



December 2006

**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.

## Leadership Programs

By Rashelle Walker & Tammy Bruner

### Leadership Parsons

I visited with Nancy Holding about her role in Leadership Parsons. She explained the group gets together to learn about leadership and the different businesses in Parsons. They are learning leadership skills to become better leaders. Individuals are selected to participate in the program by completing a questionnaire concerning community involvement, volunteer work, church involvement, etc. Leaders work as a team and must have a positive attitude, be able to be a fact finder, and think before they act.

### Responses from Leadership SRS

In October we had Leadership SRS tour our facility and here are some responses from participants who attended that visit:

- › *The way PSH made their customers a part of every decision was a light in the dark.*
- › *I appreciated what Dr. Rea had to say—manage with the heart, you can't go wrong.*
- › *We saw great "servant" type customer service in SE Kansas.*
- › *I was very impressed with Parsons State Hospital and how they listened to their residents. They collaborate with the people they serve, as well as the community! PSH staff truly exhibits Servant Leadership.*

### Leadership Southeast Kansas

Another leadership group which came through in November was Leadership (SEK). They were very impressed with the fact that we involve everyone in interviews as well as our different groups (human rights, self-advocacy, etc.). They were very happy to see that the staff are so responsive to the needs of our residents, and they were very impressed with our grounds and how many different choices there are for our folks.

## Disability Mentoring Day

By Shanon Lansdowne

A Disability Mentoring Day was held at the Parsons Municipal Auditorium basement and sponsored by Southeast Kansas Independent Living.

Those in attendance discussed agencies and programs that are available to assist individuals with disabilities find employment in the community. The impact of receiving a paycheck on an individual's Supplemental Security Income and Social Security Disability Income is also an important consideration. Knowing who to turn to for assistance in monitoring work income is critical.

Assistive technology may be necessary for an individual to perform a job. An employer needs to know and understand their responsibility in making reasonable accommodations as required by law. And, the employees need to understand their responsibilities in good work skills such as attendance, work ethic, etc.

This was my second community activity with the residents here. Each time I am so impressed at the enthusiasm they show. They asked a lot of great questions and were eager to join in the conversation. They struck up side conversations with other attendees regarding their personal work experiences and preferences.

Jane Wilson from Downtown Parsons and Rep. Rich Proehl were in attendance. Everyone enjoyed having an opportunity to ask them questions. We discussed our thoughts and opinions regarding employment in the community. Hopefully they will help to spread the word that individuals with disabilities make great employees!

Those who attended from PSH&TC included: Ruth K., Virginia S., Jeremy C., Rashelle W., Margaret A., Tammy B., Kelly J., Julia R., and myself.



James Luton is very proud to be a PSH&TC employee and comes to work every day with a smile on his face.

## James Comes Full Circle

By Dick Auman

James moved to Parsons State Hospital and Training Center (PSH&TC) on April 10, 1962. For the next 11 years he attended school and worked in the cafeteria. At the age of 18 he moved in with one of his teachers from PSH&TC. He found a job at Sir Richards Restaurant and began a 32-year career in the restaurant business.

And, in 2006 James returned to PSH&TC. He is an employee in the Housekeeping Department. James states that he, "came back to learn and to teach others that they could be on their own too." He also proudly stated that he loves his job and his boss. "He shows me once or twice and then I can do the rest. I'm successful. I'm very pleased," James explains.

Shortly after being hired at PSH&TC, James also achieved another big milestone in his life. He was married on July 16, 2006. He and his wife are renting a house and he plans to buy his own home someday. He has opened a savings account but still prefers to pay his bills in cash. He reports that direct deposit is easier since the mailman is late sometimes.

James is also an entrepreneur and has opened his own business. He is the proud operator of J.Lu Shoe Shine. He sparks with pride when talking about his business.

He returned to PSH&TC because "there are good caring people here." He also likes the benefits of a state job. Insurance is important for a married couple.

James always has a smile on his face. He is a Kansas City Monarchs fan, good worker, married man, business owner, and never alone. James indicated, "the angels are looking out for me."

He has had some good people along his journey willing to help him. He is proud to be a PSH&TC employee and we feel fortunate to have him.

## The ICF Review

By Kim McMichael

I interviewed Teresa Parker, Program Director, about our recent survey by the Intermediate Care Facility (ICF) Review Team. They come once a year for a survey and then come back in six months to make sure we have completed our corrections. During the survey they were very complimentary of all they saw. The team only found a few problems. Those problems have been corrected. We expect that they will find everything even better on their next visit.

## Healthy Gift Ideas

By Linda Foreman, RD/LD

This holiday gift-giving season, think beyond the sweater and the food-through-the-mail.

Consider supporting your loved one's health and fitness well into the New Year with thoughtful gifts that will help them live healthier longer. No worries about getting the right size or color.

**Pedometer**- Encourages a healthy walking habit and is a fun, easy way to see track progress.

**Stationary bike frame**- Simply put a road bike into the frame and enjoy an indoor stationary workout.

**Fitness videos**- Check out [www.videofitness.com](http://www.videofitness.com) for a great overview considering recipient's preferences.

**Mesu Portion Control Bowls**- These graduated bowls--with colorful designs that clearly indicate portion sizing--take the guesswork out of measuring meals and treats. And they're freezer, oven, microwave and dishwasher safe.

**Healthy cookbooks**- Make cooking time fun and healthful. The American Heart Association offers several options.

**Steamer**- Make vegetables more attractive and tasty by steaming. You can purchase electric steamers or steamer inserts for regular cookware.

**Grill pan**- Stove-top grill pans have grooves in the bottom that allow fat to drain off meats and that sear food with authentic-looking grill marks.

**Club or class membership**- Help your loved one get into a healthy exercise routine with an annual gym membership, a series of classes or a session with a personal trainer.

**Athletic wear and gear**- A gift certificate to an athletic store will encourage your loved one to buy proper gear.

**Health newsletter or magazine**- Keep your loved one motivated to live a healthy lifestyle by receiving a monthly newsletter or magazine that features sound health advice.

## Operation Santa

By Lynn Stover

What do you want for Christmas? is a question we all like to be asked. With the questions we imagine the newest gadget, fashion-setting wardrobe, or wonderful fragrance at our fingertips. It's ours just for the asking.

We are so fortunate to have the great folks at KKOW Radio Station asking us what we would like. Operation Santa has been filling these wishes for over 35 years! They raise all the funds, do the shopping from the lists we provide, deliver the gifts, and wrap.

If you would like to help support this project, send your donation to: Operation Santa, 1162 E. Highway 126, Pittsburg, KS 66762.

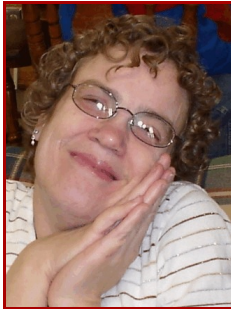
# Around Campus

Photos by Roger Browning

## What do you want for Christmas?

**Cindy Newcomb**

I want some new clothes, tape recorder and some tapes.



**Angie Aikins**  
Money!!!

**Rashelle Walker**

My two front teeth! Just kidding. I want a jewelry box and new clothes.



**David Smith**  
To spend time with all my family.

**Brian Morgan**

I want a Beatles CD, any one of the Beatles.



## Happy December Birthday To You...

- |                   |                    |
|-------------------|--------------------|
| Larry Bennett     | Bill Showalter     |
| Chris Bernal      | Jonathan Siebrasse |
| Carol Bynum       | Arlice Smith       |
| Peggy Carnahan    | Donna Snider       |
| Michael Clark     | Tammi Standley     |
| Sheri Dixon       | Sharon Starmer     |
| Paxton Emery      | Leon Steeby        |
| Minna Florence    | Mark Swafford      |
| Malissa Forbes    | Paul Thomas        |
| Michael Gamblian  | Samuel Thompson    |
| Julia Gerdes      | Colleen Weldon     |
| Kevin Haviland    | Duane Williams     |
| Warren Houghton   | Barbara Workman    |
| Pam Jacquinet     | Karen Yockey       |
| Ryan Kasson       | Gloria Young       |
| Jennifer Keeling  | Clifford B.        |
| Nancy Kemp        | Jeffrey B.         |
| Nick LaForge      | Jeremy C.          |
| Nialson Lee       | Christopher D.     |
| Nealette Little   | Larry D.           |
| Robert Lukens     | Elton D.           |
| Shirley Lunday    | Larry F.           |
| Nora Manier       | Keith G.           |
| Phyllis Middleton | Troye G.           |
| Kim Middleton     | Frances H.         |
| Kathy Moore       | Teresa J.          |
| Nick Norris       | Jennifer J.        |
| Sheila Ramsey     | David J.           |
| Donald Robison    | Darin J.           |
| Sue Roit          | Linda L.           |
| Marcie Ryan       | John M.            |
| Robbin Schafer    | Lisa P.            |
| Ryan Schibi       | Edward R.          |
| Lisa Schmidt      | Fernando S.        |
| Roger Schmidt     | Duane S.           |
| Alyce Semrad      | Robert S.          |
| Marsha Shouse     | Jessie W.          |

## 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:

Stephen Brinson (MHDDT Trn)

### Aspen Cottage:

Sasha Bruner - Temp

### Cedar Cottage:

Raymond Brecheisen - Temp

### Elm Cottage:

Samuel Thompson (MHDDT Trn)

### Holly Cottage:

Ashley Myers - Temp

### Maple Cottage:

Nathan Murphy - Temp

### Medical Records:

Betty Shadley (Admin. Assistant)

### New Vocational Employees:

Devin S.- Library

Fernando S.- Ad. Building & Greenhouse

Paul M.- Ad. Building

Rashelle W.- Canteen

Sarah S. Claythings

Gary I.- Detail Shop, Bike Shop, & Grounds Maintenance

## Residents' November Birthdays

Oops! Sorry! The wrong list was queried last month. We want to make sure all of our residents' November birthdays are recognized, and here is the list. Hope it was a good birthday!

- |             |            |
|-------------|------------|
| Steven B.   | Darren K.  |
| Patrick B.  | Matthew L. |
| Scott C.    | Roxford P. |
| Tommy D.    | Dennis P.  |
| William D.  | Joseph R.  |
| Georgia E.  | Raymond S. |
| Jennifer F. | Timothy S. |
| Virgil G.   | Timothy S. |
| John H.     | Gary S.    |
| Terry H.    | Devin S.   |
| Rebecca H.  | Donald T.  |
| Stephen H.  | Robert Z.  |

## 2007 Endowment Bus Schedule

Jan. 12-14 Kansas City  
 Feb. 16-18 Wichita  
 Mar. 9-11 Kansas City  
**Apr. 6-8 Easter - Wichita and KC**  
**May 11-13 Mother's Day - Wichita and KC**  
**Jun. 15-17 Father's Day - Wichita and KC**  
 Jul. 13-15 Wichita  
 Aug. 17-19 Kansas City  
 Sept. 21-23 Wichita  
 Oct. 26-28 Kansas City  
**Nov. 21-25 Thanksgiving - Wichita and KC**  
**Dec. 23-26\* Christmas - Wichita and KC**

\*Please note that the Christmas buses will leave on Sunday and return on Wednesday.

## Campus Calendar

Dec. 7 Special Olympics Christmas dance-Pittsburg  
 Dec. 22-26 Endowment bus - Wichita and KC  
 Dec. 25 Merry Christmas  
 Jan. 1 New Year's Day  
 Jan. 14 Martin Luther King Jr. Day  
 Jan. 12-14 Endowment bus - KC  
 Jan. 23-25 Special Olympics Winter Games-Weston, MO

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*"Holiday Greetings from our home to yours"*

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