

HUDSPETH REGIONAL CENTER NEWSLETTER



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NEW YEAR'S PARTY

After delays due to the holiday period and frigid weather, HRC finally held its official New Year's party on January 29th in the Chastain auditorium. It was a fitting day for the celebration since it fell on Lunar or Chinese New Year. Everyone enjoyed complimentary ice cream and popcorn. In true HRC fashion, attendees enjoyed music and danced to upbeat tunes while surrounded by black and gold decorations.



Remembering Jenn

It's never easy to say good-bye to someone loved, but one can cherish the memories that remain. On January 7th, a beloved member of the HRC family passed away. Jennifer Dortch had been employed with HRC for twenty years and was the heart of the Central Records Department. Below are some words from those who worked closest with her.

What will you miss most about Jenn?

"How we just used to talk about her life- school, family, church. Mainly, her family. She was just helpful to everybody. I never heard her complain. Everybody knew she was creative. She was proud of being a Zeta (Zeta Phi Beta Sorority, Inc.). She wore that blue proudly."

Sharon Runnels, Director of Central Records

"The knowledge she had about the client database and creativity for decorating buildings. She had a balance. She would decorate for the individuals' parties. You can depend on her to know information needed or provide decorations."

Toni Moore

"I will miss her laugh. We (Kisha Morgan) would be arguing and Jenn would crack up laughing."

Shedrick Coleman, Central Records

"I'll miss her just smiling and talking."

Kimmarie Ford, Central Records

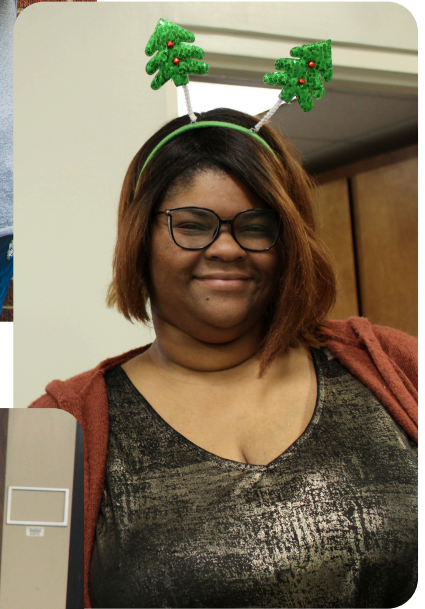
What is your fondest memory of Jenn?

"I used to tell her, 'Jenn, I'm going to be good today, and she'd say, we'll see.'"

Kisha Morgan, Central Records

"I'd like to thank everyone for their kindness shown during this difficult time in our lives. Your calls, dropping by, and acts of kindness were so heartfelt."

Nellie Kelly, Central Records



GOING FOR GOLD

Lakrisha Haggard is not only a member of the Housekeeping Department but an Olympian! Ms. Haggard competed in the Special Olympics of Mississippi held in Brookhaven, MS on January 18th. She earned a gold and silver medal in singles and doubles bowling. Congratulations, Lakrisha! You've made HRC proud.



EMPLOYEES OF THE QUARTER (4TH)

The Employee Incentive Recognition Committee presented Unit II's Marcia Bell and Nursing's Karen Winstead the Employee of the Quarter (4th) awards! Congratulations, ladies!



BLACK INVENTORS

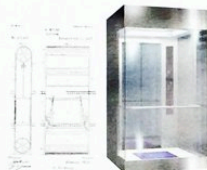
Happy Black History Month! Some of the world's most life-changing inventions were conceived by African-Americans. How familiar are you with black inventions? Circle 5 inventions black inventions below and bring your sheet to Timila Bell, Public Relations. If you're correct, you'll receive a treat :-)



BABY BUGGY

BLOOD PLASMA BAG

CELLULAR CAR PHONE



CORN HARVESTER

ELEVATOR

ELECTRIC LAMP

EMERGENCY FIRE ESCAPE MECHANISM



FIRE EXTINGUISHER

GAS MASK

GUITAR

ICE CREAM



IMAGING X-RAY

LAWN MOWER

MAILBOX

MOP



HEART HEALTH MONTH

February is Heart Health Month, and HRC can easily participate in the following activities to promote heart health. One person dies every 33 seconds from cardiovascular disease in the United States (<https://www.cdc.gov>). On the 7th, sport as much as red as possible for National Wear Red Day. The following week, send pictures of your healthy meals to Timila Bell.

FEBRUARY 7TH:



FEBRUARY 10-14TH:

A red graphic for Healthy Heart Meal Week from February 10-14th. It lists four steps: 1. Prepare or buy a heart healthy meal. Check out <https://healthyeating.nhlbi.nih.gov/> for recipe ideas. 2. Snap a picture. 3. Send your pic to Timila Bell at timila.bell@hrc.state.ms.us. 4. Sit back and watch your meal inspire others on HRC's social media.

HEALTHY HEART MEAL WEEK
FEB. 10-14TH

- 1 Prepare or buy a heart healthy meal. Check out <https://healthyeating.nhlbi.nih.gov/> for recipe ideas.
- 2 Snap a picture
- 3 Send your pic to Timila Bell at timila.bell@hrc.state.ms.us
- 4 Sit back and watch your meal inspire others on HRC's social media.

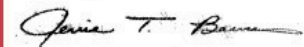
hrc.ms.gov Facebook & Instagram: @hudspethregionalcenter

The Director's Note

We're approaching the time of year in which HRC will have more of a presence from Central Office on campus. Expect DMH visitors during the Employee of the Year luncheon, a campus tour, and the Board Meeting we will likely host again. Each visit is an opportunity to show the needs of the people we serve and just how important the work that's being performed at HRC is.

As I mention every month, please 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.

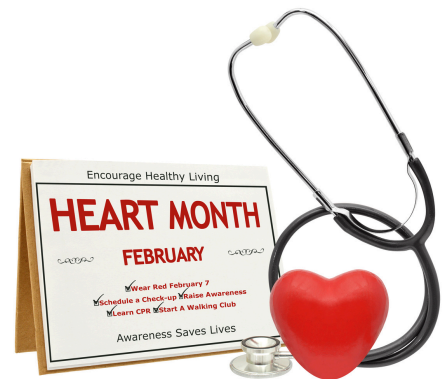
Sincerely,


Jerrie T. Barnes
Facility Director



Important Dates in February

- 2nd: Groundhog Day
- 3-6th: Orientation
- 6th: DCW Upgrade
- 7th: National Wear Red Day
- 14th: Valentine's Day
- 17th: Presidents' Day
- 15th: CPR Training
- 24th: Flag Day
- 26th: Pin Ceremony
- 28th: First Day of Ramadan



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