



Boswell Regional Center Bulletin

# February 2013

A Publication for Employees, Family and Friends of BRC

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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 2013 Issue.

## GO RED! for Heart Health



Belinda Arrington, Kathy Pittman, Janna Von Francke, Sheri Allen and Beverly Magee.



Janna Von Francke, Psychologist; Steven Allen, Director; and Kay Adcox, Social Worker



BRC Front Gate



## **NEWS RELEASE**

*For Immediate Release*

Contact: Deanna Gronlie  
Mississippi Interactive, LLC  
601.351.5023

### **New Year, New Direction. Boswell Regional Center Unveils New Website**

**Magee, MS** – February 13, 2013 – Boswell Regional Center, a Mississippi Department of Mental Health program in Magee, Mississippi recently unveiled a new look to its website, [www.brc.ms.gov](http://www.brc.ms.gov). The redesigned website features a fresh modern look and easier to locate.

"The primary goal of the redesign is to reflect the new direction of our program. A direction intended to provide the individuals and families we serve with many new choices," said Steven Allen, Director of Boswell Regional Center. "Our website is an important tool that allows us showcase our services, history and programs. We are very excited about the future of our program and feel that the redesign will help us achieve our goals for years to come."

Boswell Regional Center was established over 35 years ago and is one of five regional facilities in the state established to treat those with intellectual and developmental disabilities. Boswell operates under the Mississippi Department of Mental Health, which provides a continuum of care and services for thousands of Mississippians with intellectual and developmental disabilities.

#### **Other Information**

Boswell website – <http://www.brc.ms.gov>

Official State of Mississippi Web Site – <http://www.ms.gov>

#### **About Mississippi Interactive**

Mississippi Interactive is the official eGovernment solutions provider for the state of Mississippi. The company builds and manages interactive government services on behalf of the state and is a wholly owned subsidiary of eGovernment firm NIC (NASDAQ: EGOV).

### About NIC

NIC Inc. (NASDAQ: [EGOV](#)) is the nation's leading provider of [official government portals](#), online services, and secure payment processing solutions. The company's innovative [eGovernment services](#) help reduce costs and increase efficiencies for government agencies, citizens, and businesses across the country. NIC provides eGovernment solutions for more than 3,000 federal, state, and local agencies that serve 98 million people in the United States. Additional information is available at <http://www.nicusa.com>.

# A Preview of the Website



## BOSWELL REGIONAL CENTER

A Mississippi Department of Mental Health Facility, Magee, Mississippi

[ABOUT BOSWELL](#) | [PROGRAM OPTIONS](#) | [CAMPUS TOUR](#) | [MS STATE SANATORIUM](#) | [CONTACT](#) | [LINKS](#)



### Mission

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.

### What's Happening Now

There are no items to show in this view.

[More News](#)

### Quick Links

- [Overview](#)
- [From the Director](#)
- [Newsletter](#)
- [Employment Opportunities](#)
- [Program Options](#)



## Pastor's Corner

### Dealing with Discouragement

The record for the shortest major league baseball career probably belongs to a member of the old Brooklyn Dodgers, a pitcher named Harry Hartman. He was a gifted young ballplayer whose day of glory arrived in 1918 when he was called up from the minors to pitch against the Pittsburgh Pirates. This was the moment he'd dreamed about, the beginning of a great career, but his dreams began to fade when his first pitch was hit for a single. The next batter tripled. Rattled, he walked the hit for a single. The next batter tripled. Rattled, he walked the next batter on four straight pitches, and when he did throw a strike to the next hitter, it went for a single. At that point, Hartman had had enough. He headed for the showers, dressed, and walked out of the stadium to a naval recruiting office, where he enlisted. The next day, he was in a military uniform, never to be heard from in professional baseball again.

If I were to ask you have you ever heard of Hellen Keller or Ludwig van Beethoven, you would probably say yes, but if I had ask you have you ever heard of Harry Hartman before you read this story, you probably would have raised your eyebrows and said, "Who?" Why the difference in these three? First, it's not because some had it easier than the others for Hellen was blind and deaf, and Beethoven was deaf, but that didn't stop them from accomplishing their goals. So what happened to Harry Hartman? It's simple. He was defeated by discouragement.

We find the answer to discouragement in Exodus 33:13. **Now therefore, I pray thee, if I have found grace in thy sight, shew me now thy way, that I may know thee, that I may find grace in thy sight: and consider that this nation is thy people.** Moses was so wearied with leading a stubborn people to the promised land that he just wanted to through his hands up. Ever been there? Notice in verse 13 he told God he wanted to know God's way and to know God deeply. You see, the better you know the God you serve, the God that can heal, that has victory over death, that can walk on water, the better you can know that what you fear to be over your head he

already has under his feet. We don't need to be in the business of telling God how big our storm is but telling our storms how big our God is. That's how you deal with discouragement.

Have a blessed day in the LORD,  
Bro. Rudy



Bro. Rudy Jackson,  
BRC chaplain

### 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



Donated by Ms. Shelia Bryant

# ***Congratulations to our Employees of the Month!***



On the left is Support Staff Employee of the Month, Donna Jones from Human Resources. On the right is Direct Care Employee of the Month, Kopedia Durr from Unit 3.

# **Retiring after a Job Well Done**

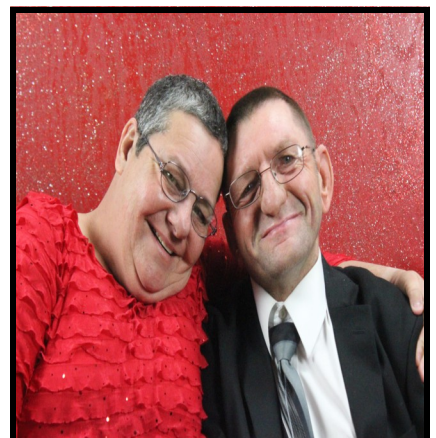


Many came out on February 27th to wish Mr. Rick Hill a happy retirement after years of faithful service at Boswell Regional Center. Farewell Mr. Hill. You will be missed.

# ***Valentine's Day***



***Boswell staff and individuals  
celebrated Valentine's Day with a party  
featuring dancing, decorations, and a photo booth***



# A Look Around Boswell



S. Allen enters her own home for the first time



E. Lott checks out her very own dishwasher



North Mississippi Annual Basketball Tournament: Team Manager M. Coghlin

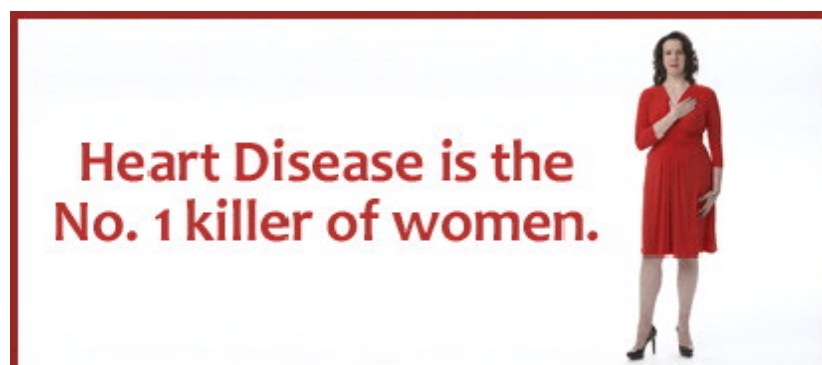
## Magee High School Leadership Freshman Class visited Boswell on Feb. 21st





## 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



# Peer Support



Mutual support—including the sharing of experiential knowledge and skills and social learning—plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.

Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.



**RECOVERY:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



# Success Stories



Starting at an early age I suffered many hardships. As a child I was a victim of physical, verbal, and mental abuse and, because of things outside of my control, my mother and I went through a period of homelessness. Over the years I became very angry at everyone around me because I blamed them for all the bad in my life. I felt alone.

As I got older I struggled constantly with anger, depression and drug use. I felt unloved and unappreciated by everyone, so I sought out relationships as a way to find the feeling of love that I desperately wanted. Soon I found myself dependent on these relationships, though all of them quickly self-destructed. Failed relationships made me more depressed, and I started struggling with self-idolatry, self-worth, and a weakness to peer pressure. I was ultimately spiraling down a road to hopelessness. I found myself around the wrong group of people, and as a result I got into some trouble and was convicted of five felonies. I was sentenced to six months in the Walnut Grove Youth Correctional Facility.

I was at the lowest point, with no place to turn, and I began to realize that if I wanted things to change, then I needed to take a stand and make a change myself. I made a to-do list while in jail and was determined to make things right with a new start.

I was released on December 16, 2011, after 7 1/2 months in jail. Two weeks after release I started looking for a way to use my story. I got in contact with an old therapist who knew of my past, and she recommended me to a program called NFusion. Of course I still have my run-ins with depression, anger, and more, but everyone struggles with something.

My struggles are learning experiences that allow me to face my challenges and make a change. Today I am a certified peer to peer specialist for NFusion. This is a huge step for me toward my overall life goal! I'm learning how to be a positive role model for my community. Although I have had a lot go wrong in my life, I see now that I can make some good come from it all. I have a saying that I often use for motivation - "Be the change you wish to see in the world."

Every day is a step toward that.

-Stephen Youngblood

**RECOVERY:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

**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 on campus are:

- **Scrub sales**
- **Jewelry sales**
- **Book Fairs**
- **RADA knives**
- **Donut sales**
- **T-shirt sales**
- **Breakfasts**



## 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*

- |                          |          |       |  |
|--------------------------|----------|-------|--|
| <input type="checkbox"/> | Single   | \$5   | Membership Card  |
| <input type="checkbox"/> | Bronze   | \$25  | Membership plaque designating level of giving<br>Name on all Friends and Family publications   |
| <input type="checkbox"/> | Silver   | \$50  | Membership plaque designating level of giving<br>Name on all Friends & Family publications<br>Name on all Friends & Family sponsored events  |
| <input type="checkbox"/> | Gold     | \$100 | Membership plaque designating level of giving<br>Name on all Friends & Family publications<br>Name on all Friends & Family sponsored events<br>Recognition in each issue of the Bulletin newsletter  |
| <input type="checkbox"/> | Platinum | \$500 | Membership plaque designating level of giving<br>Name on all Friends & Family publications<br>Name on all Friends & Family sponsored events<br>Recognition in each issue of the Bulletin newsletter<br>Publicity in local media<br>Boswell 35th Anniversary cookbook |