



Labette Center for Mental Health Services, Inc.

Company Newsletter

November 2016

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Editor: Monica M. Simpson

Thanksgiving Dinners

The children and adult programs will hold their annual Thanksgiving Dinner's for clients the week of Thanksgiving. The children's psychosocial staff will hold their dinner for the children in the Navigator's program on Tuesday November 22nd at 4:30 pm and the staff of the CSS program will hold the dinner for clients in the adult case management program on Wednesday November 23rd at 11:30. Watch for pictures and information from these annual dinners in the December Company Newsletter!

KVC Looking for Christmas Sponsors

KVC is looking for individuals and/or organizations who would like to sponsor a local child who is in the foster care system. Interested individuals can either choose to sponsor a specific child or to let KVC send them information on a child in need. To sponsor a child, contact Kari Epperson at 620-670-5873 or kepperson@kvc.org. Forms can be filled out stating either a specific child's name or the age of child/children the person would like to sponsor. Once a child is matched with the sponsor, the sponsor will receive the child's Christmas wish list. For more information about this program, contact Kari Epperson.



Toys For Tots

It is once again the time of year for Toys for Tots to start their annual toy drive! The Center will have a Toys for Tots drop box in the multipurpose room of the main building. There will also be a table available for overflow from the donation box. All toys must be new and in their original packaging, but not wrapped. All donations to the Labette County Toys for Tots program go to Labette County families! For questions about the Toys for Tots program individuals may contact (620) 644-9090 or email labettetoysfortots@gmail.com. The Toys for Tots website address is: <http://altoona-ks.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx>

Upcoming Classes

Active Parenting:

The next Active Parenting course will begin on Monday November 7th. This class is held from 6pm - 8pm every Monday evening for six weeks. Participants will meet in the Multipurpose Room of the Main Building. Dinner will be provided. To register for this course please contact either Renee Roberts or Virginia Standley.

Mental Health First Aide:

The next Adult MHFA course will be held on Monday December 5th. The next Youth MHFA course will be held on January 31st. This is an eight hour course that will be held from 8am - 5pm with lunch, snacks and a light breakfast provided. Class participants will meet in the Multipurpose Room at the Main building. To register for this course please contact either Nikkii Rosenstiel or Monica Simpson.

NAMI

The November NAMI meeting will be held on Thursday November 10th at 5:30 pm. Parsons NAMI meetings are held on the second Thursday of each month in the multipurpose room of the main building. For more information about the Parsons NAMI meetings call 620-240-3740 (message phone) or email seknami@gmail.com.



Birthdays:

Trisha Forbes	November 1st
Nurse Care Manager	
Jennifer Bennett	November 7th
Adult Attendant Care	
Betty Reissig	November 13th
Receptionist	
Gail Kiser	November 16th
Receptionist	



Anniversaries:

Crystal Witty	Nov. 27th	4yrs
Therapist		



First Quarter	Nov. 7th
Full Moon	Nov. 14th
Last Quarter	Nov. 21st
New Moon	Nov. 29th

Quarterly Weigh-in

The next quarterly weigh in for the Labette Center Wellness program will be held on December 21st from 11:00 am to 12:00 pm in the multipurpose room of the main building. For more information on the Wellness program or the weigh-in contact Natasha Purcell, Human Resource Coordinator.

Shirt Order

There will be a shirt order going into Bleacher Gear on Friday November 18th. Anyone who would like to order shirts, or other items, with the LC-MHS logo on them please contact Monica before the 18th. Prices for items is dependant on the total quantity of items purchased. The more items purchased, the lower the cost per item. Books are available to view items or to look at items that are typically ordered go to: <http://www.lcmhs.com/shirt-orders.html>

Closings

Labette Center will be closed on Friday November 11th in observation of Veteran's Day. We will reopen for normal business hours on Monday November 14th.

Labette Center will be closed on Thursday November 24th and Friday November 25th in observation of Thanksgiving. We will reopen for normal business hours on Monday November 28th.

In case of emergency please call 620-421-3770 or 800-303-3770 to speak with an on-call therapist.

Homemade Hot Cocoa

1 ½ cup Sugar
 ½ cup Cocoa Powder (Feel free to add more to make it richer!)
 1 Stick Butter
 Pinch of Salt
 6 cups of Milk (I use whole milk to make it creamier)
 1 tsp of Vanilla (Sometimes I use a little more!)

Combine Sugar, Cocoa, and salt in a pan. Add ½ of milk (3 cups). Cook, stirring continually until mixture to a low boil. Add remaining milk, butter and vanilla. Continuing cooking until all butter is melted and mixture is well combined. Serve hot. Add marshmallows or cinnamon stick if desired. (At my house we always make toast with butter on it to dip in the hot cocoa!)

Recipe Submitted by Monica Simpson

Do you have a recipe you would like to share with your coworkers? Send it to Monica Simpson and it could be in the next newsletter!

Our Vision ~ Provide the highest quality of comprehensive services to empower the people and communities of Labette County. We envision fulfilling and meaningful lives for those we serve.

Our Mission ~ Create hope and opportunities for life change by providing education, support, consultation and therapeutic behavioral health services to the people and communities of Labette County.

November is. . . .

Adopt A Senior Pet Month
Adopt A Turkey Month
American Indian Heritage Month
Aviation History Month
Banana Pudding Lovers Month
Diabetic Eye Disease Month
Epilepsy Awareness Month
Family Stories Month Link
Lung Cancer Awareness Month
National Adoption Month
National Alzheimer's Disease Month
National COPD Month Link
National Diabetes Month
National Entrepreneurship Month
National Family Caregivers Month
National Georgia Pecan Month
National Healthy Skin Month Link
National Home Care & Hospice Month
National Memoir Writing Month
National Family Literacy Month
National Novel Writing Month Link
National Peanut Butter Lovers Month
National Runaway Prevention Month
National Scholarship Month
NoSHAVEmber
Pancreatic Cancer Awareness Month
Prematurity Awareness Month
Stomach Cancer Awareness Month
Sweet Potato Awareness Month
World Sponge Month
National Fig Week: 1-7
World Communication Week: 1-7
National Farm Toy Show Days: 4-6
Sherlock Holmes Weekend: 4-6 ()
Drowsy Driving Prevention Week: 6-12
Dear Santa Letter Week: 7-13
Give Wildlife A Brake! Week: 7-11
National Young Reader's Week: 7-11
National Nurse Practitioner's Week: 13-19
National Split Pea Soup Week: 13-19
World Kindness Week: 13-19
American Education Week: 14-18
National Book Awards Week: 14-20
National Farm-City Week: 18-24
National Family Week: 20-26
National Game & Puzzle Week: 20-26
Hockey Mask Day: 1
National Authors' Day: 1
National Family Caregiver Day: 1
National Family Literacy Day: 1
Prime Meridian Day: 1
Cliché Day: 3
National Men Make Dinner Day: 3
Public Television Day: 3
Sandwich Day: 3
SOS Day: 3
National Chicken Lady Day: 4
National Candy Day: 4

Punkin Chunkin: 4-6
Use Your Common Sense Day: 4
Sadie Hawkins Day: 5
Sausage and Kraut Day: 5
Daylight Savings Time Ends: 6
National Nachos Day: 6
Saxophone Day: 6
Fill Our Staplers Day: 7
Job Action Day: 7
Dunce Day: 8
Election Day: 8
National Parents As Teachers Day: 8
National Young Reader's Day: 8
X-ray Day: 8
World Freedom Day: 9
Marine Corps Birthday: 10
Sesame Street Day: 10
Windows Day (Microsoft): 10
Origami Day: 11
Veterans Day: 11
World Kindness Day: 13
International Girls Day: 14
International Selfie Day: 14
Loosen Up, Lighten Up Day: 14
National American Teddy Bear Day: 14
National Spicy Guacamole Day: 14
National Pickle Day: 14
World Diabetes Day: 14
World Orphans Day: 14
America Recycles Day: 15
I Love to Write Day: 15
National Bundt (Pan) Day: 15
Great American Smokeout: 17
Homemade Bread Day: 17
National Unfriend Day: 17
World Prematurity Awareness Day: 17
Married To A Scorpio Support Day: 18
Mickey Mouse Day: 18
National Apple Cider Day: 18
Family Volunteer Day: 19
Guinness World Record Day: 19
International Men's Day: 19
Mother Goose Day: 19
National Adoption Day: 19
National Survivors of Suicide Day: 19
Rocky and Bullwinkle Day: 19
Women's Entrepreneurship Day: 19
World Toilet Day: 19
African Industrialization Day: 20
National Peanut Butter Fudge Day: 20
Universal Children's Day: 20
World Hello Day: 21
World Television Day: 21
Doctor Who Day: 23
National Espresso Day: 23
Celebrate Your Unique Talent Day: 24
Thanksgiving Day: 24
Black Friday: 25
Flossing Day: 25
International Hat Day: 25 Link

Maize Day: 25
National Day of Listening: 25
Native American Heritage Day: 25
World Day of Giving: 26
Small Business Saturday: 26
Cider Monday: 28
Giving Tuesday: 29
Square Dancing Day: 29
Computer Security Day: 30
National Meth Awareness Day: 30
Rockefeller Christmas Tree Lighting: 30

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** The holidays can be a difficult time. It's OK to acknowledge that it's difficult.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.
3. **Be realistic.** The holidays don't have to be perfect or just like last year.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
9. **Take a breather.** Make some time for yourself.
10. **Seek professional help if you need it.** If you find yourself feeling persistently sad or anxious, unable to sleep, irritable and hopeless, and unable to face routine chores talk to your doctor or a mental health professional.

Adapted from Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>



Peer to Peer Groups

Co-Ed Group: 11:30am - 12:30pm on Tuesdays

Women's Group: 11:00am - 12:00 pm on Wednesdays

Location: CSS Building 906 S. 13th Street, Parsons

Come join us for group and learn more about coping skills, mental health recovery and maintaining health relationships! Educational and fun!