

# 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.

September 2007

## Company Olympics Champ - 6<sup>th</sup> Year Running

By Marlys Shomber-Jones

We have done it again! We have retained our title for the 6th year straight of the Parsons Recreation Commission's "Company Olympics." For those of you who are reading this and do not know what "Company Olympics" is, it is an annual event sponsored by the local recreation commission to bring local business employees together in a friendly week of competition. Teams are divided into two divisions - those with over 250 employees and those with under 250 employees.

There are several events each night and there is something for everyone! Events include Golf, 1.5 Mile Walk, Bowling, Mental Anguish, Softball, Free Throws, 3/3 Basketball, Boiled Egg Eating Contest (YUK!), 9-Ball, Karaoke, Round the Mound, PVC Pipe Race, Water Balloon Sling Shot, Aqua Tug-of-War, Archery, Horseshoes, Egg Toss, Sand Volleyball, and an Obstacle Course.



I want to thank EVERYONE who made the 6th Company Olympics win possible. Not just the participants in the actual events but the staff who came to the events to cheer the team on, the family support of the team members, the residents who came and cheered for us, the Q's who made the adjustments in the cottage schedules, Linda Bennett, Joe Kinder, Linda Brown, and everyone who works at PSH&TC. You are ALL part of a great team! Marlys

## WHAT'S NEW IN STAFF TRAINING

By Sheri Dixon

We are pleased to announce Rashelle Walker has accepted the position as Staff Training assistant. She began her new position on August 20th assisting with new employee orientation and various other job duties. Welcome, Rashelle!

PSH&TC's Staff Training Media person, Jim Captain, has been very busy. He has had numerous production assignments. One of his new productions, with the assistance of everyone involved, is the "Cottage Virtual Tour." Staff



Training presents this DVD during orientation to new employees to provide them with more insight as to whom they may be working with and where. Prior to the "Cottage Virtual Tour," we used a scrapbook to show new employees pictures of the cottages and residents. The new employees really enjoy viewing the DVD. Jim's most recent production is a "Vocational Virtual Tour." Staff and residents

of PSH&TC recently presented this DVD in Topeka at a managers team meeting. Word has it that the DVD had great reviews. Thanks to everyone, staff and residents, who had a part in making the "Vocational Virtual Tour" a great success!

## DIETITIAN'S DESK

### People Have the Best Possible Health

One of the personal outcome measures of The Council on Quality and Leadership includes: People have the best possible health. Why is having good health important? To me, maintaining good health not only means feeling good, but being able to do the things you enjoy throughout your life and saving money on health care costs.

What can we do to have the best possible health? All the major health organizations tell us there are three things we can control that will have an important impact on health and well-being. Those three things are:

- Eating a healthy diet
- Exercising
- Stop smoking if you smoke

There is a lot of confusion about what a healthy diet means. Some people think it means a low carbohydrate diet, others think low sugar, high protein, low fat, all organic foods, and the list goes on. At PSH&TC we are mandated by ICF Guidelines to follow the current USDA Guidelines. They are based on the latest scientific research. They include following the Food Guide Pyramid and limiting fat to 30% of calories. To learn more about a healthy diet, check out the Dietary Guidelines at: <http://www.health.gov/dietaryguidelines/> and the Food Guide Pyramid at: <http://www.mypyramid.gov/>. Your knowledge and healthy habits can improve the quality of your life and the quality of life for those you serve.

*Linda Foreman, RD/LD*

Gary J. Daniels

## Sunbelt Rodeo

### Rodeo Roundup

By Gary Harris, Rodeo Volunteer Coordinator

Cowboys and cowgirls at ol' Ranch PSH&TC are practicing and getting all excited about hosting the 26<sup>th</sup> annual Gary J. Daniels Sunbelt Rodeo. The rodeo will be Saturday and Sunday, September 8<sup>th</sup> and 9<sup>th</sup>, at our Rodeo Arena located on the Parsons State Hospital grounds. "Go-Rounds #1 and #2" will both be on Saturday and "Finals" will be Sunday morning, followed by lunch, and then ceremonies for all division awards will be given out.

We want to thank the many volunteers who have supported our annual rodeo in the past. We are extending an invitation to you to serve as a volunteer once again and to anyone who may like to help for the first time. As in the past, lunch and dinner will be provided for volunteers on the day(s) they are working. You are also invited to attend the Rodeo dance Saturday evening.

The success of the Sunbelt Rodeo depends on support and assistance from many volunteers as we cheer on our residents and the many other out-of-town participants. You may contact me at (620)421-6550, x1831, or email at ([glxh@pshtc.ks.gov](mailto:glxh@pshtc.ks.gov)) by September 6, 2007. Please join us for a good time at the Rodeo! The schedule of events includes:

#### SATURDAY, SEPT. 8:

7:30-8:15 a.m. --Breakfast in PSH&TC Cafeteria  
 8:00 - 9:00 a.m. --Workshop to assess riding skills of out-of-town participants  
 9:00-10:00 a.m. --Grand Entry  
 10:00-12:30 p.m. --Go-Round #1  
 12:30-1:30 p.m. --Lunch at the arena  
 1:30-4:00 p.m. --Go-Round #2  
 4:00-5:00 p.m. --Cattle Penning in the arena  
 5:00-5:30 p.m. --Volunteers BBQ in the Cafeteria  
 5:30-6:30 p.m. --Participants/Coaches BBQ in the Cafeteria  
 7:30-9:30 p.m. --Rodeo Dance - Forest Park

#### SUNDAY, SEPT. 9:

7:00-7:45 a.m. --Breakfast in PSH&TC Cafeteria  
 8:00 a.m. --Church services at the arena  
 9:00-12:30 p.m. --Finals  
 11:00 a.m. --Lunch & awards in the Cafeteria (Yellow & Purple Divisions)  
 12:30 p.m. --Lunch & awards in the Cafeteria (Green & Red Divisions)

## 2007 QMRP CONFERENCE

By Karen VanLeeuwen, Oak QDDP

The National Association of QMRP's met for the annual conference on August 7th - 10th in Atlanta, Georgia. Ron Neville, Donnie Wheeler, Kim Middleton and Karen VanLeeuwen attended. Donnie, Kim, and Karen presented on the Rights and Responsibilities DVD along with information on the Self-Advocacy Group. There were about 40 people who attended the session we presented. They asked us lots of questions and were really impressed with Donnie's answers. The audience thought the DVD was a good way to teach Rights and Responsibilities for residents and staff. Several people in the audience talked about their self-advocacy groups and thought our guest speakers were a nice way to get the information to the self advocates.

We also had several people stop by to pick up information from Ron and Donnie on the DVD to take back to their agencies.

While we were in Atlanta, we got to see the Olympic Fountain, CNN Center, tour Coke, the Georgia Aquarium, Martin Luther King Memorial, and the Jimmy Carter Museum. It was Donnie and Kim's first time to fly and they had a great time. Donnie said he was ready to fly again.

## CEDAR HAPPENINGS

By Wally McMillan, Activity Specialist

Cedar Cottage has been continuing to work and expand a landscaping project. A trip to visit several landscaping centers occurred to look at and price trees for the cottage.

We also are planning to start a community service project by planting a tree this fall at one of the parks. Also trips to the park to water and fertilize it would be part of the project.

Some of the community activities for Cedar Cottage include: trips to Farmer's Market, greenhouse tour, flea market, shopping, movies, cattle sale, Big Brutus, the Labette County Fair for the rodeo, and the Crawford County Fair for the Demolition Derby and Tulsa Zoo.

*Happy September  
Birthday To You...*

Marilyn Baker	Jamey Schmidt
Patricia Bennett	Kelli Sears
Pamela Colbert	Bobby Shears
Tina Correll	John Simmons
Jimmie Darkis	John Spare
Julia Edmond	Gary St. Clair
Regina Edson	Stephanie Stevens
Sharon Geifer	Robin Whittley
Patricia Gilkey	Tami Wright
Charlotte Groberski	Emelia Yanez
Lisa Han	Jason A.
Ryan Heydenrych	Donald B.
Sharla Hopper	David B.
Mark Hopper	Jeffrey B.
Charles Johnson	Marvin C.
Doris Kellogg	Delvin D.
Jamie King	Ashli F.
Charleen Lawson	Eric F.
Julia Loadholtz	Thomas H.
Elizabeth McRay	Terri J.
Rema Menon	Gail K.
Susan Morris	Matthew L.
Kevin Mosier	Timothy M.
Lelia Nance	Darryl R.
Robert Niebaum	Charles R.
Teresa Parker	Gaylord S.
Craig Potter	Charles T.
Rick Ray	

## 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:

Robert Stout--MHDD Technician

### Aspen Cottage:

Andres Martinez--Activity Specialist

### Cedar Cottage:

Annette Hall--Cook

### Holly Cottage:

Sandra Moore--MHDD Technician

### Nursing Service:

Kimberly Cowen--RN Senior

### Spruce Cottage:

Michelle Vogts--MHDD Tech. Trn.

### Willow Cottage:

Chelsi Campmier--MHDD Tech. Trn.

Debra Kepley--Cook

Tonya Jones--MHDD Tech. Trn.

Trent Nash--MHDD Tech. Trn.

Dallas Stevens--MHDD Tech. Trn.

Justin Thompson--MHDD Tech. Trn.

Tammy Turley--Custodial Worker

### Vocational Department:

Rashelle W.--Staff Training

Kyle B.--Screen Printing

Jeremy C.--Janitor

Sarah S.--Housekeeping

John D.--Janitor

### Willow Cottage staff at reopening:

Tami Wright, QDDP

Catherine Henderson, Client Trn. Supv.

Brad Daniels, Activity Specialist

Cynthia York, Administrative Assistant

Debra Kepley, Cook

Tammy Turley, Custodial Worker

Chelsi Campmier, MHDD Tech. Trn.

Tonya Jones, MHDD Tech. Trn.

Trent Nash, MHDD Tech. Trn.

Dallas Stevens, MHDD Tech. Trn.

Justin Thompson, MHDD Tech. Trn.

John Broadwell, MHDD Technician

Lauren Carland, MHDD Technician

Pamela Colbert, MHDD Technician

David Espeseth, MHDD Technician

Michael Gamblian, MHDD Technician

Heath Hilderbrand, MHDD Technician

Jessica Kinder, MHDD Technician

Jeri Lyons, MHDD Technician

Lonnie Sailsbury, MHDD Technician

Robin Shields, MHDD Technician

Jerry Stewart, MHDD Technician

Susan Vaverka, MHDD Technician

Ginger Willis, MHDD Technician

## "Thank You's"

Many thanks to everyone who helped and thought of me during the flood. Special thanks to Oak Cottage for the floatation device and to Frank for covering my time off. Also a big thanks to Barb and Mike Duling for helping me pack and move. I appreciate everyone's thoughts and hopefully will get to move back in soon. **Karen VanLeeuwen**

Thank you for the beautiful plant. Your thoughtfulness and prayers at the loss of my father were appreciated.  
**Jeff Sexton and Family**

### For Sale

OAK ENTERTAINMENT CABINET  
58WX48H, EXCELLENT CONDITION  
2-GLASS DOOR, 2-LOWER DOOR  
CALL 421-6197 AFTER 5 P.M.

## CAMPUS CALENDAR

- Sept. 3 Labor Day
- Sept. 7-8 Partners in Policymaking-Topeka
- Sept. 8-9 Sunbelt Rodeo-PSH&TC, Parsons
- Sept. 11 Patriot Day
- Sept. 12 PSH&TC to Royals Games
- Sept. 18 Special Olympics Golf-Parsons
- Sept. 21-23 Endowment Bus - Wichita
- Oct. 5-7 Special Olympics South Central Conference-  
Little Rock
- Oct. 18-19 Special Olympics Bowling & Volleyball-Pittsburg
- Oct. 31 Halloween

PSH&TC Newsletter is published 12 times a year.

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