



Boswell Regional Center Bulletin

January 2015

A Publication for Employees, Family and Friends of BRC

From Dream to Reality

Inside this issue:

Front Cover: From Dream to Reality

Spotlight on: Cassandra Rankin 2

Girls' Evening Out 2

Jean Craft Retires 3

Co-Lin Basketball Game 3

Pastor's Corner 4

Mall Outing 4

BRC EOM 5

BRC Governor's Service 5

MAC EOM 6

MAC Governor's Service 6

BRC Logo Shirt 7

Blood Drive 8

Health Fair 9

Silent Auction 10

Stop Smoking 11

Friends and Family 12

The slogan at Boswell Regional Center is "Where Dreams Can Become Reality," but it's not just a catchy phrase; it happens. One such example of a person's dream becoming a reality was when Ms. Dawkins, who participates in BRC programming, recently visited Mississippi's coast for the first time. She stayed in a hotel, tasted crab legs, and went to the Edgewater Mall, all for the first time on December 28, 2014. Mary Applewhite and Jovonne Norword are two BRC staff members who work with Ms. Dawkins on a regular basis and had the privilege to accompany her to Biloxi, Mississippi, for that one awesome night.

Normally, this is where the story would end; however, the details make the story even better. This all started when Ms. Dawkins told Will Beeson, the Unit Administrator for BRC's Short Term Stabilization Program, that it was her dream to go to the coast; and yes, Ms. Dawkins would attest to the fact that she said, "dream." One day Mr. Beeson casually mentioned to his staff that this was something Ms. Dawkins wanted to do. Mary and Jovonne didn't think twice; they began planning for a trip to the coast. Graciously, Mary and her husband made arrangements for their hotel stay which made the trip for Ms. Dawkins even nicer. The three ladies had a blast, and it was an experience that Ms. Dawkins will never forget.

Now that Ms. Dawkins can mark this dream off her bucket list, she's making plans for the future. Ms. Dawkins plans to attend the upcoming prom at her school and is planning for another trip. This time, she'll be going on a Senior class trip. Finishing school is yet another dream that is becoming a reality for Ms. Dawkins.

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, January 2015 Issue.



Left to right: M. Applewhite, C. Dawkins, and J. Norwood



The carousel inside Edgewater Mall in Biloxi, Mississippi

Spotlight on: Cassandra Rankin



Mrs. Cassandra Rankin
Director of ID/DD Waiver Program

Cassandra Rankin resides in Mendenhall, MS, where she lives with her husband, Orlando, and their son, Martinas Rankin. Their two other children, Mary and Austin, live in Magee, MS. Cassandra and her family are active members of New Galilee Missionary Baptist Church in Magee, MS. She is a graduate of Mendenhall High School and Jackson State University where she earned her bachelor's degree in Social Work and master's in Guidance and Counseling. Cassandra is currently enrolled in the Mississippi Certified Public Manager Program through the Mississippi State Personnel Board.

Cassandra joined the Boswell Regional Center family in October 1995. She worked from 1995 through August 1997 as a home manager in one of the Community DD Program group homes in Hazlehurst, MS. From September 1997 through December 1998 Cassandra worked as a QMRP at Millcreek Centers, in Magee, MS. She returned to Boswell Regional Center in January 1999 in Program Services as an assistant to the QMRP's and transferred to the ID/DD Waiver program as a support coordinator in November 1999. Cassandra was named the Director of the ID/DD Waiver Program in May 2014.

Cassandra enjoys working in the Mental Health field and feels her employment at Boswell has been a blessing to her and her family. In her spare time she enjoys shopping and spending time with her family, especially her mother.

Girls' Evening Out

By: Natisha Polk



On January 28, 2015, after a hard day's work, these ladies enjoyed Community Dining at Western Sizzler. They couldn't stop talking about the fish and chicken. It was more of a reunion for Katrina, who was greeted with hugs and "Do you remember me?" Followed by "Yeah honey. How you doing?" The ladies were very well mannered and all said they had a good time.

Jean Craft 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's 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 framed certificate and a chance to say goodbye to their fellow employees at a retirement reception.

Recent retiree, Jean Craft, Day Services (Life Links), is pictured with Steven Allen, BRC Director. Congratulations and best wishes!

Copiah Lincoln Community College



Staff members and several guys from MAC went to see the Copiah Lincoln Community College Basketball team host Hinds Community College on Thursday, January 29th.

Pastor's Corner

Think of all the people who live or have ever lived on our planet since the very beginning of time. None of them are like you! What a miraculous thing it is to be you! No one has the same combination of talents, abilities, sorrows and opportunities. No one has the same friends, family, jokes, and acquaintances. No one's finger prints are the same. No one has the same concerns or goals as you do. No one! You are unique!

Accept and enjoy this uniqueness. You don't have to pretend to be like someone else in order to meet the expectation of others. Don't be afraid to be different. No one in the world has the same things going on in his or her mind, soul, and spirit as are going on in yours. It is a gift only to you. Treasure and share your uniqueness!

No one can speak your words. No one can smile your smile. No one can bring the same unique impact you can to the world. Enjoy your uniqueness. Let it flow out among your family and friends, and all the people you meet. Give yourself away and be inspired by the fact that you are UNIQUE!



Bro. Rudy Jackson
BRC Chaplain

Psalm 139:14 I will praise thee; for I am fearfully *and* wonderfully made: marvellous *are* thy works; and *that* my soul knoweth right well.

Psa 139:16 Thine eyes did see my substance, yet being unperfect; and in thy book all *my members* were written, *which* in continuance were fashioned, when *as yet there was* none of them.

Psa 139:13 For thou hast possessed my reins: thou hast covered me in my mother's womb.



V. Warren and J. Walley enjoyed a day of shopping at Turtle Creek Mall in Hattiesburg. They said their favorite part of the day was people watching and shopping for clothes.

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.

**BOSWELL
REGIONAL CENTER
Where Dreams Can Become Reality**

BRC Employees of the Month



During the January Directors' Meeting, Boswell Regional Center recognized Employees of the Month in the area of support/professional staff. Employees of the Month for November are Phyllis Duckworth, Community Services; and David Sullivan, Staff Development. For the month of December, Employees of the Month are William Armstrong, Autism Services; and Tiffany Wyatt, Community Services Nurse. Congratulations!!!!

BRC Governor's Service Awards



Boswell Regional Center employees receive Governor's service awards in recognition of a total of 80 years of state service. They were recognized for the dedication to BRC at the January Directors' meeting. Pictured are Curtis Magee (20yrs), Betty Newton (20yrs), Tim McLaurin (10yrs), Barbara Ware (10yrs) and Lynn Williams (20yrs). Congratulations!!!!

MAC Employee of the Month



MAC's EOM for November was Melanie Lewis. The EOM for December was Corey Sanders.

MAC Governor's Service Award



Laura Taylor, a Wesson Group Home employee, received her 10 year service award.

**Order Your BRC Embroidered Logo Shirts
(starting now-February 17th)
Can be worn every Friday with Jeans**

Front of Shirt



To order contact: Wellness Committee Members

Prices: Unisex dry mesh polo shirt-\$25.00

Sweatshirt-\$18.00

Ladies V-neck polo-\$20.00

T-shirt-\$10.00 (not shown above)

Jennifer Chennault, Beth Luper, Kathy Pittman, Cindy Quick, Kimberly Newsome, Dale Mitchell, Charlotte Luckey, Joe Allen, Teri Anderson or Teresa Windham

Boswell Regional Center Blood Drive



Wednesday, February 11
9 a.m. — 4 p.m.
MBS Donor Coach

Please Bring ID

Free T-Shirts to all Donors

MBS suggests that all donors eat at least four hours within giving blood and drink plenty of fluids prior to and after making a donation.

(888) 90-BLOOD www.msblood.com

Remember to visit our new online store for exclusive Mississippi Blood Services apparel and other cool and exciting thank-you items!

Also follow us on Facebook at www.facebook.com/give2live



Cholesterol

**Health Fair at
Training Center**

Friday, February 13th

6:30 am-11:00 am



**Blood
Pressure**



**Blood
Sugar**



**Body Mass
Index**

Know

Your Numbers

BRC's Wellness Committee will be partnering with the Co-Lin Practical Nursing Students to provide the following services:

- **Total Cholesterol (best results if fasting)**
- **Glucose (Best results if fasting)**
- **Weight**
- **Body Mass Index**
- **Blood Pressure**
- **Pamphlets will be available**

For a better life

Door Prizes! Do not have to be present to win



Silent Auction
to benefit
Boswell's
Relay for Life
Community Event

Friday, February
20th
at Dream Extreme
from 10a.m.-2:30 p.m.

Home décor ∞ Collegiate items
Jewelry ∞ Collectibles
Automotive ∞ Books and
more!

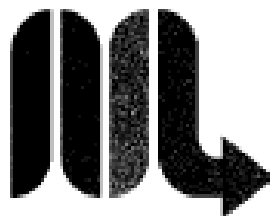
If you have items to donate, please bring them to
Public Relations or Dream Extreme no later than
noon on Wednesday, February 18th.

**Plan Sponsored
Program**

1.866.939.4721

**ActiveHealth
Management**

**motivating
MISSISSIPPI**



keys to living healthy

STOP SMOKING START REPAIRING

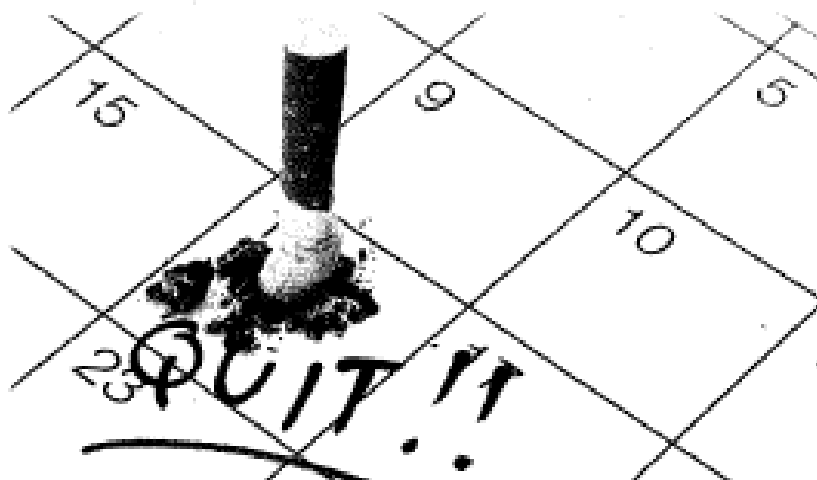
Every cigarette you don't smoke is doing you good.

- 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