

PSH&JC Newsletter

September 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.

Trip given a “thumbs up” upon return

By Lynn Stover

After spending a week in Canada, the guys were all smiles as they returned to Parsons. Clay Burton proudly walked in giving the trip an exuberant “thumbs up.”

“I want you to know that I had an excellent time,” Clay stated. Clay went on to say that he liked the plane ride the most. He had never flown before and he said that it was really fun. He took the opportunity to talk to the pilot and said he was told the plane reached a speed of 250 mph upon takeoff. “It was great,” he exclaimed.

The main mission of the trip was to compete in a Special Olympics Softball Tournament. They placed 3rd, claiming the bronze medal. Clay indicated the games were fun and they also traded pins and ball caps with the other players.

In addition to softball, their tour guide had arranged many other fun things for them to do. They went to a cosmic bowling center. Clay indicated that the balls were much smaller there and they didn’t have finger



The softball team takes a minute to pose with a member of the Royal Canadian Mounted Police.



James Pitt is all smiles as he waits to take the field in the softball tournament. The team played four games while in Canada.



The size of the bowling ball is much smaller in Canada. Still, Steve Egge had “big” fun at the cosmic bowling center.



The guys enjoy a few friendly games of pool at the local St. Paul, Canada pool hall.

holes. “You just picked it up with your hand,” he explained. They also played pool at a local pool hall, sampled some Canadian beer, went swimming, went to a UFO store, tried sushi, and attended a banquet. While at the banquet, they were presented with a plaque and individual certificates.

Clay stated that the “people treated us good. They were very kind and helpful. They were honored that we were there.”

Another area of interest was their money. Clay said that their money was “pretty.” The dollar is a coin called a “loonie” and had Queen Elizabeth on it. Converting money and the exchange rate was another new experience.

On the last day of their trip, they went to the Edmonton Mall, the second largest mall in the world. Clay said, “It was beautiful. It was three stories high and had everything. We went shopping and ate there too.”

Seeing the smiles and hearing the stories has been fun for those of us who didn’t make the trip. With the excitement, we almost felt like we were there.

Autumn's Do List

By Linda Foreman RD/LD

You can burn as many calories (about 150) with 30 to 40 minutes of raking or gardening as you can with a five-mile, 30-minute bike ride. Point is, you don't need to leave home to benefit from moderate activity.

With summer over, gather your supplies and set aside time this weekend for physically active household projects.

Do household fix-ups yourself. Painting, wallpapering, building and landscaping may keep you in nearly constant motion.

Refinish furniture. A little elbow grease may turn a worn-out garage sale find into a household treasure.

Clean your garage, attic or basement. Hauling, sweeping, boxing up and rearranging uses plenty of muscle and motion.

Source: 365 Days of Healthy Eating from the American Dietetic Association, Roberta Larson Duyff, MS, RD

Council on Quality & Leadership Conference

By Becky Dhooghe

On August 2nd - 3rd, Cheryl Brees and I traveled to the mile-high city of Denver to attend a



Cheryl Brees & Becky Dhooghe at the CQL Conference in Denver.

conference sponsored by the Council on Quality & Leadership. People from all over the United States attended. At the conference, we talked about making systems and processes responsive to what our residents tell us they want in their lives

now and in the future. We also talked a lot about giving back to our community. Despite the bumpy plane ride (it was Cheryl's first) and the rainy weather, we had a great time and learned a lot to help us as we continue working toward our vision: to improve lives by connecting people with services and supports.

Recipe for Fun

By Lynn Stover

Turn up the heat and begin adding ingredients.
Sift together:

- *300 cowpokes
- *25 well-trained horses
- *red, green, yellow, and purple coloring; and a
- *variety of rodeo events.

Stir in:

- *350 volunteers
- *several heaping handfuls of enthusiasm
- *a dash of country music
- *handcrafted awards
- *a large dose of friendship
- *pinch of competitive spirit

Sprinkle with 25 years of experience.

Now, sit back and enjoy the 25th Annual Gary J. Daniels Sunbelt Rodeo. The rodeo is scheduled for September 9th and 10th at the PSH&TC arena. The schedule of events includes:

SATURDAY, SEPT. 9:

- 8:00 - 9:00 a.m. --Workshop to assess riding skills of out-of-town participants
- 9:00-10:00 a.m. --Grand Entry
- 10:00-12:30 p.m. --Go-Round #1
- 12:30-1:30 p.m. --Lunch at the arena
- 1:30-4:00 p.m. --Go-Round #2
- 4:00-5:00 p.m. --Cattle Penning in the arena
- 5:00-6:00 p.m. --**Volunteers** BBQ in the Cafeteria
- 6:00-7:00 p.m. --**Participants/Coaches** BBQ in the Cafeteria
- 7:30-9:30 p.m. --Rodeo concert - Forest Park

SUNDAY, SEPT. 10:

- 7:00 a.m. --Breakfast in PSH&TC Cafeteria
- 8:00 a.m. --Church services at the arena
- 9:00-12:30 p.m. --Finals
- 11:00 a.m. --Lunch & awards in the Cafeteria (Yellow & Purple Divisions)
- 12:30 p.m. --Lunch & awards in the Cafeteria (Green & Red Divisions)

Please join us and add to our recipe for fun!!

Pharmacy Services

By Rita French

Currently, our pharmacy services are contracted with a company in Nevada, Missouri. We no longer have a pharmacist on staff and the method of getting medication for home visits and outings has changed.

First, a contact is made to the social worker to let them know a resident is leaving for a home visit or vacation. Then the social worker contacts various staff and one of those contacts is the medication nurse. The med nurse then fills out a form for the pharmacy that shows what medication they are on, the time they are going to be gone, and how much medication needs to be ordered to be taken with them on the home visit. This information is then faxed to the Pharmacy in Nevada. They prefer to have a week or more notice, but in an emergency situation, they may be able to fill the request with 48 hours' notice if they have the medication in stock.

Champs!



Rashelle Walker and her partner, Debbie Ryan, participated in the Egg Toss competition at the Company Olympics. They took 1st place!

The fifth verse is same as the first - we are the Company Olympics champs for the fifth consecutive year! Wow, how cool is that? The victory was a combined effort of many staff and residents playing hard together. Everyone had a great time securing a victory for another year.

Happy Birthday To You...

Dick Auman	Teresa Parker
Marilyn Baker	Craig Potter
Patricia Bennett	Rick Ray
Pamela Colbert	Jamey Schmidt
Tina Correll	Kelli Sears
Shelly Cruse	Bobby Shears
Jimmie Darkis	John Simmons
Julia Edmond	John Spare
Regina Edson	Gary St. Clair
Patricia Gilkey	Stephanie Stevens
Charlotte Groberski	Margie Watkins
Bonnie Hess	Robin Whittley
Ryan Heydenrych	Jason A.
Sharla Hopper	Donald B.
Travis Hurley	David B.
Charles Johnson	Jeffrey B.
Doris Kellogg	Marvin C.
Jamie King	Delvin D.
Charleen Lawson	Ashli F.
Julia Loadholtz	Thomas H.
Elizabeth Bruner	Terri J.
Rema Menon	Gail K.
Susan Morris	Matthew L.
Kevin Mosier	Timothy M.
Lelia Nance	Darryl R.
Robert Niebaum	Gaylord S.
Jeremy Overall	Charles T.

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.

Dietary:

Billie White - Food Service Worker

Maple Cottage:

Peter Smith - MHDD Tr.

Oak:

Heath Hilderbrand - MHDD Tr.

Newsletter Committee Expands

By Rashelle Walker

We have three new members on our newsletter committee. One of them is me. My job is reporter and I will be writing stories for each newsletter. The second new member is Kimberly McMichael. She is going to fold the newsletters and get them ready to be mailed out. Our last new member is Ryan Willis. Ryan is the Leisure person on Maple cottage and he will help us with ideas to write about. And, if you have any story ideas, please let me know.

*Don't cry because it's
over - smile because it
happened.*

Thank You's

I would like to extend a heartfelt thank you to those of you who provided me with much needed support, kind words, thoughts and prayers during my mom's illness and subsequent death. The plant from PSH&TC was a lovely gesture also. A special thank you to Kim and Linda for traveling to the memorial service and also to the hospital employees for their collection which was donated to Hospice Care of Kansas as a memorial in my mother's name.

Sincerely, Brenda Stoneberger

I wish to thank everyone who attended my retirement celebration. The marquis service award that was presented to me is very nice. A special thanks to the Maintenance Dept., Clothing Room, Storeroom for the monetary gift, special hotdog cookers and the excellent meal. You did good! I'm busier now than when I was working.

Tony Hurley

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Campus Calendar

Sept. 4	Labor Day
Sept. 9-10	Sunbelt Rodeo
Sept. 16	State Special Olympics Soccer and Bocce - KC
Sept. 19	Area Special Olympics Golf - Pittsburg
Sept. 24-29	The Council for Quality and Leadership Visit
Sept. 29-Oct. 1	Endowment Bus - KC
Oct. 6-8	Special Olympics South Central Conference - KC
Oct. 12	Special Olympics School Age Bowling Tournament - Pittsburg
Oct. 13	Special Olympics Adult Bowling Tournament - Pittsburg
Oct. 20-22	Endowment Bus - Wichita
Oct. 29	Daylight Saving Time Ends
Oct. 31	Halloween

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