

## Training Opportunities

Submitted by Clarissa McMurtry

New Employee Orientation March 2 - 6  
**MANDT** Re-cert March 18-19  
 (please call 6078 for info) March 23-24  
**CPR Class** March 20 @ 9:00 a.m.  
 (please call 6071 for info)  
**MT:** CPR and First Aid Review  
**TOURS:** MC nursing students on Friday,  
 March 20 at 9:30 a.m.

**DON'T FORGET TO SET YOUR CLOCKS AHEAD ONE HOUR WHEN YOU GO TO BED ON MARCH 9th. Daylight Savings Time begins at 2 a.m. on the 10th.**

### Friends of Mississippi State Hospital and Hudspeth Regional Center Legislative Lunch

The two Friends organization held a luncheon at Gallo-way Methodist Church on February 5, that was well at-tended. Sixty-five legislators and 200 DMH staff en-joyed steak sandwiches cooked by the Mississippi Cattle-men's Association. Asst. Director Tim Drane and Campus Programmatic Director Toni Moore were kept busy having their photos taken with the dozens of Mississippi legislators attending the luncheon. Mr. Drane also gave the invocation and led the Pledge of Allegiance. Former Secretary of State Dr. Eric Clark was the speaker for the program. Dr. Clark has a daughter with IDD. Many thanks to Lynn Harrell and Rochelle Minnick for their work behind the scenes.



Upper left: Lynn Harrell and Rochelle Minnick. Top right: Toni Johnson and Dr. Robert Maddux. Rep. Tom Miles, Tonya Bolden, Rep. Jay Hughes, April Jackson, and Jamesia Gilbert are pictured left.

## MARCH CALENDAR

**St. Patrick's Party** March 14  
**DMH Board meeting** March 21  
**Friends Meeting** March 24  
**IDD Day at Capitol** March 26



### 6 Week Health Habit Challenge

Approximately 20 HRC staff accepted the Healthy Habit Challenge. ActiveHealth expert Rolanda Watkins talked with the group on 2/13. She answered health and diet questions and then weighed all participants. She gave each participating staff their weight, their BMI, and the percentage of their body fat. Participants were given a 6 week calendar to healthier habits. They were urged to initial the days they completed the healthy suggestion for that day. In approximately 3 weeks she will come back and weigh staff and to monitor their progress. At 6 weeks she will return to give us our final tally.



Participants filling out paperwork, weighing, and having body fat/BMI calculated.

**IT'S NOT THAT SOME PEOPLE HAVE WILLPOWER AND SOME DON'T IT'S THAT SOME PEOPLE ARE READY TO CHANGE AND OTHERS ARE NOT**

CARL SANDBURG



# HUDSPETH REGIONAL CENTER Campus News

March 2019

A Newsletter for HRC Employees

### Hudspeth Center Celebrates Black History Month



Director Mr. Jerrie Barnes, HRC Legacy recipient Ms. Gwendolyn Loper, and Ms. Nellie Kelly



Assistant Director Tim Drane has initiated a new award for staff he feels go beyond their job description. The first winner of this award is D&E's Debra Lovell. According to D&E director Dr. Kristen Merritte Debra Lovell is an asset to Hudspeth Regional Center and the Diagnostic Services Department. She has been at HRC for over 40 years and knows all of the ins and outs of her job. Debra is very enthusiastic and detail-oriented. She completes her job duties in a reliable and competent manner. In addition to her competence with diagnostic instruments, she spends extra time with families listening to their concerns and talking with them about not only service options through HRC, but also about community resources. Debra takes extra time to make detailed recommendations for families. She is willing to work with families who have different schedules and will stay late or come in early to accommodate their schedules. She truly is passionate about working with individuals and their families and helps them find appropriate services.



## HRC Backs National Wear Red Day

Staff showed up dressed in red on February 1, to show support of heart health awareness. Heart disease is the # 2 killer of people in the United States.



People of different racial and ethnic groups are more likely to develop type 2 diabetes, heart disease, and stroke. African Americans, Mexican Americans, American Indians, Native Hawaiians, Pacific Islanders and Asian Americans have a higher risk for these deadly diseases. Family history and age are also factors in developing heart disease. Check with your doctor about your cholesterol, blood pressure, and blood glucose to make sure your numbers are where they should be.

## Move to Learn

Coach Larry Calhoun from the Mississippi Department of Education's Office of Healthy Schools came to the Hudspeth Center campus on February 13, to show staff how to manage people's energy levels with fitness breaks. The motivational team, Coach Calhoun and Larry Diekman, are part of a grant from the Bower Foundation to make improvements to Mississippians' health education.

Coach Calhoun taught staff how to utilize simple movement exercises that can be done in a small space. He and Mr. Diekman travel the state teaching how short spurts of physical activity can improve the learning process. The 30 minute class at HRC was well-attended and hopefully will be used by staff to help the people we serve.



Hudspeth Regional Center's annual Valentine's Ball was held on Thursday, February 7. Staff and the people they serve enjoyed a night of dancing and fellowship in the beautifully decorated Chastain auditorium. As in years past, the music was orchestrated by the local celebrity Love Child (Elijah Garner) from radio station 90.1. He has been a tremendous help to Hudspeth Center over the years assuring the music is lively and relevant. Plus, his lively personality keeps everyone entertained. A big thanks, Love Child! *Morton Group Home's Valentine celebration is pictured to the left.*