BOSWELL REGIONAL CENTER'S BULLETIN

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REGIONAL CENTER

Job Well Done!

Employees of the Month

Boswell's Employees of the Month for March and April were honored during the May directors' meeting, along with Mississippi Adolescent Center's Employee of the Quarter. Each of the winners received their award from Clint Ashley, Director of Boswell.

Patrice Rushing, left, was named Campus DSP employee of the month for the month of March.

Ladarius Sandifer, left was named Community employee of the month for March.

Paige Boone, left, received the employee of the month designation for April as a Campus DSP. She was recently promoted to supervisor.

Sarah Bridges, left, was named Community employee of the month for April.

Amber Westmoreland, left, received the Support/Professional employee of the month award for April.

MAC's employee of the quarter- Support/ Professional is Jeromy Smith, left. Lacey Bates, DSP employee of the quarter, is not pictured.

Boswell Regional Center's

The Boswell Bulletin is published to inform the public, employees, family members and friends on Boswell Regional Center's activities, programs and progress. This publication also seeks to provide information to those interested in the work conducted by Boswell's employees to enrich the lives of those with Intellectual and Developmental Disabilities (IDD).

Clint Ashley, Director
Kara Kimbrough, Editor

ON THE COVER:

The "dog days of summer" don't seem as exhausting when viewing the Boswell Lake. The sight of the refreshing fountain, and rippling water whenever a breeze floats through the shade trees makes one forget about the heat...at least momentarily. However, the ducks that normally add to the picturesque setting have taken refuge inside their home on "duck island" to escape the heat.

2018 GOVERNOR'S SERVICE AWARDS

Brad Holland, left, recently celebrated 20 years of state employment.

Curtis Skiffer, left, reached the 10-year mark and earned a Governor's Service award.

Cynthia Lowery, left, earned a Governor's Service award after 10 year on the job.

Sonjia Kittrell, left, reached the 20 year mark and received a Governor's Service award.

Diann Harper, left, received an award for achieving 10 years of service.

Marinell Tedford, left, achieved the 30 year mark of state government employment in May.

Leadership Laurels

The following directors and staff members were recognized for a ***"Job Well Done!"*** at the May Director's Meeting:

*** Business Office staff:** "With the upcoming merger, the necessity to step up and take on greater workloads while coming up with more efficient ways to get things done has arisen. My staff has been very open to the changes, including taking on more work as needed. Their attitudes and willingness to do what needs to be done are much appreciated."
(from Sonjia Kittrell)

*** Maintenance department:** "I can't say enough good things about our Maintenance department. They are the most talented, creative, organized group of guys I've ever worked with. Marty makes sure everything is in place before special events before I mention them to him. Implementing special events here simply wouldn't be possible without them.
(from Kara Kimbrough)

*** Ronald Britt and his staff:** "When I emailed Ronald to ask about Community's role in the Special Olympics Torch Run, he responded to his staff with an email that simply said, 'Let's do whatever we need to do to make this event a success.' That type of attitude and assistance from Ronald and his staff is incredibly valuable to me and Boswell as a whole."
(from Kara Kimbrough)

*** Gerald Payne:** "He really stepped up and did what needed to be done for Magee Autism Services in Calvert's absence."
(from Suzie Wilder)

*** Staff at Pineview**: "I observed the ladies going the extra mile to get spring fling t-shirts sorted out and the right sizes provided to individuals. They were doing a great job making sure everyone was taken care of."
(from Bro. Rudy Jackson)

*** Thanks to:** Tiffany Wyatt-Howell and Sheba Dampeer for setting up TB tests at the MAC; Vanessa Felts for getting tests done in one day; Brittanny Duckworth for handling community tests; Kay Maddox and Linda Lucas, assisting with night shift tests; and Trinessa Walker, providing TLC to an individual undergoing surgery.
(from Ashlee Robinson)

Spotlight On...

One stitch at a time... Learning life lessons from those we serve

Jimmy Farrar's favorite pastime is crocheting. He brings his latest project each day to Connections, a day program for seniors.

One of the main goals of Boswell employees is to teach our individuals skills to help them live more fulfilling, independent lives, with the ultimate goal of fostering employable skills. With our geriatric individuals who have slowed down a bit, introducing new hobbies and past times to make leisure time more fulfilling is just as important.

Then there are other times when our individuals teach us a thing or two. A prime example of this is Jimmy, a senior individual who lives with other retirees in Magee's Broadhead apartments. When you see Jimmy, you also see a crochet needle, large ball of yarn and his hands furiously working on his latest crochet project. It's a hobby he picked up years ago and now, it's one he practices from daylight until dark.

On a recent day at Connections, a day program located near downtown Magee, Jimmy sat contentedly crocheting a round potholder from a ball of yarn as others engaged in pottery making, painting and keyboarding. The noise and activity in the large room created by staff and individuals talking and walking by didn't seem to faze Jimmy. He rarely looked up and instead, concentrated on his ever-growing sphere of yarn.

"I'm making a pot holder…see it?" Jimmy asks a visitor, holding up his creation. "I've made a lot of them."

With that, he goes back to his project, contentedly winding yarn around the needle, pulling it through and continuing on as another layer is created.

When asked how he picked up a hobby that is not an easy one to learn, he says he "taught himself." It is believed by staff that he watched former "Prime Timers" (geriatric program) instructor, the late Iva Hinton, crochet years ago and picked it up from watching her.

For the past several years, Jimmy has been expertly making potholders and table runners and while he has held onto most of his creations, he hopes to one day sell them.

For now, he's happy to have a hobby that brings him joy. His sister often brings him balls of yarn but he buys a good portion of it with his own money. Staff members say he always makes sure he has plenty of yarn on hand,

"My friends at my home say, 'Jimmy, why don't you just stop?' but I can't. I love it," Jimmy said. "I watch TV at night but I crochet, too, until I go to bed. Then I get up and start doing it all over again."

Jimmy may be on to something. Medical experts says the benefits of crocheting and knitting include:

- Reduced stress
- Better ability to cope with illness (physical or mental)
- Decreased risk of cognitive impairment as you age

Relaxed, repetitive motions such as the ones used in crochet and knitting can help calm down the body and the brain. Knitting and crochet also help with fine motor skills and keeping fingers and hands nimble as the body ages. Patterns involve some aspects of math, keeping the mind sharp and letting one practice numerical skills as you count stitches and rows. That may be one of the reasons Jimmy enjoys crocheting. His other favorite pastime is writing and, you guessed it, working with numbers.

"When I'm not doing this (crocheting), I love to write lots of numbers on my sheets," he said.

It's time to leave Connections, so Jimmy quickly stuffs his yarn and the round potholder in his backpack and prepares to leave. When asked if he plans to keep crocheting, he nods emphatically and sums up his hobby:

"It makes me happy."

Neat, precise stitches are evident on each of Jimmy's creations.

Pastor's Corner

BRO. RUDY JACKSON
Patient Advocate/Chaplain

God's RX for peace

Phil. 4:3-8
And I intreat thee also, true yokefellow, help those women which labored with me in the gospel, with Clement also, and with other my fellowlabourers, whose names are in the book of life.4 Rejoice in the Lord always: and again I say, Rejoice.5 Let your moderation be known unto all men. The Lord is at hand.6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Gods Prescription For Peace

The Reverend R.C. Trench, who was at one time the Protestant Archbishop of Dublin, had a morbid fear of becoming paralyzed. One evening at a party, the lady he sat next to at dinner heard him muttering mournfully to himself, "It's happened at last…total insensibility of the right limb." "Your Grace," said the lady, "it may comfort you to learn that it is my leg you are pinching!"

There is no doubt that we go through life with every day fears and worries that leave us in dire need of a peace that undergirds our very thought life. But God says it's our thought life that is the conduit for our peace.

Notice God gives three prescriptions for peace.

I. Help - Look around.

In Phil.4:3 God says looking to the need of others is a way to peace. It also allows one to see that our problems may seem small compared to others. I remember having a day when I was down thinking about my own problems and went to make a visit in Jackson at the children's hospital and seeing all those sick kids made me see just how small my problems were.

II. Happiness- Look in

Happiness is an inside job. Notice in verse four He says rejoice and in verse six He says not to worry. You see you cant worship and worry at the same time worship destroys worry. Worship stops telling God how big your problems are and starts telling your problems how big your god is.

III. Holiness- Look up

Holiness is a heavenward thing. Peace can be had when we by prayer and supplication with thanksgiving lay our problems down at Jesus feet and allow God to control our thought life. Verse eight gives you a check list to identify if your thought life is holy or hurtful to your overall peace.

Take this scripture once, three times daily and see if you don't start feeling better.

In Memoriam

Calvert Sims, Jr.

remembered as one who touched, changed lives

Boswell Regional Center mourns the loss of one of its most beloved associates, Calvert Sims, Jr. Calvert passed away May 27, 2018 after a short illness.

Calvert touched and influenced countless lives in his community, family, church and at Boswell. One group on which he ma a lasting impression is Boswell's individuals, with whom he spent countless hours as protector, leader, organizer, teacher and perhaps the role for which he was best known, beloved Special Olympics coach.

Calvert Sims is pictured at the entrance of the place he loved and at which he spent 18 years. In return, Boswell's staff and most important, our individuals, loved him in return.

Calvert grew up in Magee and earned a reputation as an intelligent young man from a wonderful family. His father, Calvert Sr., worked as a Magee Police officer and his mother Treana is a long-time associate in Boswell's Human Resources office.

After graduating with honors from Magee High School in 1997, Calvert attended Copiah Lincoln Community College where he was named to the Dean's List, selected for Who's Who among Junior College Students, was co-captain of the men's basketball team and was the recipient of several academic awards.

He continued his college career at Tougaloo College, where he was also on the Dean's List, was selected for Who's Who among Colleges and Universities and received several academic awards. He graduated Cum-Laude in 2002 with a B.A. in health and recreation. He later earned a M.S. in rehabilitation counseling from Jackson State University.

During the summer months of his college years, Calvert worked at Boswell in the Maintenance department, assisting with pressure washing, painting and other tasks. Following graduation, in 2003 he obtained full-time employment with Boswell as a MH Active Treatment Technician in the ICF group homes for recreation:

Calvert was promoted to an ATT Advanced in 2004. His supervisor in a request for this promotion wrote the following remarks,

"He came to the group homes as an ATT performing recreational duties. He is quick to learn and willing to take on additional duties and responsibilities. He is currently developing recreational activities designed specifically for persons with autism. I want to request he be promoted and let you know of such a good employee when I have the opportunity."

Calvert is pictured receiving a Governor's Service award on his 10-year employment anniversary several years ago.

Calvert was promoted to Coordinator Health Facility Quality Assurance in 2006 and became a Certified MH Therapist in 2010. He was promoted to a DD I in 2011 and became the Director of the Goodwater/Morton ICF Group Homes.

He continued the education process by earning his CPM in 2011 and MH Therapy certification in 2012. He was promoted to a DDII in 2016.

Since 2008, Calvert had worked closely with Special Olympics, organizing and implementing countless trips to Games for Boswell athletes and staff. At the time of his passing, he was the Area 2 Special Olympics Director, which includes

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In Memoriam

Simpson, Pike, Lincoln, Copiah, Lawrence and Jefferson Davis Counties.

In addition to his passion for Special Olympics, he volunteered at Kamp Kaleidoscope, a summer camp for children with Autism Spectrum Disorder.

He also volunteered for organizations that included American Cancer Society's Relay for Life, American Heart Association, Mississippi Reading Association and South Central Community Action Agency, where he served as a board member.

Calvert was an active member of Zion Hill Missionary Baptist Church in Mendenhall, where he served as a youth teacher and volunteer.

Calvert is survived by his wife, Rashida; parents, Calvert and Treana; brother, Desmond and a host of loving family members.

Kimberly Addison

served individuals at Boswell Autism Services

Boswell extends condolences to the family of Kim Cherelle Addison, of Bogue Chitto, a DSP at Boswell Autism Services in Brookhaven. Mrs. Addison, who had served as a contract associate for two years, passed away May 26 in Brookhaven.

Mrs. Addison, 42, died at King's Daughters Medical Center in Brookhaven. She was born July 31, 1975, to Jerry Washington and Linda Edwards Kelly.

Thank you, Kimberly, for your service to Boswell and those we serve.

Spring Time Fun...

Brookhaven Autism staff held a fish fry on "Family Fun Day" at the group home for individuals and their families. Pictured from left are family members of K. Vail, B. Nalker and C. Jordan.

The ladies of Oakbrook on Boswell's campus recently enjoyed a spring tea hosted by staff. Individuals enjoyed donning colorful hats and learning about proper etiquette while seated at the decorated tables. Light refreshments of lemonade and cookies were the crowning touch to a fun afternoon.

Talking About Suicide Can Help Save Lives

Submitted by Mississippi Department of Mental Health, Office of Suicide Prevention and Outreach

Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide. The causes of suicide are complex and determined by multiple combinations of factors, such as mental illness, substance use, painful losses, exposure to violence, and social isolation.

The recent loss of several celebrities to suicide is demonstrating what professionals have long known – that suicide is a public health issue affecting people of all ages, races, and walks of life. In Mississippi, suicide is the 12th leading cause of death for people of all ages, but it is the third leading cause of death for young people ages 10 to 24. From 2006 through 2016, 3,627 Mississippians died by suicide, with thousands more friends and family members impacted by those losses. In addition to those numbers, it is estimated that for every completed suicide, there are 25 attempts.

For many people, the stigma associated with mental illness and suicide discourages people at risk for suicide from seeking help. In releasing the Mississippi Suicide Prevention Plan in 2016, DMH and its partners demonstrated a further commitment for the further development and implementation of suicide prevention and early intervention activities in communities throughout the state.

For those concerned about their loved ones, there are a number of factors to look for that can be risks for suicide:

* A family history of suicide or a family history of abuse can be risk factors.
* A history of mental illness or alcohol and substance use are other signs to be aware of.
* If someone is talking about being a burden to others or not having a reason to live, those are signs they may be thinking about suicide.
* Other signs may be withdrawing from usual habits or isolation from friends and loved ones.

"Whether we realize it or not, many of our friends, family members and co-workers are battling depression or other mental health problems, and potentially thoughts of wanting to die," DMH Director of Suicide Prevention and Outreach Molly Portera said. "It is vital that we not ignore a person's change in behavior. By starting the conversation, we can be the one to help save their life."

There is a common misconception that asking a person if they are thinking about suicide will make the person more likely to complete it, but that's not true, Portera said.

"Asking someone if they are thinking about suicide can show that you have recognized they are in pain and can start the process of getting that person help," she said. "You don't have to be a mental health professional to help someone."

There are resources available to help those seeking help. The DMH toll free help line is available 24 hours a day at 1-877-210-8513, and the National Suicide Prevention Lifeline is also available at 1-800-273-8255 (TALK), and there is a crisis text line available at 741-741.

To learn more about the state's Suicide Prevention Plan, visit www.dmh.ms.gov/dmh-releases-fy-17-progress-report-for-suicide-prevention-plan/.