

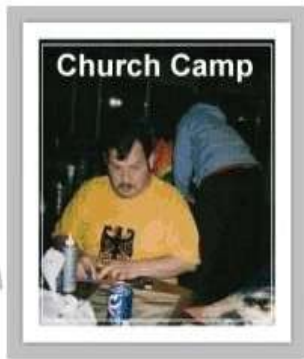
PSH&TC Newsletter

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.

November 2007

What We Have Been Doing!



Just a few things we have been participating in this past month!
Unified Golf, Church Camp, and Tours of our Campus.

WHAT'S NEW IN STAFF TRAINING

By Carolyn Martin

On October 18, a group from PSH&TC traveled to Lake Shawnee in Topeka to make a presentation at a Health Care Policy (HCP) Retreat. The purpose of the presentation was to tell about the services and supports provided through PSH&TC. Before our presentation, we enjoyed the view of the lake and were served a great lunch of chili and lots of desserts!



Ben Foster and Charleen Lawson from Elm were the stars of the show as they talked with pride about great things Ben has done recently, such as working hard at his job, graduating from high school, opening his own checking account and budgeting well enough to purchase his own cell phone and pay the bills to keep in touch with his girl friend! Ben encouraged everyone to attend the rodeo!

Ruth Klein, Tammy Auman, and Cathy Henderson had a wonderful presentation prepared about Ruth's pride in learning to cook, helping hire staff, and telling about the good times they share as friends through their church, volunteer work and vacations. Unfortunately, they weren't able to make the trip this time and we really missed them!

Jim Captain showed a DVD capturing some of Ben's and Ruth's joy. Carolyn Martin, Carol Carland, and Becky Dhooghe talked about accreditation through the Council on Quality and Leadership. Renee Patrick told about the outreach efforts of the Dual Diagnosis Treatment & Services teams. Mike Dixon and Teresa Parker talked about clinical issues such as medication reductions and sex offender treatment.

OPERATION SANTA

By Marlys Shomber-Jones

"What do you want for Christmas?" is a question we all like to be asked. With that question, we imagine the newest gadget, fashion 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 our residents what they would like. *Operation Santa* has been filling wishes for over 36 years! They do the shopping from the lists we provide, deliver the gifts, and help wrap.

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

Trudy Hill and the Health Science classes at Parsons High School will be joining us in our endeavor this year. The class has two fund raisers for this year. Watch for upcoming dates for fund raisers (tentatively one will be homemade chicken & noodles and/or homemade noodles to take home for your holiday dinner).



National Housekeeping Week Celebrated Sept. 10-15, 2007

On September 13 at PSH&TC, a time of recognition was held for our housekeeping staff. Tee shirts and housekeeping lapel pins were presented to the staff and delicious refreshments were enjoyed by all.

These people perform an integral role in fulfilling our mission and take pride in supporting the residents, staff, and visitors at PSH&TC. **Thanks for all you do!**

DIETITIAN'S DESK

By Linda Foreman RD/LD

Super Soups for Fall

Soups are a great way to blend the nutrients and phytochemicals from many vegetables in one pot. Scientists say eating a variety of vegetables supplies plenty of healthful substances that work together to protect us from cancer and other diseases. Water-soluble vitamins like vitamin C and some of the B vitamins are destroyed in the cooking process when they are released into the cooking water. To retain their health protection benefits, you can lightly steam, stir-fry or microwave your veggies in just a little water for a short time before eating them, or you can make soup.

The beauty of soup is that any water-soluble nutrients that leach into the cooking water are consumed with the soup. If you are making homemade chicken broth, simmer the chicken first to make the broth before adding the vegetables, to minimize their cooking time and loss of nutrients. Your pot of soup can be divided into individual portions and frozen for days when you want an easy way to slip in extra servings of vegetables and beans.

Vegetables like sweet potatoes, carrots, turnips and parsnips, as well as beans, can be pureed to make a rich and velvety base for soup. For a creamy taste without using high fat cream, stir in a spoonful of low fat sour cream, plain yogurt, or evaporated skim milk.

Now is the time to get out your cookbooks or surf the web for some soup recipes that contain a variety of vegetables. Don't be afraid to venture out and try something different. You might be surprised at how good vegetables can be.

PINE ON THE GO IN OCTOBER 2007

By Roger Thompson, Activity Specialist

The residents on Pine Cottage have been really on the move for the month of October. With this being the month of ghosts and goblins, Pine residents have gone to the haunted house in Joplin, Mo, also to the Neewollah Parade in Independence, KS, and all its festivities, the carnival and the great vending food that the festival has to offer. October is also the month of the local bowling games in Pittsburg, KS, in which we had several of the residents compete and do really well. We also supported our local schools going to the football games of the Parsons High School and the Pittsburg State University Gorillas. October is also the month that the Chanute skating rink reopened, and our residents have enjoyed going skating twice this month. Although Pine has really been keeping busy, we have to go out with a bang, and we will be doing the Monster Mash in full costume as Pine will be hosting our traditional Halloween Party, with door prizes and cash winnings for best costume. It has been a spooktacular month.

PSH&TC NEW LOGO

It is official! After many discussions in the past about Parsons State Hospital and Training Center having our own logo, it has FINALLY happened. Through the efforts and suggestions of many staff and many departments, Dr. Rea has approved our new logo! The logo will be available on the pictures directory and will be called pshtclogo.tiff. However, please remember the official state stationery still needs to be used for all official business.



Happy November Birthday To You...

- | | |
|-------------------|-----------------|
| Paul Aders | Mark Thompson |
| Eric Bruner | Roger Thompson |
| Michael Butler | Cynthia Trotnic |
| Stephen Carnahan | Emily Westhoff |
| Vickie Cinotto | Ginger Willis |
| Lori Coker | Tonette Wilson |
| Cheryl Cranor | Steven B. |
| Laura Cruse | Patrick B. |
| Guyan Davis | Scott C. |
| Kimberly Dixon | William D. |
| Eric Edmond | Georgia E. |
| Robbie Emery | Jennifer F. |
| Chris Gilreath | Virgil G. |
| Dixie Hobson | John H. |
| Nancy Holding | Terry H. |
| John Jungles | Rebecca H. |
| Gail Kiser | Stephen H. |
| Sandra McClenning | Darren K. |
| C. S. Menon | Matthew L. |
| Stephen Merando | Roxford P. |
| Darryel Neel | Dennis P. |
| Robert Ong | Joseph R. |
| Janice Porter | Raymond S. |
| Mike Price | Timothy S. |
| Rebecca Queen | Timothy S. |
| Terry Ryburn | Gary S. |
| Lonnie Sailsbury | Devin S. |
| Sheila Scales | Donald T. |
| Ray Semrad | Robert Z. |
| Norman Stice | |



Ken and Mona Smith (Ken works in Oak Cottage and Mona, in Computer Services) are the proud owners of a filly named Takoda. Her mom "Midge" is the horse that is used in the Purple Division at the rodeo and has been in our riding program at PSH&TC for four years. "Takoda" is an American Indian name meaning "friend of everyone." She has her mom's disposition and is so gentle and smart.

WELCOME NEW EMPLOYEES!

It's good to have the following new employees with us. You are part of an organization which is proud of its accomplishments that have made PSH&TC a first-rate facility for the residents that we serve. Not only the residents, but the well-being of our employees is important to us.

Best wishes for fulfillment in your new position at PSH&TC.

- Ash Cottage:**
David Ellis--MHDD Tech. Trn.
- Aspen/Day Care:**
Julianne Hicks--Food Service Worker
- Birch Cottage:**
LaShawn Taylor--MHDD Tech Trn.
- Cedar Cottage:**
Jessica Bernal--MHDD Tech. Tr.
Christopher Myers--MHDD Tech. Trn.
- Elm Cottage:**
Cedric Wyatt--MHDD Tech. Tr.
- Nursing Service:**
Kathleen Hizey--LPN
Chris Humphrey--LPN
- Oak Cottage:**
Tina Berry--Custodial Worker
- Pine Cottage:**
Kathleen Matney--MHDD Tech. Trn.
Marleah Phillips--MHDD Tech. Trn.
- Temps:**
Shayleen Bulot--MHDD Tech. Trn.
Brenden McRay--MHDD Tech. Trn.
Zachary Middleton--MHDD Tech. Trn.
Natasha Smith--MHDD Tech. Trn.
Michael Sparks--MHDD Tech. Trn.
- UAP:**
Joseph Robertson--Custodial Worker
- Vocational Department:**
Roger B.--Screen Printing
John D.--Screen Printing
Sharon K.--The Works
Carol H.--LBJ
Eric F.--Domestic Decor

FOR SALE

Treadmill, excellent condition, 2 yrs. old, \$500 and Chest-Type Deep Freeze, \$100
Contact: 1701-Spruce or 423-5664

Craftsman Radial Arm Saw, 10" 2½ HP, used little, excellent condition, \$300
Ph. 421-3460 or can be seen at 611 N. .1st.

"THANK YOU'S"

The family of Oliver M. Redmond, Sr., wishes to thank you for the kindness and concern bestowed on us during our bereavement. Life brings tears, smiles and memories; the tears day, the smiles fade, but the memories last on forever.

**Oliver and Monique Redmond Jr.,
Olivia Lyons & Family, and Jeri Lyons**

The Screen Printing Department would like to thank the PSH&TC Maintenance Crew that help move the old equipment and install the new equipment. Thanks, guys!

VOLUNTEERS NEEDED FOR POTATO DROP!

By Tammy Auman

On Saturday, November 10th, 42,000 pounds of potatoes will be delivered for distribution in the area. Wesley United Methodist Church in Parsons will be receiving 5,000 lbs. to distribute in Parsons. Laura Hummer, Business Office, Ext. 1718, and Marlys Shomber-Jones, Volunteer Coordinator, Ext. 1726, are looking for volunteers to go help bag up a few thousand pounds of potatoes into 5 lb. bags. Last year, this took less than two hours to do with lots of people helping. This is an opportunity for residents and staff to be involved in the community. Cheryl Brees, Staff Training, will also coordinate getting 1,000 lbs. here to PSH&TC. During the week, the Vocational Department will coordinate bagging up the potatoes and getting them delivered to each cottage and other areas as needed. **Be A Volunteer!**

CAMPUS CALENDAR

- Nov. 2-3 Partners in Policymaking-Topeka
- Nov. 4 Daylight Saving Time Ends
- Nov. 6 Election Day
- Nov. 11 Veterans' Day
- Nov. 16-17 Special Olympics Bowling & Volleyball-KC
- Nov. 21-25 Endowment Bus - KC & Wichita
- Nov. 22 Thanksgiving
- Dec. 5 Special Olympics Christmas Dance-Pittsburg
- Dec. 12 Special Olympics Christmas Dance-Chanute
- Dec. 13 Special Olympics Christmas Dance-Coffeyville
- Dec. 23-26 Endowment Bus - KC & Wichita
- Dec. 25 Christmas

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