



Boswell Regional Center Bulletin

February 2018

A Publication for Employees, Family and Friends of BRC

God's handiwork...



During the busy days and nights spent taking care of the individuals in our care, it's easy to forget we work in a beautiful environment. The historic buildings, rolling grounds and stately trees that've been here for 100 years (see more on this milestone on ps. 4-5.) were never more beautiful than when covered with a layer of snow and then ice during recent winter weather. We're blessed to work within a scenic backdrop filled with a century of history. It includes tuberculosis medical treatment for adults and shelter for children at the old TB Sanatorium, Boswell success stories, memories left by hundreds of physicians, nurses, staff members, patients and individuals and of course, breathtaking natural beauty that has endured through time.

Boswell receives 'Healthy Employer' award

As a result of Boswell's commitment to creating a culture of health and enhancing the health of employees, the center earned the *2017 Mississippi Recognized Healthy Employer* distinction as part of the Mississippi Department of Health's State Employee Wellness Program. Jennifer Chennault, BRC's Director of Dietary Services, has done an outstanding job of spearheading the Wellness Committee and planning activities and programs to enhance employees' overall health



Jennifer Chennault, third from left, is pictured receiving a certificate of merit from Brad Martin, director of the State Employee Worksite Wellness Program in the Office of Preventive Health, MS State Department of Health. Chennault is chairman of the Wellness Committee and spearheads its activities in an effort to promote health and wellness among BRC employees. Assisting Chennault on the committee are, from left: Kim Newsome, Teresa Windham, Cindy Quick (back row), Kathy Pittman and Sarah Kennedy.

We need your ideas...talents...time!

Always wanted to serve on a committee or volunteer to help with a fundraiser, but never knew who to ask? Maybe you possess a talent that could help raise money for BRC's "Friends & Family" organization or Special Olympics,

Arts Fair...the list is endless.

If you answered "Yes!" to any of these questions, 2018 is your year! Please call Kathy Pittman, Ext. 75021 or drop her an email to discuss how you can get involved.

BRC went RED on Women's Heart Day

Employees enjoyed wearing red shirts on Feb. 2, designated at National "Go Red for Women Day" by the American Heart Association to bring awareness to the importance of women taking care of their heart.

Despite the fun day of wearing red and taking "red shirt selfies," it's important to remember that heart disease is the #1 killer of women, well behind cancer and other diseases. So, see your doctor for regular checkups and "know your numbers!"



Administration Building was represented by, front row from left: Kassie Ibarra, Jennifer Chennault, Jaylynn McDonald; back row from left: Michelle Davidson, Kara Kimbrough, Belinda Arrington, Charlotte Luckey, Amber Canoy, Luvennia Banks and Clint Ashley.



From left, Angela Hubbard and Mary Applewhite displayed their support of "Go Red for Women."

Clevis Grant, right, a longtime-BRC and Oakbrook fixture, wore her cheerful red sweater on Feb. 2.



From left, Dietary staff Myrtle Robinson, Sheila Gray, Cindy Lowery and Kira Rogers looked festive in red.

Mitu

Mississippi Tuberculosis Sanatorium opened February 4, 1918

Boswell's campus turns 100 years old

During the 1916 session of the Mississippi Legislature, the Mississippi Tuberculosis Sanatorium was created for the "prevention and treatment of TB" and placed under the State Department of Health. Citizens of Magee donated 200 acres of land and along with the Gulf and Ship Island Railroad, donated \$2,000 for the construction of the Sanatorium. Dr. Walter Rowan was the first superintendent, but his health failed during the building process. Dr. Henry Boswell took over in 1917.

With \$25,000 from the Legislature Dr. Boswell oversaw the construction of several buildings and a TB hospital. On Feb. 4, 1918, the first group of 12 patients entered the hospital for treatment.

An \$1 million appropriation helped build a modern Sanatorium that could treat 75 patients. In 1930, Dr. Boswell opened the Preventorium to house and treat children who were either suffering from TB or were malnourished and in danger of contracting the disease.

The Sanatorium, or "The San" as it was called, was home for several families who lived and worked on the grounds. According to a newspaper article,



Dr. Henry Boswell, left, is responsible for designing the campus and much more. Nurses (below) were trained here and lived on-site in dorms.



Administration Buildings, State Sanatorium, near Jackson, Miss.

An aerial shot (above) from the previous century shows a modern hospital and buildings. The farm (below) provided food and milk for patients and staff.



"When Dr. Boswell created the Sanatorium, he created a little world." A 623-acre working farm provided "fresh milk, chicken and eggs" and the lake and golf course offered on-site recreation. A bakery, butcher shop, laundry, movie theatre, water tower, fire department and post office with its own zip code provided patients, staff and residents everything they needed without having to cross under the depot entrance and leave the grounds. Underground tunnels made transporting laundry across campus easier than pushing carts over the rolling grounds.

As cases of TB became more rare, "The San" was given to Ellisville State School in 1972 to treat those with mental retardation. The center is now operated by the Mississippi Department of Mental Health and is known as Boswell Regional Center.

But memories of life at "The San" remains in the hearts and minds of those who once lived and worked at this special place. Here's to the next 100 years!



Crossing under the depot roof (left) meant you were "home."

Ducks have always lived on campus. These beauties from a 1930s photo (below) enjoy a leisurely swim in the lake.



Up the Ladder...

Wilford Speed, right, received a Governor's Service Award at the January Director's Meeting for 10 years of service to state government. Speed is a nurse at BRC's ICF group homes. Congratulations on this important milestone!



Tammy Foster, above, a Director in Business Services at the Mississippi Adolescent Center, also received a Governor's Service Award for 10 years of service at the January Director's meeting. Tammy does a great job of handling payroll and other responsibilities.



MAC's Employees of the Quarter are Alonzo Harris and Tatranelle Parker. Alonzo has been at MAC for nearly 19 years and works in Client Services. Tatranelle works A Shift in Residential Living as a Contract Direct Care Staff. She has been employed with MAC for nearly one year. Congrats to these deserving employees!

Pastor's Corner

The Bible



Bro. Rudy Jackson
BRC Patient Advocate/Chaplain

"The Bible contains the mind of God, the state of man, the way of salvation, the doom of sinners, and the happiness of believers. Its doctrines are holy, its precepts are binding, its histories are true, and its decisions are immutable. Read it to be wise, believe it to be safe, and practice it to be holy."



It contains light to direct you, food to support you, and comfort to cheer you. It is the traveler's map, the pilgrim's staff, the pilot's compass, the soldier's sword and the Christian's charter. Here too, Heaven is opened and the gates of Hell disclosed.

Christ is its grand subject, our good its design, and the glory of God its end. It should fill the memory, rule the heart and guide the feet. Read it slowly, frequently and prayerfully. It is a mine of wealth, a paradise of glory, and a river of pleasure. It is given you in life, will be opened at the judgment, and be remembered forever. It involves the highest responsibility, rewards the greatest labor, and will condemn all who trifle with its sacred contents."

Author: Unknown Author

Concerning the Bible, no truer words have ever been penned outside of the Bible itself about it.

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

Clint Ashley, Director

Kara Kimbrough, Editor

Winter Wonderland of snow—then ice— didn't stop BRC from operating as usual

December's unexpected snow storm, followed by a sheet of slick ice and sleet in early January, transformed BRC's rolling grounds and historic buildings into a picture postcard-worthy scene straight out of Currier & Ives. Beautiful...yes. Easy for staff to make it to work...not so much.

However, individuals still had to be cared for on campus, meals had to be served three times each day and over 40 community group homes and work centers

had to be staffed, regardless of icy roads. Despite treacherous driving conditions, operations continued like clockwork, with employees helping each other wherever there was a need, including driving co-workers to early morning shifts. Instances of staff going the extra mile to help our individuals are too numerous to mention. Best of all, there was no interruption in service.

The snow and ice have melted, but here are a few photos of BRC's Winter Wonderland.



Above, a pre-sunrise shot of the lake surrounded by snow and ice was shot early one morning by Director Clint Ashley.

Left, the WAC's solitary beauty is reflected in the icy grounds.



At near right, Greg Amason in Maintenance works on a project for the group homes. Far right, HR personnel, including Kassie Ibarra, on left, continued to take job applications and assist employees.



How to Contact Your Legislator

The 2018 Legislative Session began on January 2, 2018. The Department of Mental Health would like to make sure all of its employees are aware of the legislative process and are as involved as they would like to be. Remember that it is your right as a citizen to speak to your legislators and let them know your opinions and your feelings about the directions our state government is going. We have had employees ask in the past how they can identify and reach out to their legislators. There are a few ways you can do this:

If you happen to know who your legislators are, you can find their contact information at the Mississippi Legislature web site at www.legislature.ms.gov. You'll see a menu near the top of the page that has a button labeled "Legislators." You can hover over that to find your senators and your representatives.

If you do not know who your legislators are, there are some online tools that can help you identify them:

Visit www.openstates.org. You can enter your address in a text box at the top of the page or browse by state. Entering your address will show you who your legislators are. Clicking their names will also give you their contact information.

Empower Mississippi is another site that will identify your legislators. You can reach it by using your computer to visit www.empowerms.org/do-you-know-your-legislators/. Once again, you can simply enter your address to identify and get contact information for your legislators.

The Electric Power Associations of Mississippi have a legislative roster available on their web site and as a smartphone app. Search for "Mississippi Legislative Roster" in your phone's app store or visit ecm.coop/roster on a web browser for their guide.

With the 2018 Legislative Session here, it is important to know how to effectively communicate with your legislators if you do decide to contact them.

During session, legislators are very busy and often don't have time for long phone calls or in person conversations. The best way to contact them is through letters or email. If you choose to contact your legislator this session be sure that you are contacting the legislator who represents the district you live or work in.

When you contact legislators be sure to clearly tell them what you want them to know, but be brief with your message and make sure you are prepared before you send it. Always be honest, accurate and timely with the information you send a legislator.

One thing to remember is that you should not use any state time or resources if you do reach out to your legislators. You will need to contact them on your own time, on your own phone, and through your own personal email address or stationery. While we appreciate our employees' willingness to get involved, it must be done as a private citizen, not as a representative of any state agency.

One final thing to remember is something to remember in all of our professional interactions – always remain polite and courteous. Both state employees and legislators are public servants, and the Legislature has been supportive of our agency's community expansion efforts over the past several years. Please make sure to thank any legislator you speak to for their support, and for taking the time to hear your concerns.