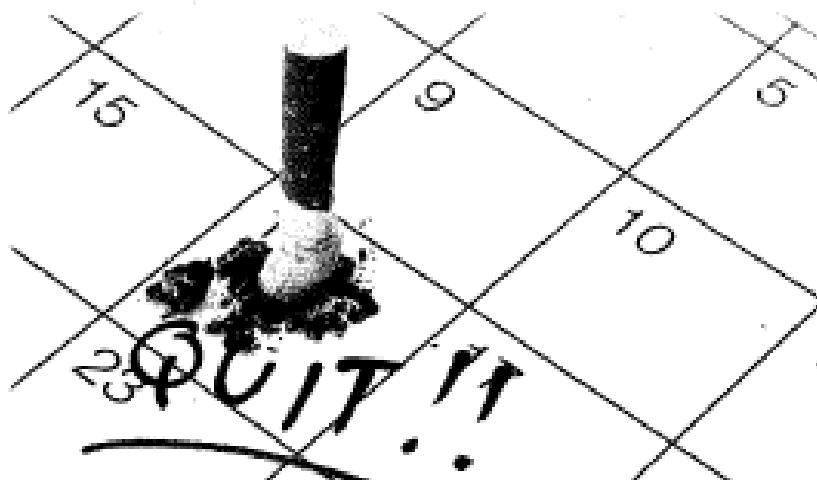
Every cigarette you don't smoke is doing you good.

- Just one week after you quit smoking your sense of taste and smell improve.
- In 3 months your lung function increases by 30%.
- In 12 months your risk of heart disease is cut in half.
- In 5 years your risk of a stroke has dramatically decreased.

We want to help you live a healthier life by kicking the tobacco habit.

Smoking is the leading cause of preventable death in the United States. Save your life, don't smoke.

- 8 to 10 dips a day equals 30 to 40 cigarettes a day.



Mississippi State and School Employees' Health Insurance Plan

ADDITIONAL RESOURCES

**Tobacco Replacement
Medication Coverage**
KnowYourBenefits.dfa.ms.gov

MS Tobacco Quitline
1.800.QUIT.NOW
www.QuitlineMS.com

The ACT Center
601.815.1180
www.Act2Quit.com

Dates to Remember:

February 1 - QUIT DAY!
Must be tobacco free going forward to be a non-tobacco user by May 1

May 1 - Deadline to submit Tobacco Use Attestation Form

July 1 - Tobacco Use Premium Surcharge begins



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

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