



# HUDSPETH REGIONAL CENTER NEWSLETTER

*In this Issue:*

*Family Day 1*

*Pines Fun Day,  
Mental Health  
Cookout 2*

*Basketball Game 3*

*Commencement 4*

*Men's Health  
Forum 5*

*Director's Note 6*



## FAMILY DAY



The Friends of Hudspeth Center hosted its annual Family Day on Saturday, June 22nd on the HRC grounds. With the help of the Recreation Department, there were games, concessions, and tents to lounge in the shade.

The Dietary Department prepared hamburgers, potato salad, baked beans, chips and cookies. A very generous family donated red and yellow watermelons. It was the perfect treat for the hot and sticky day.

Clad in brand new blue and gray HRC t-shirts, family members joined the residents as some relaxed in the cool A/C. Others played games and the rest simply enjoyed the company of their loved ones. Seeing the smiles upon the faces of the residents and family members was a highlight.



# PINES FUN DAY

---



Pines Cottage hosted their own Fun Day complete with grilled foods, popcorn, and games. Not under the intense heat, these gentlemen were nestled under the shaded trees as they enjoyed the activities.

# MENTAL HEALTH AWARENESS COOKOUT

---

In honor of Mental Health Awareness Month, the Meridian Group Home, as well as the other group homes, gathered at Turkey Creek Park in Decatur, MS for a cookout. The outing was a fun reminder to “Be Kind to Your Mind”.



# BASKETBALL GAME

---

On June 19th, residents and staff members assembled in the gymnasium to watch their fellow staff members battle it out on the court. It was Red versus Yellow, and the red team triumphed. It's always fascinating to watch staff members who are typically reserved exercise a fierce and competitive attitude when the whistle blows. That's what makes watching the HRC basketball game so exciting. If you missed out on this month's game, have no fear. The Recreation Department will organize another basketball game within the year.





## Commencement

---

On June 25th, four residents, who were also students of the Rankin County School District, moved their tassels from right to left. HRC hosted the commencement ceremony, but the certificates were courtesy of the Rankin County School District. Congratulations to the graduates! Thank you to the Education, Recreation departments, families, and the Rankin County School District for creating a memorable ceremony.



# Men's Health Forum

---

ActiveHealth coaches Claude Courtney and Alice Anne Lee held a men's health forum. June is Men's Health Month, and our coaches opened up meaningful dialogue about the challenges men face concerning their health. Questions such as "Why do men neglect going to the doctor?" and "How can we ensure the men in our lives take their health seriously?" initiated great conversations. The forum was followed by weigh-ins for the next HRC weight-loss challenge. Vigilant Health was on site performing glucose screenings.

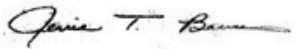


### The Director's Note

It's vacation season, and I hope every last one of you take some time out for fun and relaxation. Please be mindful of water safety whether you're at the pool or beach. Drowning deaths and shark attacks are on the rise.

Have a fun and safe 4th of July. Please remain hydrated this summer and be mindful of the trends in COVID-19 cases. 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 July

3rd: Watermelon Cutting  
4-5: Holiday  
8-11th: Orientation  
23rd: MANDT Recertification  
25th: CPR Certification  
22nd: Family Day

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