

**VISION STATEMENT: PEOPLE EXPERIENCING THE HIGHEST QUALITY OF LIFE
REGARDLESS OF THE CHALLENGES.**

**MISSION STATEMENT: TO IMPROVE LIVES BY CONNECTING PEOPLE WITH SUPPORTS
AND SERVICES.**

Editor's Comments

As most of you know by now, I reserve this section to encourage, support and hopefully inspire. I have been inspired by so many. I would like to share just a few of these with you. Secretary Gary Daniels addressed a group recently. He started with a reminder that we are public servants and the importance of starting as a humble public servant. He has challenged us to make improved customer service a top priority for all of us. Here is a quote George Vega shared with LSRS 2006 Class: The servant-leader is a servant first. It begins with the natural feeling that one wants to serve. Then conscious choice brings one to aspire to lead. The best test is: Do those served grow as persons? Do they, while being served, become healthier, wiser, freer, or autonomous, more likely themselves to become servants? And, what is the effect on the least privileged in society? Will they benefit, or, at least, not be further deprived?

The Servant as Leader
Robert K. Greenleaf

Congratulations on the accreditation! Don't stop now, this is just the beginning.

Shannon Martinez

Happy Birthday

Angela Aikins
Shelly Bateman
Eric Bruner
Michael Butler
Steve Carnahan
Vickie Cinotto
Lori Coker
Laura Cruse
Guyan Davis
Kimberly Dixon
Lauren Donahey
Eric Edmond
Robbie Emery
Heidi Flora
David Franks
Chris Gilreath
Pam Green
Dixie Hobson
Nancy Holding
Laura Hummer
John Jungles
Gail Kiser
Theresa Lopez
Sandy McClenning
Dr. C. Menon
Stephen Merando
Darryel Neel
Robert Ong
Rebecca Queen
Terry Ryburn
Lonnie Sailsbury
Ray Semrad
Norm Stice
Mark Thompson
Roger L. Thompson
Cynthia Trotnic
Francis Wells
Emily Westhoff
Neal Wilkerson
Tonette Wilson
Vanessa York

Welcome Wagon

Please welcome these new employees. Introduce yourself and help them to feel welcome. If you have someone new to your area, consider having a welcome dinner or lunch. If you have a new employee on your loved one's cottage, consider dropping them a card or note welcoming them and introducing yourself and telling them something special about your loved one.

Ash Cottage:

Ryan Schibi-MH/DD Tech Trn.
Cindy Miller-Custodial Wkr.

Elm Cottage:

Erving Lyons-Temp.
Mario Nance-Temp.

Maple Cottage:

Kale Davis-Temp.

Pine Cottage:

Jeri Lyons-MH/DD Tech.

Hospital:

Darin Hernandez-Custodial Wkr.

Security:

Mike Duling-Safety/Security Officer

Speech and Hearing:

Jennifer Lacey-Temp.

Thank You

Thank you for your thoughtfulness during this time. It is very appreciated. The plants were beautiful.

The Family of
Linda Snapp

Special Olympics Bowling

by: Faye Garrett
Resident Reporter

On October 13th and 14th many residents participated in the Special Olympics bowling tournament in Pittsburg. I talked to people about what they liked about bowling.

Almost everybody said they liked to bowl. They said no matter what they were all winners. They said they did their best. They also said they liked hanging out at the American Legion playing Bingo while they waited their turn to bowl. They also said they enjoyed lunch and getting to talk to other people. Everybody liked getting their medals and having their picture taken.



The Council Recommendation

The last week of September was a new experience for us. We had been preparing for that week for the past 18 months. During that time two members from The Council on Quality and Leadership were on campus to review our facility. They were here to make a recommendation for accreditation with their program.

Prior to their arrival we received the following message from Dr. Gary J. Daniels, Secretary of SRS. "Good luck during the survey this week. Simply laying the quality of your work on the line for a survey makes you a winner. I can already tell the difference your hard work has made over the many months of preparation. I am very proud of the efforts that have been made and whatever the outcome of the survey you have made PSH a much better place for the residents."

As for the outcome, The Council reviewers recommended a one year accreditation. They recognized many strengths including: our participation in the community and our relationship with community groups, agencies, and schools, our unique and varied vocational programs, the rodeo, arena and riding program, our new Rights and Responsibility DVD, transportation provided for home visits, our ability to serve all people, outreach efforts to keep people in the community, preventative health and wellness, and the commitment from the staff to know what is important to each resident. They recommended that we continue to work in the areas of respecting the rights of residents, improving social relationships, and using "people first" language.

We all like to make the grade, pass the test, or be acknowledged by our peers. And as The Council reviewers departed we feel that we have passed the first hurdle of the exam. There are more new experiences ahead for all of us.

The Council Visits

by: Faye Garrett
Resident Reporter

I interviewed two people who came to review us. They were here for five days. In the middle of their visit I talked to Nancy Condon from Texas and Sally James from South Carolina. Both ladies work part-time for The Council on Quality and Leadership. Nancy started working with The Council 35 years ago. Sally started in the early 1990's.

Both ladies said they like working for The Council because The Council helps organizations make change. They want to help people to have better lives. They said they don't consider something good unless the resident first calls it good. They also both said that they have enjoyed their time in Parsons.

Spotlight

Ben Foster, SAFE Committee member, is a prolific note taker. Although Ben would probably rather be working at the horse barn with Steve McKinzie, he has agreed to participate as a member of SAFE in order to improve the safety culture at PSH&TC.

Ben often records information at the meetings and then submits his notes to the group's facilitator. He is currently serving on two subcommittees. Some of the topics Ben has taken notes about are First Aid Kits, Pedestrian Safety Training, Trees and Shrubbery, Sidewalks and Lighting, Traffic Control, Basement Seating and Bicycle Safety. These topics, along with several others, will be addressed with Ben and the other hard-working SAFE Committee members.

When the Vending Machine Calls You

You find yourself staring through the glass of the vending machine, desperate for something to tide you over until the next meal. You resign to the fact that it's probably going to be full of fat, calories, sugar, and/or salt, and drop in your quarters. Not every pick from one these machines has to be a diet disaster. Take a close look at what is available before you punch that button.

Pretzels—Generally low in calories and containing little or no fat, they're a source of complex carbohydrates, providing an energy boost without the excess calories or the extra fat that may make you feel sluggish. They also give you more volume and crunch than the same size bag of potato chips. The only down side is that they contain a fair amount of salt.

Salted Peanuts—The vending machine size is less than 200 calories and does provide a good source of protein, 3 grams of dietary fiber and the kind of fat (mono-unsaturated) shown to increase HDL (the "good") cholesterol.

Chewing Gum When you crave sugar, go for chewing gum, which gives you the sweetness you want without the fat. One piece can go a long way (in terms of flavor), limiting your intake of calories yet satisfying that urge.

Animal Crackers—Generally low in calories and saturated fat.

Fat Free Cookies—When you crave sugar, they often contain the same number of calories as their full-fat counterparts because they substitute sugar for the fat, but the individual snack size means you have automatic calorie control.

100 Calorie Cookie and Cracker Packs—Some companies are offering individual packages of 100 calorie snacks. Look for these in vending machines. If not available, ask the vending company to supply them.

Water—Bottled water has zero calories, and we need more of it than we usually get. Water quenches thirst, which may be mistaken for hunger. Of course you could get a drink from the faucet for free. If you want to spend money, buy nutrients—go for 100% orange juice.

Soda—Diet Cola gives you the sweet flavor without the calories. If it's sugar that you really want, go for a can of regular soda, but split it with a friend.

Juice—Go for 100% orange or grapefruit juice which are lower in calories than other juices. Avoid fruit "drink," "blend," or "ade" as you will be getting as little as 3 to 5 percent fruit juice. Basically what you get is refined, inexpensive high-fructose corn syrup and water.

Chips—Look for baked chips to avoid the fat in regular chips.

Popcorn—Microwave popcorn can be tricky; some brands contain fat and as many as 400 calories per bag—a lot of calories to spend on a snack.

Cheese or Peanut Butter Crackers—These crackers are high in calories and fat (the saturated kind) and contain only a single gram of fiber. You can do better.

Even if there are healthier choices in vending machines, it's easy to fall victim to a sugar craving. These lapses in judgment are why it is not a good idea to skip meals. If you need a small snack, choose wisely. If you go to a machine and get a candy bar, it may give you quick energy, but an hour later you feel sluggish again.

Linda Foreman, RD/LD

Information Center

Please take advantage of the HealthQuest Program, Balancing Work & Life. We are offering this program to our employees. It is free of charge, held here on our campus and we are granting Continuing Education Credits. We would like to bring more programs to our campus. So please take advantage of the convenience. We are also offering a Lifeline Supervisory Training the same day.

Here is a great opportunity to get involved. Ash cottage has organized the Employee Christmas party for the past several years. We appreciate the wonderful job they have done. The Ash staff has been trying to offer this opportunity to others without success. I have been notified that if another department/cottage does not volunteer to organize it this year, there will not be an Employee Christmas party. Please contact Debbie Ryan at ext .1798 to take advantage of this opportunity.

PSH&TC
2601 Gabriel
Parsons, KS 67357

Campus Calendar

Nov. 3	Special Olympics bocce - Parsons
Nov. 11	Veteran's Day
Nov. 11-12	Special Olympics bowling - Manhattan
Nov. 17	HealthQuest Employee Program and Life Line Supervisory Training
Nov. 18	Special Olympics golf - Pittsburg
Nov. 24	Thanksgiving
Nov. 23-27	Endowment bus - KC & Wichita
Dec. 7	Special Olympics Christmas dance - Pittsburg
Dec. 19	Mt. Carmel Mobile Mammography van on campus
Dec. 23-26	Endowment bus - KC & Wichita
Dec. 25	Christmas

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