



# *Labette Center for Mental Health Services, Inc.*

## **Company Newsletter**

**July 2020  
Volume 14 Issue 5**

### **MESSAGE FROM MATT JULY 1ST, 2020**

On July 1st the following message was put out to all staff via babble from Matt Atteberry:

*Hi everyone,*

*As I'm sure many of you know, Gov. Kelly announced earlier this week a new Executive Order where, starting July 3rd, masks are to be worn in "public places", and outdoors when physical distancing cannot be maintained. Details of the Order are supposed to be released tomorrow.*

*Regardless as to whether Labette Center, in whole or in part, is or would be considered "public space" for purposes of this new Order, Labette Center will not be relaxing our practices. Staff are required to wear masks when indoors with a client. Clients are expected to wear masks when indoors with staff. This will be impossible in some rare instances, such as a child with sensory issues, or an adult too psychotic to comply in a safe manner. Staff need to physically distance from each other, and wear masks when that cannot be done.*

*Televideo and telephone service provision needs to continue with anyone where it has been possible and successful. In person care is for Navigators, crisis work where televideo or telephone is ruled out, and for those clients where those electronic media have been shown to be ineffective.*

*If you feel unwell, stay home (which I've been doing for the past three days). Follow any and all guidance you receive from your health care provider and/or Health Department.*

*We will get through this. But I will share with you that, rather than thinking about the current Covid-19 pandemic as something that comes in waves, I tend to lean towards those experts who describe it's behavior as more of a forest fire, that goes wherever there is fuel. So, we need to continue to do what we can to reduce the spread until there is a vaccine.*

*Thanks for the utterly great job everyone.*

*Matt*

### **ANNUAL HEALTH SCREENING**

On July 15th from 7:30am - 9:30am Labette Center is offering a free health screening to full time staff. This health screening is free and voluntary. Staff from Labette Health will be at the main building in the multipurpose room to conduct the screening. The results of the screening will provide employees with an assessment of height, weight, body composition, blood pressure, fasting glucose, total cholesterol, LDL and HDL cholesterol, and triglyceride.

### **SMITH RECEIVES LSCSW**

Labette Center would like to congratulate Peter Smith, Therapist! On June

23rd he received his LSCSW (Liscense Specialist Clinical Social Worker). Congratulation Peter!

### **ADVENTURES IN OUTREACH**

Melanie Chappel, My Family Labette, was out on adventures with Paula Kastler, Parents As Teachers. My Family program has committed to outreach and engaging families during this time of pandemic. We have heard from families that they are trying to find ideas of things to do with their children. In promotion of the Kansas Home Visiting Model, we know that children thrive when parents and children can engage in activities together. In partnership with KS Home Visiting programs, Melanie and Paula were distributing fun learning activities to families to promote healthy child development. These items encourage outdoor activity, indoor play and parent-child interaction. We hope that by supplying families with a few items we can help keep them engaged with their home visiting programs and most importantly give parents an opportunity to enjoy a fun activity with their child.



## SUPER SIMPLE HOMEMADE ICECREAM

1 quart Half & Half  
1 quart Heavy Whipping Cream  
2 cups sugar  
3 tsp Vanilla  
Fruits (optional as desired)  
1 bag ice  
1 cup (may use more) Ice Cream Salt  
1 Electric Ice Cream Maker

Combine Half & Half, Whipping Cream, Sugar and Vanilla. Pour into basin of Ice Cream maker. Add fruits as desired. Pour Ice around basin alternating ice and salt until basin is full. Turn on machine. Let run for approximately 45 minutes or until ice cream has thickened to desired consistency. Add ice and salt as needed to keep the basin covered to just below rim.



\*May add other flavorings and items to create a variety of flavors.

### Staff Birthdays . . .

Heather Littrell July 5th	(Case Manager - Adult)
Rebekah Wells July 15th	(Case Manager - Children)
Angela Wininger July 23rd	(Case Manager - Children)
Colton Richards July 23rd	(Case Manager - Children)
Rebecca Gray July 24th	(Crisis Therapist)



Full Moon  
July 5th

Last Quarter  
July 12th

New Moon  
July 20th

First Quarter  
July 27th

## SHARED LEAVE

Message from Natasha Purcell, Human Resources Coordinator:

*Good Afternoon everyone,*

*Today, July 1st marks our second of two donation times for accrued vacation.*

*Per our Shared Leave Policy employees may donate accumulated vacation hours to a bank for distribution to aid another employee who is experiencing a life-threatening or catastrophic illness or injury.*

*As always donations are voluntary. If you have any questions feel free to contact me.*

*Thanks*

*Thanks*

*Natasha Purcell  
Human Resource Coordinator*

## BC/BS MEMBERS

Oswego Drug Store is no longer contracting with BC/BS of Kansas. If members use this pharmacy please be aware that your claim will be processed as out of network. If you have any questions please Natasha know.



### Staff Anniversaries. . .

Ari Haviland July 7th	(Peer Support) 6 years
Gail Kiser July 12th	(Receptionist) 4 years
Karen Haynes July 16th	(Case Manager) 2 years
Jessica Ramsey July 18th	(Behaviorist) 15 years
Monica Simpson July 19th	(Admin. Assist.) 16 years
Cheryl Jones July 19th	(Therapist) 1 year
Mark Gardner July 23rd	(A/D Therapist) 13 years
Nikkii Rosenstiel July 28th	(CBS Coordinator) 17 years



## EMPLOYEE LOGIN SECTION OF LCMHS WEBSITE

Don't forget about the employee login section of the website! The button to access the login page can be found on the main website as one of the menu items listed at the top of the page, directly under the picture. The Center's website address is [www.lcmhs.com](http://www.lcmhs.com). The first time accessing the page each employee will need to set up login information. The login information has to be approved before the employee can access the page. During business hours this process will be handled within a short amount of time. If the first time logging in takes place after normal business hours, the request will be approved on the following business day. After the request has been approved the employee is able to log in anytime. Information is still being updated on this site. If any employee has suggestions on what information would be useful to access through this portal please feel free to let us know!

## RELIAS - A GREAT RESOURCE FOR TRAINING!

Labette Center is proud to be able to offer Relias Learning System to our employees as an added benefit. If you are in need of trainings to obtain continuing education units, or would just like to learn more on a variety of subjects, don't forget to check out Relias to see all the courses that are offered! If anyone has any difficulty logging into the Relias system, if you have forgotten your user name and/or password, or have difficulty utilizing the system, please contact Monica Simpson. There are a lot of great courses that can fit the needs of any employee!

## KPERS 457 VIDEO

Enrollment for the KPERS 457 retirement plan is always open! KPERS 457 is the State of Kansas deferred compensation plan. It's a voluntary

savings plan for KPERS members. In the employee login section of the Center's website, under "Important Links & Training Videos", staff can find a video about the plan to gain more information. The KPERS 457 sign up form and flyer can be found under "Other Employee Information & Forms". For more information contact Natasha Purcell, Human Resource Coordinator.

## DON'T FORGET ABOUT SMART DOLLAR!

Labette Center offers the Smart Dollar program to full time employees to use in their journey to financial wellness.

### Proven Plan for Success

SmartDollar is a step-by-step plan that has worked for millions of people just like you. It's easy to follow and will help you reach your financial goals.

### Online Budgeting Tool

SmartDollar features the online budgeting tool EveryDollar. When you have a budget, you'll start telling your money what to do instead of wondering where it went.

### Motivating Content

Learn from the experts! Through video lessons and real-world content applications, our team of experts, including Dave Ramsey, will inspire you to take action and reach your dreams.

Enrollment Link : <https://www.smartdollar.com/enroll/lcmhs4417>

Participant Video Link: [http://users.neo.registeredsite.com/8/8/3/11596388//184865/other-employee-info.html?\\_=0.869013901654421](http://users.neo.registeredsite.com/8/8/3/11596388//184865/other-employee-info.html?_=0.869013901654421)

## PRC GYM MEMBERSHIP A BENEFIT TO ALL EMPLOYEES!

As part of the Center's commitment to health and wellness for employees the Center offers membership access to the Parsons Recreation Commission facilities located at 200 Heacock Ave, Parsons KS. The facility is open to members from 5am - 8pm Monday - Friday and 1pm-5pm on Saturday and Sunday. As stated on the PRC website, "A membership give you unlimited access to our facility during our business hours. At the Arvon Phillips Community Center we offer a fitness/weight room, racquetball court, men's and women's saunas, full gym, meeting room with full kitchen, Xbox ONE, and Wi-Fi access." In order to access the Center's membership, employees must show their employee badge to the staff at PRC. For more information about PRC visit:

<http://www.teamsideline.com/sites/parsons/home>

## Maintaining Positive Mental Health During COVID-19

### Take care of yourself!

Find stress-reducing activities that help keep your body, mind, and spirit well. Take deep breaths, stretch or meditate, eat well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. Pace yourself between stressful activities by doing a stress-reducing or fun activity! A few activity ideas are: watch a funny movie; video chat with a friend; explore local parks, recreational areas, or walk or bike trails.

### Understand the risks of COVID-19.

There is an overwhelming amount of information available in the news and on social media. To stay informed, use reliable sources of information, such as the [KDHE COVID-19 Resource Center](#) or the [Centers for Disease Control and Prevention \(CDC\)](#). Understanding and sharing accurate information about COVID-19 help reduce stress associated with the outbreak.

### Take breaks from hearing or reading information about COVID-10.

Try establishing specific times to check for updates – it is important to balance your time spent focusing on updates and on other activities.

### Stay connected with others!

Talk with friends, family, neighbors, and co-workers about how you are feeling. Maintain healthy relationships and build a strong support system. You are not in this alone!

### It is okay to ask for help!

Everyone reacts differently to stressful situations. If your stress impacts your daily activities for several days in a row or if you would like to talk with a professional about how you are feeling and need help finding a provider, visit [SAMHSA's Treatment Services Locator](#). Additional support services are listed below.

***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.*



## July is. . .

Alopecia Month for Women  
Bereaved Parents Awareness Month  
Cell Phone Courtesy Month  
Dog Days (7/3 to 8/11)  
Eye Injury Prevention Month  
Family Golf Month  
Fuel Safety Month  
Get Ready For Kindergarten Month  
Independent Retailer Month  
National Deli Sandwich Month  
National Anti-Boredom Month  
Juvenile Arthritis Awareness Month  
National Baked Beans Month  
National Black Family Month  
National Blueberries Month  
National Child-Centered Divorce Month  
National Contract Sewing Month  
National Cord Blood Awareness Month  
National Culinary Arts Month  
National "Doghouse Repairs" Month  
National Grilling Month  
National HIV Awareness Month  
National Ice Cream Month  
National Horseradish Month  
National Hot Dog Month  
National Parks & Recreation Month  
National Picnic Month  
National Vacation Rental Month  
National Watermelon Month  
Sandwich Generation Month  
Self Care Month  
Smart Irrigation Month  
Social Wellness Month  
Tour de France Month (1-23)  
Wheat Month  
Women's Motorcycle Month  
World Watercolor Month  
Worldwide Bereaved Parents Month  
National Tom Sawyer Days: 1-5  
Roswell UFO Days: 3-6  
Freedom Week: 4-10  
National Farriers Week: 5-11  
Nude Recreation Weekend: 5-11  
Operation Safe Driver Week: 12-18  
Sports Cliché Week: 12-18  
Democratic National Convention: 13-16  
Family Golf Week: 15-18  
National Ventriloquism Week: 15-18  
Rabbit Week: 15-21  
Hemingway Look-Alike Days: 16-20  
National Scrabble Week: 18-25  
National Moth Week: 18-26  
Captive Nations Week: 19-25  
National Zoo Keeper Week: 19-25  
Women in Baseball Week: 19-25  
International Lace Week: 20-24  
National Baby Food Week: 22-25  
Comic Con International: 23-26  
Garlic Days: 24-26  
World Rope Skipping Week: 24-8/3  
Lollapalooza: 30-8/2  
Canada Day: 1  
Estee Lauder Day: 1  
Medicare's Birthday: 1  
National Deep Fried Clams Day: 1  
National GSA Employee Day: 1  
National Postal Workers Day: 1

Resolution Renewal Day: 1  
Second Half of The Year Day: 1  
U.S. Postage Stamp Day: 1  
Zip Code Day: 1  
I Forgot Day: 2  
Made In The USA Day: 2  
World UFO Day: 2  
Stay Out Of The Sun Day: 3  
Superman Day: 3  
Boom Box Parade Day: 4  
Fourth of July or Independence Day: 4  
Hop A Park Day: 4  
Independence From Meat Day: 4  
Indivisible Day: 4  
International Day of Cooperatives: 4  
International Cherry Pit Spitting Day: 4  
Lou Gehrig Day: 4  
National Play Outside Day: 4  
Work Without Your Hands Day: 5  
Fried Chicken Day: 6  
Take Your Webmaster to Lunch Day: 6  
Chocolate Day: 7  
Global Forgiveness Day: 7  
Tell The Truth Day: 7  
Coca Cola Day: 8  
Math 2.0 Day: 8  
National Freezer Pop Day: 8  
National Video Game Day: 8  
World Body Painting Day: 9-11  
Don't Step On A Bee Day: 10  
Global Energy Independence Day: 10  
Collector Car Appreciation Day: 10  
National Motorcycle Day: 10  
Oils & Concentrates Day: 10  
Taos Pueblo Pow Wow: 10-12  
Teddy Bears' Picnic Day: 10  
U.S. Energy Independence Day: 1  
Cheer Up The Lonely Day: 11  
Grange Day: 11  
Make Your Own Sundae Day: 11  
National Rainier Cherries Day: 11  
Slurpee Day or 7-11's Birthday: 11  
World Miniature Golf Day: 11  
World Population Day: 11  
Bald Is In: 11  
Different Colored Eyes Day: 12  
Night of Nights: 12  
Simplicity Day: 12  
Embrace Your Geekness Day: 13  
Grunted Workers Day: 13  
International Rock Day: 13  
International Town Criers Day: 13  
National Beef Tallow Day: 13  
National French Fries Day: 13  
National Nitrogen Ice Cream Day: 13  
World Cup Soccer Day: 13  
Bastille Day: 14  
Chick-fil-A's Cow Appreciation Day: 14  
National Macaroni and Cheese Day: 14  
Shark Awareness Day: 14  
Be A Dork Day: 15  
Gummi Worm Day: 15  
International Sister Cities Day: 15  
National Hot Dog Day: 15  
National Give Something Away Day: 15  
National Pet Fire Safety Day: 15  
World Youth Skills Day: 15  
Get to Know Your Customers Day: 16  
National Guinea Pig Day: 16

National Personal Chef's Day: 16  
World Snake Day: 16  
Celebration of The Horse Day: 17-19  
Disneyland Day: 17  
Robin Hood Day: 17-18  
World Emoji Day: 17  
Insurance Nerd Day: 18  
National Bridal Sale Day: 18  
National Caviar Day: 18  
National Sour Candy Day: 18  
Nelson Mandela International Day: 18  
Strawberry Rhubarb Wine Day: 18  
Women's Dive Day: 18  
Anne Hutchinson Memorial Day: 19  
Lake Superior Day: 19  
National Ice Cream Day: 19  
Global Hug Your Kid Day: 20  
Moon Day: 20  
National Lollipop Day: 20  
Space Exploration Day: 20  
World Jump Day: 20  
National Be Someone Day: 21  
No Pet Store Puppies Day: 21  
Rat-catchers Day: 22  
Gorgeous Grandma Day: 23  
Hot Enough For Ya Day: 23  
National Intern Day: 23  
National Refreshment Day: 23  
Cousins Day: 24  
International Self Care Day: 24  
Lumberjack Day: 24  
National Drive-Thru Day: 24  
National Tequila Day: 24  
National Thermal Engineers Day: 24  
Tell An Old Joke Day: 24  
Tequila Day: 24  
Hire A Veteran Day: 25  
National Day of the Cowboy : 25  
Red Shoe Day (International) : 25  
Thread The Needle Day: 25  
Americans With Disabilities Day: 26  
Armed Forces Unification Day: 26  
Aunties Day: 26  
Aunts and Uncles Day: 26  
Bagelfest Day: 26  
National Parents Day: 26  
One Voice: 26  
Love Is Kind Day: 27  
Walk on Stilts Day: 27  
National Milk Chocolate Day: 28  
National Waterpark Day: 28  
International Chicken Wing Day: 29  
Lasagna Day: 29  
National Chicken Wing Day: 29  
National Lipstick Day: 29  
Rain Day: 29  
Cheesecake Day: 30  
Father-In-Law Day: 30  
Friendship Day: 30  
International Day of Friendship: 30  
National Chicken and Waffles Day: 30  
National Chili Dog Day: 30  
National Share A Hug Day: 30  
Paperback Book Day: 30  
World Day Against Trafficking in Persons: 30  
National Avocado Day: 31  
National Mutt Day: 31  
World Ranger Day: 31