

PSH&TC Newsletter

Volume 1, Issue 5

May 2008

Spring Games at Pittsburg

**Parsons State
Hospital and
Training Center**

Vision Statement

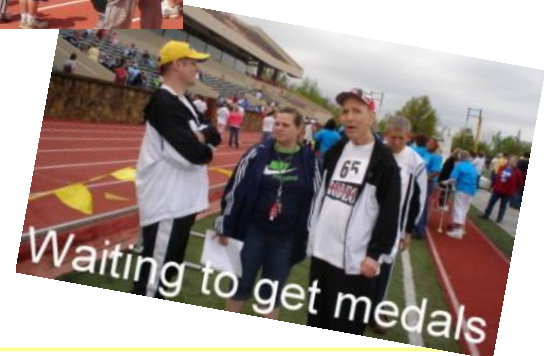
People experiencing the highest quality of life regardless of the challenges.

Mission Statement

To improve lives by connecting people with supports and services.

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Bridges Out of Poverty

By Cheryl Brees, Staff Training Department

In partnership with the City of Parsons, PSH&TC presented the seminar "Bridges Out of Poverty" at the Parsons Municipal Auditorium on April 17. For those of you who missed it, I think we definitely increased awareness of the differences in economic cultures for our community. The afternoon audience of 150 attendees consisted of USD 503 teachers, several city officials, housing authority, and clergy persons. They were a very interactive group with a few who voiced their own personal opinion, not necessarily agreeing with our presenter, Dan Johnson of the Wichita SRS Office. Dan did a nice job of reminding folks that he simply wanted to raise awareness and get people thinking. He said many times, "It takes a whole community to do something about poverty, not just the teachers, not just SRS, not just the churches. We all have the same customers and we should be talking to each other about the problem."

At the evening session a mixed group of about 35 persons (made up of city officials, bankers, social workers, and members from the community) was not quite as interactive, although they did have some input. As folks were leaving, one woman commented, "Invaluable information that everyone needs to hear." One other person expressed, "What is the next step for future workshops?"

Eva Paulson Retires By Suzanne Cotton, Nursing Director

Eva Paulson, LPN, retired from PSH&TC after 14 years of service. Eva has worked on the cottages as part of the Med Team on the evening shift in the past and in more recent years worked on the Hospital. Eva always had a smile on her face for everyone, was always compassionate and kind, and loved her job helping take care of the residents.



do the many crafts that she so enjoys. She will be a very busy lady!

Eva says it is hard to leave the residents and the work that she loved so much. She will carry many fond and happy memories of the time that she spent here with us.

We will miss her very much and wish her much happiness and fun in Iowa.

Eva will be moving to Iowa to be near family. She will live on a farm with her son and is looking forward to having time to garden, care for the farm animals, sew, and have time to



For Sale

Kenmore electric stove, white gray slate glass top, \$150. Call Connie Hersh, X1707 or 1709 before 2PM or (620)423-5747 to leave a message.

House and workshop for sale in Altamont. Call X1726 or 423-1950 for more information.

3 Bedroom house for sale \$29,975. Contact 421-5379.

Bowflex w/310 pounds weight resistance, bought new 6 months ago, \$600. 778-4968 or X1677

Wanted

Looking for a good used refrigerator. X1677

Memorial Day By Chaplain Gloria Young

Memorial Day was officially proclaimed on May 5, 1866 by General John A. Logan, commander of the Grand Army of the Republic, and was first observed on May 30, 1868. It was observed by the Northern States while the Southern States chose a date of their own. This observation was designed to be a reconciliation; a coming together to honor those who gave their all. However, it was only after World War I that the Nation could come together when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war.

In years past Memorial Day was originally called Decoration Day, and the emphasis was still on a day of remembrance for those who have died in our

Nation's service. Flags are flown at half-mast; small flags are often placed at the head of each veteran's grave. Small services are held in remembrance of those who have given all for their country. The congress moved Memorial Day to the last Monday of the month to give federal workers a three day weekend and declared that weekend "the official beginning of summer" giving us a 30-day longer summer than what the calendar says. There is a movement in congress that is trying to get Memorial Day back to its original date May 30th, but as usual it has been "hung-up" in committee since 1999.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was inaugu-

rated by Bill Clinton and passed on December 2000 which asks that at 3 PM local time, for all Americans "to voluntarily and informally observe in their own way a moment of silence to listen to 'taps.'"

So that's where our Memorial Day is today. All things move and evolve or die away. Some people think the day is for honoring any and all dead, and not just those fallen in service to our country. Therefore, all the graves in our cemeteries are decorated. Just as we take the time to honor those who have sacrificed so that we can live like we do...to honor those families who have sacrificed with their loss of husband, mothers, brothers, and sisters. Just remember what this day is really all about!

May Birthdays *"Have a Wonderful Birthday!"*

Debra Abernathie
Kyle Barnes
Janie Bateman
Connie Baumgardner
John Brain
Daniel Burks
Renee Caldwell
James Captain
Susan Carson
Marvin Copp
Suzanne Cotton
Stephen Ekwuru
Ronald F.
Dorinda Gobin

Gary Harbers
Larry Harris
John H.
Catherine Henderson
Julie Hinman
Kathleen Hizey
Michelle Hughes
Janet Hurley
Randy Kuffler
Lori LaForge
Brice Lamb
Diana Low
Jeri Lyons
Paul McHenry

Nicole McLain
Christine McMains
Kenneth McOsker
Sandra Moore
Brian Morgan
Ashley Myers
Sally Nance
Trent Nash
Preston Patton
Tim Posch
Elisse Powell
Deborah Quinzy
Bill Reeves
Jack Robinson

Jesse Roby
Nancy Roper
Renda Satzler
Gail Searles
Jeffery Sexton
Marlys Shomber-Jones
Peter Smith
Ramona Smith
Lavena Stephens
Jerry Stewart
Bryan VanHorn
Barbara Westervelt
Thomas Westhoff
Clifford Wiebe



Kasey Wright
Wuanita Yanez
Brenda Ybarra

The 15% Rule for Healthy Eating By Lauren Edwards, Dietitian

There is an enormous amount of health information being thrown around and it is usually hard to apply to everyday life. Magazines, diet books, physicians, talk show hosts and news anchors report that including healthy foods in your daily meal routine can benefit your health. However, when it comes to choosing the best items it is anything but simple. There are far too many options available on the supermarket shelf for you to know which one will make a healthy purchase. Grocery shopping can become overwhelming quite easily and then you often give up and purchase the familiar, sometimes unhealthy, food item.

There is good news! Most of the information you need to make a knowledgeable decision is located on the Nutrition Facts label. Yes! Right there on the packaging of most foods is a large amount of valuable information that can bring power to any shopper who knows what to look for.

The 15% rule is easy to remember and simple to use. Total fat, saturated fat, cholesterol and sodium are focused on with this method. These are the items that should be limited throughout the day. So, let's give this rule a try:

- ◆ First, look at the serving size. Everything on the label describes the listed serving size. It is a good habit to actually measure a serving. This way there is no question about how many servings were eaten. If two servings are consumed, then all values must be doubled to reflect exactly what was eaten.
- ◆ Next, look at the first four percentages on the right side of the label...total fat, saturated fat, cholesterol and sodium.
- ◆ Then, ask yourself...Is each percentage less than 15%?
 - ◇ If all percentages are less than 15%, then it is a healthy product.
 - ◇ If three percentages are less than 15%, then it is a semi-healthy product.
 - ◇ If two or less percentages are less than 15%, then this is not a healthy product. You may want to reconsider this item or only have it on a special occasion.

If you have high blood pressure, change this rule to the 10% Rule to ensure sodium and cholesterol do not exceed recommended levels.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	
	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

The Nutrition Facts label shown here describes a food item that is not healthy since it has three percentages that are not less than 15%.

First Gear Bicycle Shop "Where we strive for excellence"



2601 Gabriel, Parsons, KS
620-421-6550, x1841, Hickory Cottage. Feel free to leave a message at any time, or email pshslb@pshtc.ks.gov or maxxs@pshtc.ks.gov

Hours: M—F, 8:30 AM to 2:30 PM

Now is the time to "gear up" for warmer weather bicycle riding. Make sure your bike is "tuned" and ready to go.

Stop by or call about parts and repairs and for current pricing information. We have in-stock bicycle and three-wheeler parts, and what we don't have we can order! We also have a new shipment of accessories including

locks and helmets. We are now taking orders for adult trike and the new two-seat Bermuda tandem cruiser.

Spring is when we see a sharp increase in customers, both on grounds and from the community. There are six residents currently employed at the bike shop. Gary I. reports, "I like to work on bikes and get my hands greasy."

"Do something special for the Earth today, ride your bike! Pedaling is the best pollution-free way to get around; an easy way to make a positive difference, and a lot more fun than driving. It's good exercise too!"

Parsons State Hospital and Training Center

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“Thank you” to everyone for all the support, cards, food, and flowers on the loss of my husband Wayne. It has been greatly appreciated.

Marcia Ellis, Holly

Campus Calendar

- May 1 Adult Resident Advocacy Group, 3:30 PM, Cafeteria
May 5-11 Public Service Recognition Week
May 6 Endowment Board Mtg., 7 PM, PSH&TC Admin. Bldg.
May 6-12 Nurses' Week
May 8 Sport Camp for School Age Athletes—Parsons
May 9 Sport Camp for Adults Athletes—Parsons
May 9-11 Endowment Bus—Wichita and Kansas City
May 11 Mother's Day
May 17 Fund-raiser Strong Man Competition—Pittsburg
May 26 Memorial Day
May 30-June 1 State Summer Games—Wichita
June 5 Adult Resident Advocacy Group, 3:30 PM, Cafeteria
June 13 Athlete Fishing—Pittsburg
June 13-15 Endowment Bus—Wichita and Kansas City
June 15 Father's Day
June 19-21 State Sport Camp—Emporia
June 27 SE Area Softball Tournament—Pittsburg

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"Where people come first!"