

“...to be the model of services and support for the people we serve.”

WEDNESDAY, 1 JANUARY 2025.

HUDSPETH REGIONAL CENTER NEWSLETTER



Happy NEW YEAR 2025

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CHRISTMAS PARADE

On December 12th, HRC held its annual Christmas parade. True to its country western theme, participants lassoed their denims and Stetsons and saddled on their floats and moseyed down the campus. Thank you to the Recreation Department and participants for an afternoon of Christmas fun.





CHRISTMAS HAPPENINGS

Tis the season to party! HRC celebrated the holiday season with parties and luncheons. The Grinch stopped by to get in on some of the activities as well. The ladies of Azalea cottage painted Christmas trees on 4x6 canvases. The gentlemen of Birch Cottage sipped on hot cocoa and nibbled their freshly baked cookies while enjoying a visit from Mr. and Mrs. Claus. The gentlemen of Dogwood Cottage enjoyed a pre-Christmas brunch. The Meridian Group Home's annual Christmas party took place at the Meridian Activity Center where the residents and staff members enjoyed raffles, catered food and door prizes. The Clinic enjoyed a campus luncheon that included grilled steaks courtesy of Alex Morado, RN.





MISTER & MISS HRC PAGEANT

The time has come, once again, to crown the next Mister and Miss HRC. On December 11th, stylish contestants strutted down the runway in hopes to win the coveted titles. However, two new titles were introduced in this year's pageant- Prince and Princess of HRC. After a diligent judging process, four winners were crowned. Thank you to everyone who participated in this elegant affair.



EIRC'S GIFTS

This year, the Employee Incentive Recognition Committee purchased HRC-logoed sport bottles for every employee. Members of the EIRC as well as Jerrie Barnes (Facility Director), Angela Alexander (Assistant Director) and Toni Moore (Programmatic Director) handed out the gifts on an early Friday morning. The sport bottles are a small way to say “Merry Christmas” and “Thank You” to the HRC team.



TOYS FOR TOTS

GIFT WRAPPING

The ladies of the Junior Auxiliary of Rankin County are no strangers to HRC’s campus. They can be spotted at various HRC events assisting in any area they’re needed. They continued their long-held tradition of wrapping Christmas gifts for the people HRC serves. On December 10th, these ladies assembled in the Chastain auditorium and wrapped a few hundred gifts. HRC appreciates the continued support of the Junior Auxiliary of Rankin County.

Many children were in need of Christmas toys this year, and HRC rose to the occasion. Several HUNDREDS of toys were collected and donated to the local Toys for Tots office in Pearl, MS. Thank you to everyone who donated!.

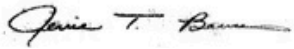


The Director's Note

Happy New Year, HRC! I pray your holiday season was everything you hoped it would be. I don't make New Year Resolutions, rather I set goals for myself and for HRC. Last year, my goals for HRC were to improve services for the people we serve and HRC's infrastructure. With your help, those goals were achieved. This year, my goals will remain the same, but I'll also direct my attention toward interdepartmental training and staff suggestions for improvement.

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



Tips to Making Your New Year's Resolutions Stick

Courtesy of AP News

<https://apnews.com/article/new-year-resolutions-goals-tips-76ef800850455462ea2ff14323044d4c>

1. Start Small: Behavioral health experts recommend breaking ambitious goals into smaller targets, like swapping at least one snack for [fruit and vegetables](#) or [getting some exercise](#) for 10 minutes every day.
2. Think Positive: Focusing on what the resolution is helping you to accomplish — rather than what you're being deprived of — can be a powerful way to reframe your thinking, experts say.
3. Focus on Goals: A [study of New Year's resolutions](#) published in 2020 found that people who focus on specific goals are more successful than those simply trying to kick bad habits.
4. Enlist Friends & Your Calendar: Involving others in your efforts, both for support and to hold yourself accountable, may also help. Experts also recommended scheduling time into your calendar to help you keep your resolution, like blocking off a specific period every morning or evening.
5. Be Kind to Yourself: Change is hard, so don't expect perfection.

Important Dates in **January**

- 1st: New Year's Day
- 6–9th: Orientation
- 15th: DMH Directors Meeting
- 20th: Martin Luther King, Jr. Day
- 21st: MANDT recertification
- 24th: Friends of Hudspeth Center Meeting
- 28th: Advanced MANDT
- 29th: Chinese New Year

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