

**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.**

From the Editor

I was pleasantly surprised at all the positive feedback that I received on the newsletter. I want to say thank you to all of you that sent in suggestions or just a positive comment. Thank you for your support. Please continue to share your ideas and suggestions and I will continue to do my best to implement them into the newsletter.

Shannon Martinez

For questions or comments, or if you would like to submit something to be published in the PST&TC Newsletter, please contact: Shannon Martinez at 620-421-6550, extension 1790 or e-mail me at: shannon.martinez@srskansas.org

Inspirational Quote

"People want to feel that who they are and what they do matter. We now spend over 60% of our life at work and want that work to be connected with what we believe is important in the world. People want to be able to come to a place of work where they feel loved, appreciated and cared about rather than demeaned, ignored or taken for granted. And finally, everyone wants to hear the words, "Thank you. You make a difference." *Jack Canfield, The Heart at Work*

Happy Birthday

Debra Abernathie
Janie Bateman
Rosalind Brungardt
Renee Caldwell
Bradley Carson
Susan Carson
Dorinda Gobin
Larry Harris
Catherine Henderson
Julie Hinman
Michelle Hughes
Janet Hurley
John Ingalsbe
Randy Kuffler
Gail McCall
Christine McMains
Sally Nance
Timothy Posch
Elisse Powell
Deborah Quinzy
Billy Reeves
Marinus Rentier
Jack Robinson
Nancy Roper
Renda Satzler
Gail Searles
Jeffory Sexton
Marlys Shomber
Ramona Smith
Lavena Stephens
Jerry Stewart
Jayne Wells
Barbara Westervelt
Thomas Westhoff
Dynel Wood
Kasey Wright
Wuanita Yanez
Brenda Ybarra

Welcome Wagon

Please welcome these new employees. Introduce yourself and help them to feel welcome.

Oak Cottage:

Nathan "Johnny" Ellis-Temp.
Mike Fosha-Temp.

Maintenance:

Joshua Shaw-Electrician, Sr.
Juston Smith- Temp.

Holly Cottage:

Sherrie Britton-DDT Trainee

Maple Cottage:

Robbie Emery-Temp.

Rising Star

Please join me in congratulating Mike Dixon, Ph.D. in his recent promotion to Director of Psychology. Mike started the agency in 1987 as a Health Service Worker and has proved that hard work, dedication and a superior work ethic will go a long way in pursuit of career goals. Congratulations, Mike! Thank you for being a role model and inspiration to others.

Dietitian's Desk



New Food Guide Pyramid

The long awaited new Food Guide Pyramid has been released by the USDA. The basic information about eating healthy has pretty much stayed the same. The difference in the new Food Guide is how it is presented. A personalized approach to healthy eating and physical activity is stressed. The new Food Guide Pyramid is not the same for everyone. It depends on the age, gender and activity level of the individual. To find your personalized Food Guide Pyramid, go to <http://mypyramid.gov/> and enter your age, gender and activity level in the box at the top right hand corner of the screen.

Thank You's

Nothing is harder than losing someone you love. But through God's loving grace and the kindness of so many, in time, our sorrows will be softened. With grateful hearts we thank our friends and family for helping us to heal.

Tim Posch and the Family of Vincent M. Posch

Thank you to everyone for the beautiful plants, flowers, thoughts and prayers during my mother's illness and passing. Your kindness is greatly appreciated.

Heidi Flora and Family

For Sale

For Sale: 1995, 16 X 80 Mobile Home, 3 bedroom, 2 bath, stove, refrigerator, new hot water tank, new kitchen faucet & water lines, covered deck & storage shed in Meadow View School district. No sales tax. No property tax until December 2006. 3300 Grand, Parsons. 620-421-6711, leave message. \$12,500.

Chaplin's Corner

On Memorial Day weekend we remember those who have given their lives in the cause of freedom. And that's a good thing.

In India there is a cemetery where the bodies of American soldiers are buried. Over the entrance to the cemetery are these words: "Tell Them We Gave Our Todays for Their Tomorrows."

That's sobering. Especially when there are still young men and women overseas sacrificing themselves on the battlefield. We salute them and remember them in our prayers.

One of the most famous pictures from World War II must surely be the photo of five valiant Marines raising an American flag on the island of Iwo Jima. The young man in the center of the photo was John Bradley.

After the war, Bradley moved back to Antigo, Wisconsin, married his high school sweetheart, and raised a family.

Although John Bradley won the Navy Cross for saving a fellow soldiers' life, he preferred not to talk about the war. And he absolutely refused to accept the hero worship that others tried to force on him. One of the few comments Bradley ever made about the war, he made to his young son, James. In response to James' remark about heroism, John Bradley replied, "The heroes of Iwo Jima are the guys who didn't come back."

This Memorial Day we honor the memory of those who didn't come back. But they're not the only heroes to whom we are indebted. There are many who have made the ultimate sacrifice in behalf of the common good.

In 1998, Capt. Timothy Stackpole was severely injured and almost died while battling a fire. Somehow, Capt. Stackpole recovered enough to return and resume his job. His only comment on the whole situation was, "It's my calling." Those words took on a whole new meaning when, on Sept. 11, 2001, Capt. Timothy Stackpole died while trying to battle the blaze in the World Trade Center. We honor the memory of those who gave their lives for their country because we believe they were giving their lives for a better world--a world of freedom and dignity for all people.

Leroy Foreman, Chaplain

Suggestions for Creating a Positive Work Environment Part II

Last month, we looked at choosing a positive attitude. I hope you applied some of the suggestions given and are experiencing positive changes. This month we are going to explore "Being There." Here are a few suggestions:

- Smile more
- Smile, knowing that someone will appreciate it
- Stop into someone's office just to say "hi"
- Listen to what others have to say
- Ask how people really are and LISTEN to the answer
- Genuinely take an interest in what people are saying
- Don't interrupt
- Assure people that you heard their concerns by restating what you heard
- Give undivided attention
- Pay attention to who you are with, no matter how much you have on your mind
- Be attentive 100% to every resident
- Do your best knowing that it will be appreciated
- Remember that you can make a difference without realizing it at the moment
- Be dependable
- Strive to give 100%
- Answer the phone promptly and return messages and e-mails
- Engage in meaningful conversation
- Enjoy the person you are with
- Spend time meeting a new co-worker, learn their name and position
- Care about others lives outside of work
- Learn from mistakes
- Be supportive when someone has an idea
- Be true to yourself
- Take a few moments to find your balance; emotional and mental
- Do no harm
- Commit "random acts of acknowledgment"

Take some time to acknowledge others around you that are doing good things. Leave a note, words of appreciation or just a pat on the back.

Be on the look out for random acts of acknowledgment throughout the month.

On-Grounds Going-on's

Congratulation to Phyllis Middleton, who is currently in first place in the Division 3 of the Women's International Bowling Congress, a United States Bowling Congress Event. This national bowling tournament was held in Tulsa, OK. Phyllis and her teammates of, Billman's Inc., traveled to Tulsa on Sunday, April 17th. Phyllis took over the Singles, Division 3 lead on Monday with a total of 579, stealing the lead away from Kathy Odom, of Rochester Hill, MI, who once held the lead at 555. You would think that after bowling such a great total in Nationals the stress would be over. But, you will find that throughout the day you can catch Phyllis logged on to www.wibctournament.com, checking the standings. Just to be sure she still holds the coveted title, #1. Her comment was, "Great, you mean I have to continue to check these standings, daily?" Oh, the stress of being #1.

Paula Jungles has announced that the Parsonian Hotel Restaurant now has a carry-out service and will deliver. Business hours are 5:30 am - 2:00 pm and evening hours of 5:00 pm - 10:00 pm. She also invites you to "dine in" and see the changes that have and will be taking place.

Ash cottage staff and residents are redecorating a hall. They have dedicated one hall to a "Sports Hall of Fame" of sorts. Residents and staff enjoyed a day at the K&M Ranch, taking pictures in different sports settings. Whether it was hunting, fishing, baseball, four-wheeling etc. each resident was photographed in a sport setting of their choice. The hall has been painted and waiting to be adorned with the new "Hall of Famers." Thank you to Ken and Mona Smith of K&M Ranch for the use of sporting equipment and a day of fun and food at the ranch. A special acknowledgment to the staff of Ash cottage for getting involved and going the extra mile with a "bright idea." Stop by Ash Cottage and get inspiration for a "bright idea" of your own for your work area.

Every invention, discovery and product began as an idea. A bright thought illuminating one mind. When shared, the new idea inspires and empowers others, making work a little lighter and life a little better. Your bright ideas help pave the way for our success. Some organizations have think tanks, we have you!

Our Future is Brighter Because of YOU!

Employee Benefits

LIFELINE

What is LIFELINE and how might it benefit me and my family?

LIFELINE is a State of Kansas employee assistance counseling and referral program. This program is designed to provide FREE, information, short-term counseling, advice and referrals from licensed professionals who understand the typical stresses we all face day in and day out. All employees of the State of Kansas and individuals who are dependent upon or live in the home with the employee can call **1-800-284-7575** anytime day or night. LIFELINE is a part of HealthQuest, the State of Kansas health promotion program. In today's fast-paced world, trying to manage work, home, family and all the associated demands can be a real test. LIFELINE can help.

What types of things can LIFELINE help with?

- Marital difficulties
- Child care and parenting
- Depression or anxiety
- Physical and emotional abuse
- Loss of a friend or family member
- Financial and legal concerns
- Professional growth
- Workplace conflicts
- Alcohol and drug concerns
- Need for elder care assistance

LIFELINE can be used for big or little problems, acute or chronic problems, urgent or less serious problems.

What can I expect when I call LIFELINE?

When you call the 24-hour LIFELINE help line, you will talk with a caring and experienced counselor who will take a small amount of initial information, and depending upon your needs will:

- Provide any immediate help, assistance or guidance you may need,
- Connect you with a specialist for assistance with childcare, personal money management, coaching, nutrition and weight management, elder care, legal advice, etc., or
- Help you make an appointment with a LIFELINE counselor for a face-to-face visit in your community.

What about confidentiality?

The services at the LIFELINE program are always completely confidential. All discussions, in accordance with very stringent state and federal regulations are confidential, and no one has access to your personal information without your written expressed consent. The only exception is if someone is in immediate danger of harming self or others, or if child abuse is suspected.

For questions or concerns about LIFELINE, contact the program administrator at 785-296-4304. More detailed information is available at the HealthQuest website:

<http://da.state.ks.us/ps/subject/healthquest.htm>

Information pamphlets are also available in Personnel on the information desk.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2005

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May Day

Nat'l Teacher
Day

Cinco de Mayo

8

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14

Mother's Day

15

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21

Armed Forces
Day

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Victoria Day
(Canada)

29

30

31

Memorial Day