

August 2009

PSH&TC NEWSLETTER

▶ Volume 2, Issue 8

Relay for Life

By The PSH&TC Relay for Life Committee

We would like to thank everyone who participated in Relay for Life in one way or another . . . whether you gave a monetary donation or a donation of your time or were there with us in your thoughts! Our team raised a little over \$1200 this year!

Although all of us didn't make it until the end, Nora Manier and her daughter Jessica along with Joe Kinder stayed for the duration!

Nora and Jessica also encouraged all the walkers to keep going and provided beads to the walkers to collect as they completed each lap. Some of those strings of beads were long. At one count, Ginger Willis had collected at least 20 beads in honor of a dear friend who battled cancer.

Ryan Willis went way above and beyond by cooking all the hot dogs for the RFL committee. Talk about a hot kitchen! (The dogs were also cooked to perfection!) People were lined up for those dogs!

John Baldwin probably walked the most and the fastest. Kris Haynes, accompanied by her sister and daughter, represented the largest family unit on the PSH&TC Relay Team in a united fight against cancer.

Cheryl Brees, Renee Pierce and her granddaughter, Jim Captain, Carolyn Martin, Buzz Jones, John Baldwin, Donnie Wheeler, and Virginia Sanchez took turns at keeping everyone going – whether it was serving scones, walking endlessly (and



fast – that would be John!), representing us in Zumba at midnight (that would be Virginia) or just being good company – that would be all! It was great having people come to lend support at various points during the evening and night, such as Frank Chapman, Kathy Henderson and Teresa Parker. Lots of the team members shared the experience with family members.



Some of the other people who participated during the event were:

- Becky Koehler and Clara Smith – Survivors!!
- Steve (Survivor!) and Sheila Ramsey
- Renee Pierce and her granddaughter
- Nora Manier and her daughter Jessica
- Ginger Willis and her

- husband Steve (who is also Ryan's dad)
- Ryan Willis and his fiancée Cheryl Brees and her daughter Megan
- Kris Haynes, her daughter Jessica and her sister Sharri Collier (who just came from a cancer treatment and participated in the walking – Survivor!!)
- Cathy Henderson
- Ruth Klein
- Suzanne Cotton and her husband
- Susie Carson and her family
- Nickie Bates and her family
- Linsey Cleaveland and her fiancée
- Becky Dhooghe
- Joyce Hall

We apologize if we missed your name and you were in attendance! Know that your contributions and support were appreciated.

- The winners of the Relay for Life Raffle Prizes are:
- Two-Seated Bench (Donated by James Fox, Cancer Survivor) – Kris Haynes
 - Complete Car Detail – Ivan Henderson
 - Relay for Life Wall Hanging – Brenda Hughes
 - Crocheted Afghan – Valerie Schumacher
 - Relay for Life Trashcan – Steve Horton
 - Set of Washcloths (Donated by Jessica Manier)
 1. Julie Hinman
 2. Debbie Ryan
 3. Shanon Lansdowne
 4. Guyan Davis
 5. Bill Leuty
 6. Elaine Housley

Congratulations to all the winners!

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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.



Tony Canada Retires By Renee' Caldwell

On July 1st Tony Canada officially retired from the State of Kansas after 21 years of service. Although Tony worked on other cottages throughout the years, the last 14 years were spent on Cedar Cottage. Tony will be greatly missed as he was an exceptional support staff to our residents. He enjoyed going places with them and supporting their needs whether it be a doctor's appointment, family visit or participating in the Annual Cedar Greenhouse Tour to select plants for our cottage. He was very helpful in assisting our residents in all areas. Tony was a good advocate for some as they became

Gary Hardesty & Tony Canada



very close over the years and developed friendships with residents and their families. Tony has plans to fill his retirement with a little "Rest and Relaxation," hobbies, family odds and ends around the

house and yard, and to do a little fishing. He will be greatly missed by Cedar residents and staff, but never forgotten! However, we wish him well in his retirement.

Happy Retirement, Tony!



"Laser Designs" Department Contributes to Community Project

(The following are excerpts from a recent Parsons Sun newspaper article by Colleen Surridge.)

Dick Combs, former Parsons city commissioner, mayor, acting city manager and then appointed city manager, and co-owner of KLKC Radio, died in December 2002. To honor their father's memory for his many years of service to Parsons, his children donated money for the four large stone flower pots that are located at the front entrance to the Parsons Municipal Auditorium.

Early on, two members of an organization supporting downtown improvements, strived to have a plaque made to recognize the contributions by the Combs' family; however, this recognition didn't occur until recently. Mary Hughes, along with Parsons public information officer Kari West, worked together in getting plaques for the four planters. Kari designed a small plaque and then contacted our Laser Designs Dept. to do the work.

Mary Hughes is very grateful to West for taking care of the plaques that are

displayed on the flower pots at the Municipal Building to honor Dick Combs' years of service to the city of Parsons.

And we (the PSHTC Newsletter staff) are proud of our Laser Designs Dept. for their part in this project and wish to recognize them for their service to the community. We are also pleased that Kari West contacted our Laser Designs staff to do the work. Kari serves as a "community member" on the PSHTC Human Rights Committee. Many thanks to Kari for her support of our residents and staff."

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

Welcome New Employees

Ash Cottage

Jonathan Rash, MHDDT Trn.
Eric Stockebrand, MHDDT Trn.

Aspen Cottage

Joshua Green, Temp

Cedar Cottage

Joseph Vitt, Temp

Holly Cottage

Katrina Fernandez, Temp

Vocational Department

James Deshazer, Hickory Assembly

James Fox, Hickory Janitorial

Virginia Sanchez & Bobby Jacobsen, SKIL

August Birthdays

Gail Beach

Alan Bernson

Jack Bettenbrock

Trisha Bowman

Cheryl Brees

Faith Bridgewater

Stephen Brinson

Sandra Brownwell

Tammy Bruner

Clay Burton

Kathy Campbell

Sara Campmier

Patrick Carson

Johnnie C.

Bill Chapman

Kim Cox

Bradley Daniels

Larry Dewey

Joshua Dick

Kenneth Dickerson

Shiloh File

Robert Fredrickson

Gary Hardesty

Gary Harris

Kim Henderson

Michael Humbargar

Ezekiel Ireland

Billy Jackson

Jessica Kinder

Linda Kinder

Rebecca Koehler

Jeanenne Lester

Wesley Long

Gina Madore

Christopher Manis

Carolyn Martin

Jason Mathis

Kathleen Matney

Stephen McKinzie

Joan Mullen

Ronald Myers

Sharena Overall

Shawn Page

Renee Patrick

Monique Redmond

Oliver Redmond

Kenneth Rogers

Christopher Rumford

Deborah Ryan

Judy Schmidt

Juston Smith

Kenneth Smith

Tonya Smith

Michael Sparks

Howard S.

Karen VanLeeuwen

Robert Webster, Jr.

Eric Westhoff

Sean Westhoff

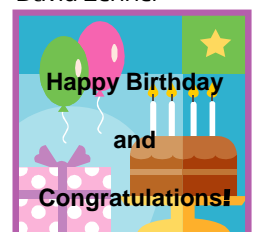
B.W. Williams

Suzanne Williams

Jenny Winter

Terry Yeubanks

David Zenner



Shrimp Chili Cornbread Casserole By Kimberly McMichael

Ingredients

Shrimp chili filling
 2 teaspoons canola oil
 1 large onion, chopped
 1 medium green bell pepper, chopped
 4 cloves garlic, minced
 3 medium zucchini, diced (about 5 cups)
 1 1/2 tablespoons chili powder
 1 1/2 teaspoons ground cumin
 1 teaspoon ground cinnamon
 1 teaspoon salt
 2 14-ounce cans reduced-sodium diced tomatoes
 1 1/2 pounds small shrimp (41-50 per pound), peeled and deveined
 1/2 cup chopped fresh cilantro
 Cornbread topping:
 1 cup all-purpose flour

1 cup yellow cornmeal
 2 teaspoons baking powder
 1/2 teaspoon salt
 3/4 cup nonfat milk
 1/4 cup canola oil
 1 large egg
 1 tablespoon honey

Directions

To prepare filling: Heat oil in a Dutch oven over medium heat. Add onion and bell pepper; cook, stirring often, until softened, about 3 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in zucchini; cook, stirring often, for 3 minutes. Stir in chili powder, cumin, cinnamon and salt; cook for 20 seconds. Pour in tomatoes; bring to a simmer. Remove from the heat.

Stir in shrimp and cilantro. Pour into a 9-by-13-inch baking dish.

Preheat oven to 350°F.

To prepare cornbread topping: Whisk flour, cornmeal, baking powder and salt in a large bowl. Whisk milk, oil, egg and honey in a medium bowl until smooth. Pour into the dry ingredients and stir just until moistened. Drop by heaping tablespoons over the shrimp mixture.

Bake the casserole, uncovered, until the top is browned and the filling is bubbling, 40 to 45 minutes. Let stand for 10 minutes before serving (or follow make-ahead instructions).

Elks Spring Fling By Shannon Martinez

Parsons Elks Lodge hosted a "Spring Fling" for the residents and staff of Parsons State Hospital and Training Center on Wednesday, June 17th. Laughter, dancing and music were abundant throughout the lodge that evening, along with smiles galore. Dinner was served by Elk volunteers. DJ Roger

Thompson provided the music. The residents and Elks truly enjoyed themselves. Many residents were lucky enough to win door prizes that were given away throughout the night. Parsons Elks plan to make this an annual event for Parsons State Hospital and Training Center staff and residents.



Residents & Staff Tour Ducommun By Shanon Lansdowne

On July 20, Noel Paskel, Bill Durrett, Nate Smith, Sarah Stanley, James P., Clay Burton, and four staff toured Ducommun Aero Structures (DAS). Ducommun is the United States' largest independent supplier of composite and metal bond structures and assemblies, including aircraft wing spoilers, helicopter blades, flight control surfaces and engine components. DAS also designs, engineers and manufactures the largest, most complex contoured aero structure components in the aerospace industry.

The company's core values are: Honesty, Professionalism, Customer Orientation, Continuous Improvement, and Teamwork.

Ducommun VP John Kelly greeted our group and handed out safety glasses and identification badges that we were required to wear while touring the plant. Our first stop was the Hot Form press. This is the area where sheets of titanium are placed in a 470 ton press. The press is heated to very high temperatures. The press basically squeezes the titanium metal into various forms using molds. Titanium is used because it is sturdy and lightweight. Due to the extremely high temperatures, employees in this area must wear special gloves, jackets, and face shields to protect them while placing or removing metal from the press. Because of the high heat coming from the press, employees that work near this

area can experience temperatures in the summer of 120 degrees with no air conditioning. Next we experienced one of several inspection departments. At various stages of production parts are sent to the inspection departments to make sure that they are within the required measurements. Some of the inspections are done by hand and some are checked by a computer. The computer measures ever millimeter of the prospective part to insure quality. Parts are cut to size and specification by two methods - a Laser Cutter and a Water Jet Cutter. The Laser is not dissimilar to the Laser Designs area located on grounds - just larger and more powerful. The Laser cutter is located inside a small room with glass windows. Employees program the computer depending on the part they will be cutting and the computer tells the Laser how to cut the piece. The Water jet works on the same principle but it uses water to cut the metal. I know what you're thinking....water to cut metal? There are tiny particles similar to sand in the water. This abrasive material in combination with the water is what allows it to cut through metal.

After cutting, the parts get a bath of sorts. Of course it's not the kind of bath any human would want to take. The parts are bathed in hydrochloric and nitric acid. A special paint is applied to the part in the areas they wish to remain untouched by the acids. It all goes in a giant tank and soaks. We weren't allowed to get very close to the tank for

safety purposes. This removes any unwanted dirt and debris. The acid must be kept at a temperature between 90-98 degrees. We then walked past several finishing departments where holes were drilled for bolts, coatings were sprayed on, parts were finished, and more inspections for quality control. The welding department was unique in my opinion. I have toured a lot of plants in this area but this was the first one that had an air conditioned welding area. Next John pointed out the Tooling area. All tools and supplies are tracked from this area much like our supply room. There are forklifts going from one end of the plant to the other moving heavy pallets of metal and parts.

Our last stop was the plastic form press. This is a newer area and is just like the Hot Form press. Instead of sheets of titanium they mold plastic. The big press is loaded and parts molded at a temperature of 1,650 degrees. Now that's HOT! John told us that only 2 places in the United States currently do this and Ducommun is one of them. Only 5 in the world do it. That's pretty impressive.

John led us back to the front office. We turned in our safety glasses and badges, thanked John for the very impressive tour and returned to our jobs with a little more knowledge about our community and the jobs that are available.

Parsons State Hospital and Training Center

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To view online, use the link:
http://www.pshtc.org/psh_newsletter.htm

Campus Calendar

- 8/6 Adult Self-Advocacy Mtg., 3:30 PM, Cafeteria
- 8/7 Bowling Training School—Pittsburg
- 8/14-16 Endowment Bus—Kansas City
- 9/1 PSH Endowment Board Mtg., 12-1 PM
- 9/3 Adult Self-Advocacy Mtg., 3:30 PM, Cafeteria
- 9/7 Labor Day
- 9/12 PSH Advisory Board Mtg., 4 PM, Administration Bldg.
- 9/12-13 28th Sunbelt Rodeo—PSH&TC, Parsons**
- 9/13-19 Housekeepers Week
- 9/18-20 Endowment Bus—Wichita
- 9/21 Unified Golf—Parsons

Thank You

Words can't express how thankful we are to everyone for your prayers, cards, and monetary gift during the loss of my mother-in-law.

Fena Taylor and Family

Thank You

To my friends and employees of PSH&TC, words cannot express my gratitude for the monetary donations or items for my new place. Whatever you did, I appreciate it from the bottom of my heart.

May God bless you all. **Annette Hall, Bianca and Ian**



"Where people come first!"



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