

Parsons State Hospital and Training Center

PSH&TC Newsletter

CHRISTMAS IN PICTURES

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.



Inside this issue:

- Christmas In Pictures 1
- Thank You 1
- Operation Santa Fundraiser 2
- How to Get Rid of Those Holiday Pounds 2
- Cottage Christmas Decorating Winners 2
- January Birthdays 3
- New Employees 3
- Oak Leisure Happenings 3
- Campus Calendar 4

THANK YOU



THANKS TO EVERYONE for their donations for Paws, United Way and Gift of Love.
—Janet Hurley

Winners Were:
Charles Fouts
—three piece birdhouse set
Wanda Newland
—trellis/rope bench
Peggy Leech
—4 sided picnic table
Janet Hurley
—rope rocker/trellis

I WOULD LIKE TO THANK EVERYONE for their participation in my retirement reception. The Food and Nutrition Department did a lovely job with the food and decorations. I also thank you for the lovely floral arrangement, cards and all the kind words. The most difficult part of leaving is saying goodbye.
—Linda Foreman

THANKS! . . .

To our work family at PSH&TC for the prayers and lovely cards & plants on the loss of our brother Mike.
—Pat & Roger Schmidt



OPERATION SANTA FUNDRAISER



"Makin' Noodles"
Mm-mm good!!!

The First Annual Operation Santa Noodle Dinner Fundraiser was a HUGE Success. The Parsons High School Health Science Academy students learn much through their experiences of job shadowing, guest speakers in the classroom, community projects and field trips. Each year, the Senior Class members do a community service project. Operation Santa was chosen this year by one

group. The Senior Class Members worked together to plan, promote and expedite the event. They learned that hard work is involved when it comes to cooking! Other Health Science Class members also assisted with preparation, serving and delivery. Overall, the students raised a little over \$1000 to go towards Operation Santa.



HOW TO GET RID OF THOSE HOLIDAY POUNDS

By Brenda Stoneberger, RD/LD, Dietitian

"Some men see things as they are and say 'why'? I dream things that never were and say 'why not'?"

- Robert F Kennedy

Are you feeling the effects of all those holiday goodies? Well, you are not alone. Here are a few tips for ridding yourself of those holiday pounds.

1. Get rid of the holiday goodies . . . If you don't want to throw them out, give the leftovers to the local food bank or to others who may be less fortunate than you; take them to work; make a

New Year's goodie basket for those who help you manage throughout the year. . . Day-care provider, mailman or your child's teacher.

2. Map out your meals . . . Planning healthy meals and snacks can help you be prepared for when hunger strikes.
3. Finish with fruit . . . Instead of finishing your meal off with a rich, high calorie dessert or

chocolate, choose fresh fruit instead. It's just a sweet and guaranteed to satisfy your sweet tooth.

For more tips on managing those unwanted holiday pounds, check out the complete article by Jennifer S. Lazarus for Weight Watchers at www.weightwatchers.com. Look under the Fitness and Health tab.

COTTAGE CHRISTMAS DECORATING WINNERS

By Marlys Shomber-Jones



Holly Cottage Wins Contest!

Congratulations to all the residents and staff of Holly Cottage. The decision was hard, but the first place winners of the Cottage Christmas Decorating Contest had the best resident participation, originality, creativity, under budget, and use of recycled items. The "mystery prize" of Patio Furniture was donated

by the Vocational Department. Second place went to Cedar Cottage. Plaques for the winners (made by Laser Designs) are on display at both cottages.

Plans are to do this every year . . . KEEP your decorations as this will continue to be one of the criteria . . .

re-use of items you already have. Be on the lookout for ideas throughout the year for recycling and activities in which the residents can participate.

Thanks for everyone's participation.

JANUARY BIRTHDAYS

Katherine Agee
 Carolyn Bennett
 Jennifer Blackburn
 Michael Brogan
 Charles Brown
 Edward Burke
 Caleb Bynum
 Bev Cline
 Karla Cox
 Kathy Dringenberg
 Michael Duling
 Terry Edie
 David Espeseth
 John Hasty
 Kristine Haynes
 Heath Hilderbrand
 Zachary Hill
 Victoria Jackson
 Dianna Jacquinet
 Delphia Jones
 Amile Kerr
 Mark Koehler
 Loise Lubbers
 Tammy Manues

John Martinez
 Donna McElroy
 Bonnie Mazingo
 Terry Overall
 H. V. Patel
 Jerry Rea
 Michael Reece
 Kolton Rennie
 Donna Ritchal
 Carl Roberson
 Christina Robinson
 Judy Robinson
 Norma Ross
 Anita Sailsbury
 Marie Satzler
 Becky Stich
 Patricia Sears
 Tim Shultz
 Eric Shultz
 Dallas Stevens
 Chaston Stice
 Robert Stout
 LaShawn Taylor
 Carla Wester

Zachary Williams
 Henrietta Wyland
 Donna Wyrick
 Cynthia York
 Darrell B.
 Charles B.
 Tammra D.
 Nicholas F.
 Cynthia G.
 Eli G.
 Jimmy G.
 Dustin H.
 Riley H.
 Charles H.
 Kimberly H.
 Richard M.
 James O.
 Robert P.
 Vernon R.
 Catherine R.
 Clara S.
 Robert T.



Congratulations goes to James Fox for winning the "Kansas Self Advocate of the Year" award for 2007!



NEW EMPLOYEES

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

Ash Cottage:
 Ashley Myers, Temp
Aspen Cottage:
 Sasha Bruner, Temp
Birch Cottage:
 Zach Middleton, MHDD
 Tech. Trn.

Holly Cottage:
 Patty Baker, Temp
Maple Cottage:
 Faith Bridgewater, MHDD
 Tech. Trn.
Nursing Service:
 Donna McElroy, LPN

Willow Cottage:
 Gina Holt, Temp
Vocational Department:
 John B., Hickory Creations
 Pat B., Greenhouse
 Sarah S., Copies & More

I get the best feeling in the world when you say hi or even smile at me because I know, even if it's just for a second, that I've crossed your mind.

- Unknown

OAK LEISURE HAPPENINGS

By Shannon Beard, Leisure Specialist

Oak Cottage has been staying busy with art activities, table games, and decorating for the holidays. Oak residents also enjoy going shopping, out for drinks, out to eat, going to the movies, swimming and bowling. Oak had

its first annual "Frozen Cook-out." We "FIRED UP" the grill, barbequed, played music, and watched movies. Due to the cold weather, we have not been able to do much outside, so we have "Movie Night w/Shay B." On those nights

we show newly released movies in the auditorium. Everyone is welcome to attend.



Charles Hoover poses by Oak's Christmas Tree

Campus Calendar

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Where People Come First!

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To subscribe electronically, use the link:
<https://www.pshtc.org/newsletter/Default.aspx>

- Jan. 1 "Happy New Year!"*
Jan. 9 Special Olympics Basketball Training—Parsons
Jan. TBN KU Basketball Clinic—Lawrence
Jan. 11-13 Endowment Bus—Wichita
Jan. 21 Martin Luther King Jr. Day
Jan. 24-25 Heartland Winter Games—Weston, MO
Feb. 6 Ash Wednesday
Feb. 9 Pittsburg Polar Bear Plunge—Pittsburg
Feb. 14 Valentine's Day
Feb. 15-17 Endowment Bus—KC
Feb. 22 Special Olympics Basketball & Low Motor Skills—Pittsburg

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