

HUDSPETH REGIONAL CENTER NEWSLETTER



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VALENTINES' PARTIES

As the 14th of February brought out the romantic in us all, some of the cottages and group homes celebrated with parties that bore all the trappings of a love-struck shindig. Birch and Oaks Cottages, as well as Meridian Group Home, threw crimson-heavy Valentine's parties.

The gentlemen of Oaks Cottage played several rounds of BINGO while the staff on Oaks served delicious chicken strips, French fries and broccoli and rice casserole. The residents of Meridian Group Home served their meal on a very chic table spread.



HEART HEALTH ACTIVITY

February has been designated as Heart Health Month, and Claude Courtney from ActiveHealth, presented a heart health activity for HRC staff members. Participants were able to compare the amounts of sugar between common drinks and grams of fat between meal options.



Meal Planning courtesy of ActiveHealth Management

Step 1: Schedule time to meal plan

Step 2: Build a recipe base

Step 3: Plan your weekly menu

Step 4: Correlate your shopping list with your weekly menu

Step 5: Budget

NATIONAL WEAR RED DAY

February 2nd was national Wear Red Day and in honor of heart health month, HRC sported their red. Visit <https://www.cdc.gov/heartdisease/prevention.htm> to learn more about preventing heart disease.



BRANDON/RANKIN GROUP HOME LUNCHEON

It has been said that good help is hard to find. So when one is blessed to have an entire staff of ‘good help’, what would be the appropriate show of appreciation? A simple “Thank you” usually suffices, but Anedra Longstreet, Director of Brandon/Rankin Group Homes took it a step further. Mrs. Longstreet sponsored a luncheon for both group homes, the Maintenance and Transportation departments. The menu included pulled pork, fried chicken, smoked sausage, baked beans, pasta salad, macaroni & cheese, potato salad, rolls, peach cobbler and pound cake. This sleep-inducing meal left everyone satisfied and hopefully feeling appreciated. Keep up the good work Brandon/Rankin Group Homes, Maintenance and Transportation. Thank you, Anedra Longstreet for the very thoughtful gesture.



Maintenance and Transportation staff



Keesha Lowe-Nash and Anedra Longstreet



FACILITY DIRECTOR MAKES GOOD ON A BET

Mr. Jerrie Barnes is not only the Facility Director of HRC but an avid San Fransisco 49ers fan. As his hopes and excitement mounted during Super Bowl LVIII against the Kansas City Chiefs, that same wave of optimism came crashing down at the .3 second mark during overtime. The sting of defeat began to settle as the Kansas City Chiefs were, once again, crowned as the Super Bowl Champions.

As painful as it was for him to witness yet another defeat at the hands of the Chiefs, it was only the beginning. Mr. Barnes lost a bet to rabid Chiefs fan me, Timila Bell, Public Relations Director. Per one of the terms of our bet, Mr. Barnes had to present a certificate to me during the next Directors meeting congratulating me and the Chiefs on yet another Super Bowl victory. I was also declared “Director for the Day”.

What is the lesson we can all glean from Mr. Barnes’ soul-crushing defeat? Always bet on red? No. How about never agree to public terms of humiliation? No. It’s simple: never bet against Timila :-)



“Director for the Day”



Jerrie Barnes and Timila Bell

*Photographs were captured by Antwone Perkins, Staff Development

“You can doubt the Chiefs. You can dislike the Chiefs. You can disrespect the Chiefs. But you’re going to have to deal with the Chiefs!” Mitch Holthus, Voice of the Kansas City Chiefs

FOSTER GRANDPARENTS CELEBRATE THEIR BIRTHDAYS

Birch Cottage held a birthday brunch for two of their Foster Grandparents- John Stamps (92) and John Bumphis (83). HRC appreciates all that the 'Foster Grands' do and is happy they've chosen to spend their 'golden years' with the people we serve.



John Stamps and John Bumphis



SERVICE AWARDS CEREMONY

On March 21st, staff members assembled in the Chastain auditorium for the annual Service Awards or Pin Ceremony. Staff members who've worked at HRC for 5, 10, 15, 20, 25, 30 years received a pin and a certificate for their years of service. These pins could serve as markers in one's state career. The more pins someone accrues, the closer he or she is to retirement.

Blood Drive

Mississippi Blood Services set up another blood drive at HRC on February 9th. Donors received a free t-shirt, a two-hour lunch pass and an opportunity to enter a drawing for a \$25 gift card if they donate in three blood drives within the year. Thank you to everyone who participated.



Chuck Sullivan




The Director's Note

This is the time of the year in which HRC interacts with the Central Office of the Department of Mental Health much more. We will send a delegation to "IDD Day at the Capitol" on March 6th. We're expecting Wendy Bailey, Executive Director of DMH, and Craig Kittrell, Deputy Executive Director, at our annual Employee of the Year Luncheon in March. On April 17th, HRC will host an Executive Staff meeting. These serve as reminders that HRC is not only a state agency but an active team player in reaching the goals set forth by the Department of Mental Health.

Be mindful of the trends in COVID + cases. Continue to practice the protocols that are in place. Continue washing your hands and sanitizing your spaces as frequently as possible. Do not hesitate to get tested if you begin experiencing symptoms.

Sincerely,


Jerrie T. Barnes
Facility Director



Important Dates in March

- 6th: IDD Day at the Capitol
- 8th: FOHC meeting/Int.
- Women's Day
- 11th: First Day of Ramadan
- 17th: St. Patrick's Day
- 19th: First Day of Spring
- 20th: HRC's St. Patty's Parade Luncheon
- 28th: Employee of the Year Luncheon
- 31st: Easter/Resurrection Sunday

For any submission requests or feedback, contact Timila Bell, Public Relations, at (601) 664-6017 or timila.bell@hrc.state.ms.us