



Boswell Regional Center Bulletin

November Issue

A Publication for Employees, Family and Friends of BRC

From the Director



Steven Allen, Director of Boswell Regional Center

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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, November 2012, Issue.

My how time flies! Thanksgiving has already come and gone. I hope everyone enjoyed a great time with family and friends. I also encourage everyone who can, to take some time with your loved ones during the Christmas holidays as well.

This edition of the Boswell Bulletin will highlight many notable events. The Ribbon Cutting and Open House of the new Boswell Industries on Main Street was a huge success. Many representatives from local businesses participated. Dr. James Stuard, Peoples Bank, and Priority One all sent beautiful plants welcoming us to the city. Also, special thanks go to the Magee Chamber of Commerce for hosting the event and the City of Magee for always supporting the individuals we serve.

The Annual Fall Ball was held on Friday, November 2, 2012. This year was one of the best I can remember. The

Magee Elementary Band was on hand to get everything started while the Junior High Cheerleaders were working with all of the fans to jump start that competitive spirit we all have. Many of the people who have recently moved to the community were able to return to campus and visit with old friends while some of the people who plan to move out were able to hear about the excitement of having our own place.

Also, I have been receiving many positive comments on the Boswell Bulletin. Recently, a committee of some very creative people was formed in an effort to have a monthly bulletin instead of a quarterly bulletin. The committee consists of the following staff members who did not want any recognition but are doing an outstanding job: Kathy Pittman – Chairperson, Janice Cockrell, Janet Gibson, Beth Luper, Cassie Bynum, Sondra Arthur, Kerri East, Claire Bevell, Angelia McDonald, Bebe Ashley, Kristen Andris, Suzie Wilder, and Quayshaun Lucas. If you see any of these talented people, please let them know what a great job they are doing.

Please take time to be with your family and friends during the upcoming holidays and enjoy some much needed time away from this fast paced time in our lives. I wish you and your family a Merry Christmas and a Happy New Year!

Pastor's Corner

Henry Ford once said, "Enthusiasm is the sparkle in your eyes; it is the swing in your gate, the grip of your hand, the irresistible surge of your will, and your energy to execute your ideas."

Harry Emerson Fosdick wrote about growing up in upstate New York, where one summer's day his mother sent him out to pick a quart of raspberries. "I dragged my feet in rebellion," he said, "and the can was filling very slowly. Then a new idea came: it would be fun to pick two quarts of raspberries and surprise her. I had so interesting a time picking two quarts to the utter amazement of the household, and they never forgot it. But alas, I have often forgotten the philosophy of it: we can change any situation by changing our attitude toward it."

I think this was the idea Jesus had when He said in Matthew 5:41, "**And whosoever shall compel thee to go a mile, go with him twain.**" Going the extra mile does three things: First, it builds character in us as we learn we can turn any task into a want to instead of a

have to. Secondly, it builds a testimony in our relationships that exemplifies the standard of Christ for those who don't know Him, that they can see Him in us. The old saying goes: you may be the only Bible some people may ever read. Thirdly, it gives glory to the Lord who wants to bless you and opens the door in which the blessing must come, but only if the motive is right. Col. 3:23-24 "**And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ**".

My challenge to you today is make this a two quart day for the name of Jesus and see what happens.

Have a blessed day in the Lord,
Bro. Rudy



Bro. Rudy Jackson, BRC
chaplain



Pictured above, and featured on the front cover, is a beautiful fall decoration that will greet you as you enter Boswell's front gate. This creation was designed and placed under the direction of Mrs. Janet Gibson (QA) and Mr. Randy Robertson (Maintenance).

Spotlight on: Ronald Britt

Mr. Charles “Ronald” Britt began his career at Boswell Regional Center on November 20, 1977, as the Coordinator for the Physical Education Department. Through the years, he served many others roles such as Director of Recreation (1980 – 1985), Director of Staff Development (1985 – 1988), Director of Quality Service Management, which included QA, Staff Development, and Public Relations (1988-1994), and Director of Special Projects which included being the Safety Officer and responsible for Policy and Procedures (1994-1996) Since 1996, he has held the post of Director of Community IDD Services.

While serving as Director for Community IDD Services, he has completed many educational endeavors. Britt has completed the Certified Public Managers Program, Certified Mental Health Therapist Program, and has attended the Stennis Institute.

When asked to recall special memories of his working career at Boswell, he had many to share. Britt can remember working out of the old TB hospital which is now gone. It housed all the administrative offices when Boswell only had 50-60 staff center wide. He stated that the only two people still working at Boswell from these times are Mrs. Diana Mills and himself.

Britt remembers when the center would close down at lunch every Friday for everyone (staff and individuals) to be able to play flag football or softball. In the late 70’s, early 80’s, he recalls the Boswell Braves Softball Team. They would play at softball tournaments and compete against other DMH facilities. Boswell would host the South Eastern Softball Tournament where facilities from other states such as Alabama, Louisiana, South Carolina, Kentucky, Tennessee, and Florida would come and participate. He can also remember the opening of the Jaquith Building in 1981.

His fondest memories were of Christmas. Years ago, before the opening of Jaquith, all of the individuals lived in the various homes located on campus. Each year, Britt and other staff would wait until the individuals went to sleep, they would go to

each of the homes and put Christmas presents under the tree for all the individuals.

The most exciting time for Britt has been seeing the current growth and expansion of the Community IDD Services program.

Boswell Regional Center is very near and dear to Britt’s heart. He, his wife, and children have lived on the grounds since 1985. Having lived in Magee for most of his life, he has also been a long-time member of Corinth Baptist Church where he serves as a deacon.

Britt graduated from the University of Southern Mississippi with a Bachelor of Science Degree in 1976. He also received a Master’s Degree from the University of Southern Mississippi in 1985.



Ronald Britt, Director of Community IDD Services

Smooth Transition

On August 6, 2012, Boswell Regional Center and Region 8 partnered to transition 27 individuals to Region 8's new Community Pre-Vocational program located on Highway 51 in Brookhaven, Ms. The final phase of the transition was completed on October 15, 2012. According to BRC Director, Steven Allen, this was one of the smoothest transitions possible. By allowing Region 8 to provide supports to these individuals, BRC is able to utilize the staff positions in future community residential settings to be located in Lincoln County. A special thanks to David Tedford and all the Vocational Staff in Simpson and Lincoln County for their hard work. Pictured on the right in front of Lincoln County Industries are Steven Allen, BRC Director, and Sam Peden, Region 8 IDDS Administrator.



Boswell Hero!

During a Case Management visit Janice Cockrell, case manager, witnessed Perry Williams assisting an elderly lady by moving her to safety away from smoke that was coming from her apartment.

Based upon Ms. Cockrell's observations, the lady made it out of the apartment and fell on the ground. Perry went inside and pulled a chair out of the apartment for her. The lady was unable to get up from the ground so Perry and another man pulled her away from the smoke. They waited with her until the paramedics arrived. Cockrell remarks, "I was very proud of Perry's efforts in assisting the elderly lady. The other man would not have been able to move the lady away from the smoke without Perry's help." Perry displayed a very caring demeanor and bravery with entering a smoke-filled apartment to retrieve the chair and returning back to the apartment to move the lady out of harm's way.

He works at Walmart and has been employed there for ten plus years. He has a lot of friends in the community. Everyone at Magee Apartments where he lives has nothing but good things to say about Perry. Perry is very dependable and he never wants to miss work, not even to go home for a visit. He checks on other attendants that live close to him who are in the Boswell Case Management program.



Local hero, Perry Williams, poses wearing his Walmart shirt where he has been an employee for over 10 years

'Tis the Season!



It's beginning to look a lot like Christmas around Boswell Regional Center. Soon the beautiful fall landscape will be transformed into a dazzling winter time display. How does this transformation take place? It is through lots of dedicated hard work by talented people. Kerri East and Randy Robertson go to great heights to make sure every wreath is hung and every bulb is bright when it's time to turn on the lights.

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



Fall Ball



The day started with our first All-Star Softball Game. Instead of the usual four team tournament, we played a Campus vs Community softball game with teams made up of players from our past eight tournaments. Gilbert Reed's Campus team got off to a slow start and fell behind 4-0 after the first inning. Over the next five innings they managed to hold Calvert Sims' Community team to just 2 runs behind the strong in-field combination of Tim Chatman and Kopedia Durr. After the sixth, the score was 8-6 in favor of the Campus team. With only three outs between the Campus team and their first victory in two years, the Community team rallied behind a powerful three-run shot by Myricks Cole. The game ended with a final score of Community 13, Campus 8. Congratulations on your third consecutive win!

The afternoon began with a cookout at Green Park. A special thanks to the Maintenance and IS staff for doing a very tasty job of grilling the sausage dogs. The Magee Jr. High Band and Cheerleaders arrived at around 1:30 to kick off the Fall Ball Pep-Rally. BRC's Hurricane Cheerleaders joined them for a few routines and did an outstanding job motivating the crowd. Shyla Jones and her helpers put a lot of effort into getting the ladies ready this year, and it showed.



Fall Ball continued...

At 2:00 we kicked off the Boswell Autumn Classic. The Community Wild Cats jumped out to an early lead following an interception on the Hurricane 10 yard line. On the very next series the Wild Cats picked off a second Jason Holloway pass and returned it to within a couple feet of the Hurricane goal line.



With their backs to the wall, Hurricane coach Will Beeson called time out and attempted to inspire his disheartened team with a pledge to take them to Berry's if they won. Manager C. Brown turned to the crowd, shook his fist and yelled, "Come on Hurricanes." The crowd reacted wildly to his call for support.

Upon returning to the field the Hurricanes stopped the Wild Cats in their tracks and took over on downs. Five plays later, they tied the game on a 7-yard run by C. Lawrence. Early in the second half the Hurricanes scored a second touchdown and took a 14-7 lead. The Hurricanes made two more heroic goal line stands late in the game and held their lead to end. Congratulations Hurricanes! "I'll see y'all at Berry's Friday night," said Coach Beeson. He went on to add, "I'd like to express my gratitude to all of the staff that volunteered to help us this year. We couldn't do without you". This year's Annual Fall Ball went off without a hitch. From the morning's unified softball game to the afternoon's Boswell Autumn Classic football game individuals and staff members enjoyed a beautiful fall day.



Pictured to the right: Boswell Director Steven Allen, accompanied by wife Maria, enjoying the Fall Ball festivities at Green Park

“I’ll see y’all at Berry’s Friday night”



True to his word, Hurricanes’ coach Will Beeson took his winning team to Berry’s Seafood Friday night to celebrate their triumph over the Wildcats. S. Pratcher shows us just a sample of the victory feast. Don’t those crab legs look delicious? Yum.

2012 Special Olympics Softball

The 2012 Special Olympics Regional Invitational Unified Softball Championship Games were held in Oklahoma City, Oklahoma, on September 21-23. Teams from all over the United States and Puerto Rico participated in these games. Five participants from Boswell Regional Center combined their skills with North Mississippi Regional Center to form one team that played in these games. Those from Boswell included Calvert Sims, who coached, James Randolph, Curtis “Rod” Skiffer, Chris Ficklin, and Sam Banks.

On the first day of play, three games determined what bracket they would compete in, with bracket IV being the highest skill level. They competed in Bracket III. After two more days of play, three wins and two losses, the team was in a Bracket III championship game against Oklahoma. The final outcome was a score of 25-22 in Oklahoma’s favor and a silver medal for the combined regional centers.



Left: Sam Banks, catcher, and Chris Ficklin who played third base and center field.

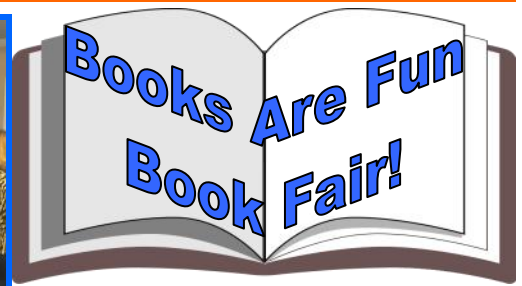
Above: Chris Ficklin about to swing at bat.

A Look Around Boswell

Unit 1 Halloween Party



It was all treats and no tricks when Unit I had their Happening Halloween Party in October.



The BRC Friends and Family Association sponsored a book fair on Nov. 16 th. Good deals were found not only on books but many assorted items. It was a good opportunity to get a jump on Christmas shopping while helping out a worthy cause.

Relax

Several BRC staff signed up for Spa Day, a wellness program which helps employees relax. Laurie Magee, a BRC employee who attended Spa Day said, "I enjoyed being pampered along with some of my coworkers. It was a fun time of relaxation before 'getting to work.'" The Spa Day program travels to many business throughout the United States.



DMH MH/IDD Joint Conference



The Mississippi Department of Mental Health held its annual Mental Health and Intellectual and Developmental Disabilities joint conference on October 24-26, 2012, in Biloxi. Pictured above are several Boswell employees who were in attendance: (from left to right) Janice Cockrell, Beverly Magee, Shan Crumpton, and Sheri Allen.

Diabetes Lunch and Learn

June Price, pictured right, attended the Catalyst Diabetes Lunch and Learn on November 6, 2012, held at Boswell Regional Center. She was diagnosed with diabetes 1 year ago. Those in attendance were given blue insulated bags containing information on carb counting and meal planning, diabetes medicines, and a guide to living better with diabetes. They also received a blood sugar diary so those with diabetes could stay on track. One of the treats at the lunch and learn was a Cantina Bowl from Taco Bell supplied by the Catalyst presenter. She said the purpose of this meal was to show that people can make healthy choices wherever they are.



*November 14th was World
Diabetes Day and November is
Diabetes Awareness Month.*

HealthyActions
Achieving Your Goals for Healthy Living



Setting and Meeting Healthy Eating Goals

One of the best ways to improve your health is to eat a healthy diet.

Always Start with the Serving Size

Look at the serving size and number of servings in the package. Everything on the label is for one serving. On this label, a serving is one slice. If you eat one slice, you will be eating:

- 160 calories
- 10 g of total fat
- 300 mg of sodium

But if you eat two slices, you will be eating twice as much of everything.

Learn about Food Labels and Serving Sizes

Grocery stores are filled with many foods. It can be hard to know what foods are healthy. That's why you should learn to read food labels. You should also learn about serving sizes, or the right amounts of foods you should eat. These things will help you set and meet healthy eating goals.

Understanding Food Labels*

Here is a sample food label. The tips next to the label explain how to read it.

Start here.

Check the total calories per serving.

Limit these nutrients.

Foods that supply 5% or less of these nutrients are good.

Get enough of these nutrients.

High-fiber foods are good.

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160 Calories from Fat 90	
	% Daily Value*
Total Fat 10g	20%
Saturated Fat 2.5g	5%
Trans Fat 2g	4%
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	3%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 40%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Quick Guide to % Daily Value:

- 5% or less is low.
- 20% or more is high.

Individualized & Person-Centered

There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.



Think Recovery is a collaboration effort between the Mississippi River 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



Being involved in the community has given me hope. I've come a long way, going from some dark days to successes, hopes, and dreams. I have been lucky enough to have the opportunity to volunteer in Forrest General Hospital at the Cancer Resource Center. I have also been involved with NAMI's In Our Own Voice program and spoken at South Mississippi State Hospital. Not only have these chances helped my self-esteem, but they have been very rewarding.

There is nothing like living in recovery. People tend to respect me more and the hope that they give me by cheerleading me on is awesome. Serving on committees and boards with the Department of Mental Health has also played a huge role in my recovery. Knowing that people believe in me enough to ask me to be part of a team that pursues the bigger picture in the mental health world offers me hope and a bright future.

Advocating for others who have not reached recovery in their lives and helping them get to that point is worth it all. If I can help one person not to have to go through what I've been through during my dark days and help them achieve recovery, then that's worth all the time I put into it. It gives so much hope! Most of all, my lord and savior Jesus Christ gives me the hope and strength to live in recovery.

-Amanda Clement

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.

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

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...