



Boswell Regional Center Bulletin

March 2017

A Publication for Employees, Family and Friends of BRC

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Magee IDD Proclamation

The month of March is observed annually as Intellectual and Developmental Disabilities (IDD) Awareness Month. There were several events held in Mississippi throughout the month in recognition of IDD. The City of Magee joined forces with Boswell to increase awareness in the community through a proclamation signed by Mayor Jimmy Clyde on Friday, March 17th. The City of Magee has always been supportive of Boswell. The sponsorship and collaboration between Boswell and the city are much appreciated.



The publication of the BRC Bulletin is made possible by contributions from 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, March 2017 Issue.

Pictured: Magee Mayor Jimmy Clyde (seated), standing left to right; W. Bunt, service recipient; Clint Ashley, Boswell Regional Center Director; and D. Boyd, services recipient.

Hazlehurst IDD Proclamation



On March 28, Hazlehurst Mayor Henry C. Banks, Sr. (seated) signed a proclamation designating March as IDD Awareness Month. Pictured from left to right: K. Williams, service recipient; Clint Ashley, Director of Boswell Regional Center; S. Burns, service recipient, and W. Lawless, service recipient.

Brookhaven IDD Proclamation



On March 21st, Brookhaven Mayor Joe C. Cox (seated) signed a proclamation designating March as IDD Awareness Month. Pictured from left to right: Kimberly Bingham, QIDD; D. Wright; service recipient; Tiffany Harper-Howell, Director of Client Services; C. Ellis, service recipient and William Gates, Director of Mississippi Adolescent Center.

IDD Day at the Capitol

The rotunda was the place to be on March 22, 2017. Programs that serve people with intellectual and developmental disabilities displayed and shared valuable information. This was an opportunity to speak to legislators regarding the programs and services provided to Mississippians with IDD.



Pictured above from left to right: House of Representatives District 85, America “Chuck” Middleton; B. Kinsey, service recipient; R. McGill, service recipient, and Dr. Jim Herzog, Department of Mental Health Board Member.



Pictured above from left to right: Mississippi House of Representatives District 90, Noah Sanford, and Clint Ashley, Director of Boswell Regional Center.

Spotlight on Jennifer Cole

By: Jennifer Cole



Jennifer Cole, QIDP at Pinelake Geriatric

First, I want to thank God for His grace and mercy. My mother and father have five children. I am the second child of the five siblings. I have one brother who has intellectual disabilities. As a young teenage girl, I understood how important it was for me to love people with intellectual disabilities. I help my mother with my brother who has Down Syndrome. He is at home with my parents and the joy of our lives.

I am a 1985 graduate of East Marion High school and 1987 graduate of Pearl River Junior college. There I obtained by Associate degree in Secretary Science. After graduation from Pearl River Community college, I worked at Prentiss Complex as a Quality Control Inspector. After 10 years Prentiss Complex moved to Mexico.

I am married and we have one beautiful daughter, Ms. Deanna Cole. Ms. Cole has two children: Melody (age 5) and Messiah (8 months). Ms. Deanna Cole also worked at Boswell as a Switchboard operator from 2014 through 2016. My daughter and grandchildren are the joy of my life. My saying to everyone is "if the good Lord doesn't give me anything else, He has already done enough for me."

In 1999, I began my career at Boswell Regional Center as a DCW and later became a supervisor. I knew from day one that's where I needed to be.

In 2009, I attended Colin Community College where I received

my associate's degree. While attending Colin Community college I worked part-time at Millcreek. After completing my studies at Colin with an associate's degree, I attended William Carey University where I majored in Psychology to receive my Bachelor's degree. I returned back to work at Boswell as a QMRP at Morton and Goodwater group homes and took some classes on-line working toward my master's. I am presently at Pinelake Geriatric Unit as a QIDP enjoying every day of my life. Every day when I enter into Boswell doors, I will give someone or everyone I meet a hug.

When I am tired or just not feeling well, the individuals are always there to pick me up and remind me of the scripture Philippians 4:13 "I can do all things in him that strengthened me." When you see me coming and I give you a hug, just remember it's the God in me and it keeps me going.



You Can Go Home Again



Bobby went to visit his family in Chicago from March 15th to March 21st to celebrate his mother's 84th birthday. According to one sister, it had been between 30-35 years since he had been home. Prior to that, his family would come to Mississippi to visit him and also send cards and gifts on a regular basis. It took a lot of work from both Boswell and his family to make the trip back home to Chicago, Illinois possible. Bobby's family was very thankful for BRC's help in getting him there. This is one of many things Boswell staff does on a daily basis to make "dreams become reality".

Here is a quote from Bobby's sister Myrtle: "Thanks for all of your help in making Bobby's visit possible. He really enjoyed himself. We enjoyed him too. I know Mom did also. She is into her own world lately, but I knew she was happy to see him. The visit was really wonderful! Thank you and thank the rest of the staff for us. Mom did feel all over his hair when he first got there." Bobby's mom was feeling for his dreadlocks. This is a hairstyle Bobby has wanted

since a young man with dreads has become his psychologist. One of the staff who works with Bobby decided to help him make that dream a reality also. Ms. Myrtle told Bobby's staff that the family loves his hair and is tickled pink that he was able to get dreads, but his mom would always comment saying she didn't understand why he wanted to wear his hair like that.

Even though Bobby cried the day he returned, communicating that he was sad because he missed his mother, he soon found solace in showing off the gifts he'd received from family. Bobby enjoyed hearing staff tell him how much his family loved him.



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.

Pinelake Picnic Outing



Pinelake Geriatric Services had a picnic at Simpson County Lake on March 24, 2017. Pinelake staff and individuals enjoyed a beautiful day outdoors. Everyone had a blast and are ready to go again!

Masquerade™

Experience the Frenzy!



Friends and Family appreciates your support! The Masquerade Jewelry Sale was a success!

\$25 Gift Card Wellness Webinar Winners



Marinell Tedford and Luvennia Banks won \$25 gift cards while attending a health webinar at BRC entitled "Balance Your Diet and Your Life." March was National Nutrition Month.

Michelle Harper Retires



Pictured left to right: Cindy Womack, Assistant Director of Boswell Regional Center and Michelle Harper, retiree.

On March 29, 2017, Boswell held a retirement reception honoring retiree; Michelle Harper. Michelle began working at Boswell Regional Center at the Simpson Cove sight as a Direct Care Trainee. She later became a Direct Care Advance. The LeGrand café was filled with family and friends to say their goodbyes, as Michelle retired after 28 years of state service. Michelle stated, "I will miss you all." Retirement will allow Michelle to spend more time with her family and just simply relax.

BRC EOM'S



During the March Directors' Meeting, Boswell Regional Center recognized Employees of the Month in the area of support/professional staff: Employees of the Month for February are left to right: Ann Brinson, Oak Brook; Arthur Milton, Fairway, and Carrie Kimbrough, Community. Congratulations to each of you!

Governor's Service Awards



During the March Director' meeting two Boswell Regional Center employees received Governor's service awards in recognition of 10 years of state service. Pictured left to right: Teri Anderson and Liza Gray. Thank you both for your hard work and dedication to BRC. Congratulations!

MAC EOM



MAC's February 2017 EOM is Lancifer "Lance" Dickey. Lance works A shift in the Residential Living Department. He has been employed since 8/1/2016. Congratulations!

BRC Orientation Classes



March 1st Orientation Class: Back Row left to right: Anterio Kennedy (Ridgeview), Jamal Keys (Ridgeview), Zyqwn Lee (Oakbrook), Shakayla Taylor (Oakbrook), Khadijah Thornton (Oakbrook). **Front row left to right:** Talicia Barnes (Oakbrook), Jamyla Lee (Pinelake), Hannah Smith (Oakbrook), Estelle Palmer (Psychology).



March 16th Orientation: Back Row Left to Right: Courtney Buckhalter (Fairway), Lasonya Rankin (Oakbrook), Alisa Smith (Oakbrook), Robbie Mayers (Fairway), Nichalaus Bullock (Ridgeview). **Front row left to right:** Sherry Thames (Supported Living Community), Heather McKenzie (Community Day Hab), Terri Rayner (Oakbrook), Joyce Clark (Security), Corneshia Hubbard (Fairway).

Boswell Regional Center

**IT IS THAT TIME OF YEAR
AGAIN!!**

APRIL 2017

MANDATORY EMPLOYEE TB TESTING

- ⇒ PLEASE MAKE PLANS NOW TO SEE A NURSE ON CAMPUS OR IN THE COMMUNITY TODAY TO HAVE YOUR TB SKIN TEST ADMINISTERED.
- ⇒ IT IS VERY IMPORTANT THAT YOU REMEMBER THESE TEST MUST BE READ 48-72 HOURS AFTER ADMINISTRATION.
- ⇒ ALTHOUGH YOU MAY HAVE AN ALLERGY, PREVIOUS POSITIVE TEST, OR MEDICAL CONDITION YOU MUST STILL SEE A NURSE TO COMPLETE THE PROPER FORMS.



**BOSWELL
REGIONAL CENTER**



ActiveYou

The ActiveHealth Management newsletter that helps you live healthy and well

March 2017



Eating well, feeling well

We all enjoy eating, but sometimes we don't stop to think about our health. Did you know that eating healthy can help you feel well? Putting the right foods into your body will help you achieve a healthy balance of vitamins, minerals and essential nutrients. And that can help you feel better, enjoy more energy, and lower your stress.

Healthy eating starts with learning new ways to eat, such as adding more fresh veggies, and whole grains to your diet. It's also good to cut back on foods that have a lot of fat, salt, and sugar. Here are some simple steps to eating well:

- **Aim for balance.** Most days, eat from each food group – grains, protein foods, veggies and fruits, and dairy. Listen to your body. Eat when you're hungry. Stop when you feel full.
- **Mix it up.** Have some fun. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating different kinds of foods each day will help you get all the nutrients you need.
- **Not too much—or too little.** It's about eating just the right amount! All foods, if eaten in the right *portions*, can be part of a healthy diet. Even sweets can be okay.

Good night—and good health!



Did you know over 3 out of 10 U.S. adults do not get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Try these simple habits to improve your sleep:

1. Keep your bedroom quiet, dark and calming. Make sure it's not too hot or too cold in the room.
2. Try to go to bed at the same time every night and wake up at the same time every morning, even on the weekends. This will help to keep your body's clock running smoothly.
3. Exercise, but not within 3 to 4 hours of your bedtime. That can make it harder to fall asleep.



Upcoming events

Wellness Webinar Series

Balance Your Diet and Your Life

March 21, 2017

9:00AM, 11:30 PM and 3:30 PM CST

[Click Here to Register](#)

<https://goactivehealth.com/wellness-webinars>

Roasted Veggies



Ingredients

- Nonstick cooking spray
- 2 cups potatoes (cut into 2-inch pieces)
- 2 cups onions (cut into 4 pieces each)
- 3 cups carrots (peeled and sliced)
- 2 cups turnips (cubed)
- 2 tablespoons margarine (melted)
- 1 tablespoon water
- 3 cloves garlic (chopped)
- 2 teaspoons dried rosemary (if you like)
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions:

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Place potatoes, onion, carrots, and turnips on the baking sheet.
3. Combine margarine, water, garlic, black pepper, and salt in a small bowl. If using rosemary, add that too.
4. Drizzle over vegetables and mix until coated.
5. Roast for 30 to 40 minutes or until browned and vegetables are soft.

Source: <http://www.cookinglight.com/recipes/roasted-vegetables>. Retrieved February 24, 2017 from: <https://www.cookinglight.com/recipes/roasted-vegetables>



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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Webinar Sweepstakes Winner!



Marilyn M. Watkins, DrPH, MCHES

Marilyn is the Wellness Champion for the Mississippi Department of Wildlife, Fisheries and Parks. Her life work is educating the public on various health issues, and she is also a motivational speaker. She holds a Doctorate in Public Health focusing on Behavioral Health Promotion and Education and is a Master Certified Health Education Specialist. In order to stay healthy, she loves working out with the boxers at Keep Swinging Boxing & Fitness.

Check out the new MyActiveHealth

Exciting things are happening on the MyActiveHealth™ website! We've refreshed the look of our site to make it sleeker and better for mobile. The features are easy to use, and the layout is extra friendly. Log in from your smartphone, tablet or desktop to see our new look.

Sign up or visit MyActiveHealth.com/Mississippi today!



Dining out for good health

Lucky you. You're eating out tonight. That means lots of choices—and also a few temptations. But don't sweat it. If you are watching your weight, or just trying to eat healthy, there are lots of ways to dine out with success. Here are some helpful tips:

Plan ahead

Before you go out to eat, think about where you will eat and what you will select. It will be much easier to make healthy choices if you already know what you will order.

Try not to arrive at the restaurant overly hungry

It's harder to make healthy food choices when you get too hungry.

Think about your portions

Restaurants often serve portions that are big enough for 2 or 3 people. Try ordering smaller portions, or split a meal with someone else. You can also save part of your meal for later.

Choose menu items that contain fruits, veggies, and whole grains

Restaurant meals are often low in these things. By adding these foods, you can have a balanced meal.

Take along healthy snacks when you travel

If you travel a lot, you are often forced to eat out at every meal. So bring snacks that pack well, such as dried fruit, pretzels, and nuts. If you are flying, be sure to drink lots of water.

See other side for 3 keys to eating healthy at a restaurant



**Before you go out
to eat, think about
where you will eat and
what you will select**

3 keys to healthy dining out

Ready to start eating a little healthier at restaurants?
Here are the 3 keys to success

1

Make your meals lower in fat

- Try to choose foods that are broiled, poached, grilled, baked, or steamed—but not fried
- Use reduced-fat salad dressings or oil-and-vinegar salad dressings
- Order hamburgers and sandwiches without cheese and bacon



2

Add fruits, veggies, and whole grains

- Order extra veggies on pizzas and sandwiches
- Try Indian, Thai, or Japanese restaurants, which have more vegetarian choices
- Ask for brown rice and whole-grain pasta instead of white rice and pasta



3

Choose your beverages carefully

- Ask for water or unsweetened iced tea instead of sugary soft drinks
- Keep in mind that alcoholic drinks can have a lot of calories



This information is adapted from a Healthwise article and is not intended to replace the advice of a doctor. ActiveHealth Management and Healthwise are not responsible for the decisions you make based on this information. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

POSITIONS AVAILABLE
(Magee, Brookhaven, New Hebron
and Shivers)

Direct Support Professionals are needed
for all shifts and locations.

If you believe that helping people
matters, then we need you at BRC!

For more information contact:

Human Resources
601-867-5000 Ext. 75079

P. O. Box 128
Magee, MS 39111



Boswell Regional Center

Where dreams can become reality.

Mission Statement

Boswell Regional Center (BRC) offers specialized program options to Mississippians with Intellectual and Developmental Disabilities (IDD). These programs are designed to identify the necessary supports for successful community transition. With collaboration between the person, family, and community, dreams can become reality.

Programs

Boswell Regional Center programs offer an extensive range of program and service options to those with Intellectual and Developmental Disabilities (IDD). The primary goal of each existing program using a person centered approach is to allow each person to live more independently and to fulfill their lives through meaningful days.

Programs and services offered through BRC include:

Community Options:

- In Home Services
- Community Living
- Crisis Transition Homes
- Employment Opportunities
 - Day Options
 - Behavior Services
 - Autism Services



Campus Options:

On Campus Residential Services

On Site Day Programs

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



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!*