



July

Social Awareness Month

July 4

Independence Day

July 24

Parents' Day



Melissa Stone, DDS Director

Welcome to the first edition of the Developmental Disabilities Services newsletter. This first issue will introduce our Community Outreach and Non Profit Support Team, focus on employee achievements and highlight recent events. With the help of this newsletter Community Outreach will continue to keep you updated with happenings in DDS. We hope you enjoy our publication and we welcome your feedback.

Inaugural Greetings!



Henry "Hank" Jones, DDS Assistant Director

Welcome to the inaugural edition of DDSpeaks. Communication is vital to all we do in the Developmental Disability Community: lending our voice to those needing to be heard, providing information and guidance within our community, and offering support and encouragement to one another. [DDSpeaks] is another resource to increase our capacities in all areas. It is a forum for DDS staff and for the community we serve. Each month, we will relate stories, events, and perspectives of interest to the DD community. We seek your input and involvement in making this bulletin useful for all of us, and representative of all of us. I offer my thanks, and encourage yours, to Yvette Swift for getting this project off the ground. I hope you are informed, entertained, and encouraged by it.

- Hank Jones is the Assistant Director for Public Relations & Quality Assurance.
- Alicia Christopher is Mr. Jones' Administrative Specialist.
- Yvette Swift is the Program Administrator for Community Outreach and Non Profit Support.

Meet the team: Hank, Yvette, Alicia



DDS does Zoo Day 2016

Parents' Day, July 24



DDS Children Services and Outreach participated in the Arkansas Autism Resource & Outreach Center (AAROC) Zoo Day 2016. Registration was free for Arkansas families of children diagnosed with autism. The purpose of the event was to raise awareness and support the AAROC. Several vendors were present to include providers, Disability Rights, and church groups.



Red Nose Day at DDS



Terrlyn Scroggins, Waiver Application Unit

ago I was in Walgreen's and I saw these signs about Red Nose Day. I asked the clerk what is "Red Nose Day?" He told me it was for kids living in poverty. I said ok and I bought 10. Then, I thought about what my mom told me when I was a child, so I bought 10 more! I didn't have a lot of money that day but I wanted to do my part. I brought those red noses to work and got my co-workers involved. I also contribute to the Multiple Sclerosis Society, which is dear to me.

Terrlyn inspires co-workers to get involved with Red Nose Day 2016. She tells what inspired her. *I remember my mom would tell us that there are starving and poor children in Africa after I would waste food that she prepared for our family. So one day, my youngest sister and I got food out of the refrigerator and told her to send it to the children in Africa. What inspired me to do Red Nose Day at work was just a few months*



Social Wellness Month

What is the definition of social wellness?

Social Wellness refers to one's ability to interact with people around them. It involves using good communication skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

Social Wellness Assessment

The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points
Sometimes/occasionally = 1 point
Very seldom = 0 points

_____ 1. I contribute time and/or money to social and community projects.

_____ 2. I am committed to a lifetime of volunteerism.

_____ 3. I exhibit fairness and

justice in dealing with people.

_____ 4. I have a network of close friends and/or family.

_____ 5. I am interested in others, including those from different backgrounds than my own.

_____ 6. I am able to balance my own needs with the needs of others.

_____ 7. I am able to communicate with and get along with a wide variety of people.

_____ 8. I obey the laws and rules of our society.

_____ 9. I am a compassionate person and try to help others when I can.

_____ 10. I support and help with family, neighborhood, and work social gatherings.

_____ Total



Guest Writer Submission— Thomas Tarpley

Our first guest writer submission comes from Thomas “Tommy” Tarpley. Tommy is one of DDS new Assistant Directors. He will oversee all DDS contracts and grants and is currently overseeing the Part C and Part B federal grants. In his own words, here are fun “Tommy” facts.

I was born and raised in Little Rock and graduated from Little

Rock Central High.

I played baseball from the age of 4 all the way through college.

Many, many moons ago, I was a 2nd degree blackbelt in Tae Kwon do and could easily do the splits. Currently, I would pull a hamstring if I tried to touch my toes.

Hobbies:

Sports: Watching and keeping up with all things sports is my

Score: 15 to 20 Points –

Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Three ways to celebrate!

1. Join A Club That REALLY Interest You – our interests, hobbies, and beliefs are dominant driving factors of social compatibility. Whether a book club, sports team, or support group of any variety, engaging with others over things that are of mutual interest is a great way to promote social well being. Regular social interaction is essential to build-

ing positive self-esteem and self-awareness and is enjoyable when done over an activity considered a valuable use of our time.

2. Reconnect With A Close Friend Or Family Member – if you've been neglecting to nurture relationships with those you care about lately, this month is as good of time as ever to reach out and reconnect. Sincere gestures as simple as a phone call or meeting for coffee to offer your appreciate is a great way to promote mutual more harmonious and healthy relationships.

3. Spend Some Quality Time With A Four-Legged Friend – many studies have shown beneficial effects of pet ownership on a person's ability to maintain stress levels and leading to greater heart health. Companionship and gratitude isn't just for humans! Taking time to show your animal a little TLC can do wonders for both of your wellbeing.

Quiz from Worksmartlivesmart.com. Tips from CPH and Associates.

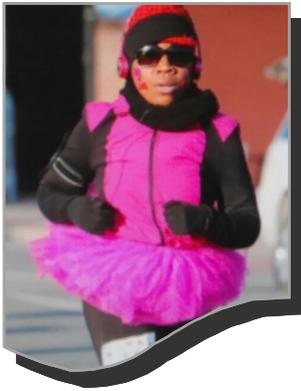


obsession, especially Arkansas Razorback sports.

Music: Music, music and more music of any genre...well, really it has to be from 2005 or earlier...I am struggling to get into any of this new music.

Reading: Don't have time to do as much reading as I would like, but I really enjoy it and find it relaxing.

Fitness Talk



Sweetheart Run



Tamiko's story: I began running in 2012 to get in shape and once I found my pace; I couldn't stop. I challenged myself to run a marathon in memory of my mother's passing and I'm glad I did. I ran the Little Rock Half Marathon and it turned out to be one of the most rewarding moments of my life. I loved it and I plan to run another half marathon before I run the full marathon, March 2017.



Stacy's story: I began Park. I have decided to running 5k races to support take the summer off to train my sister on her exercise and for upcoming 5k and now health journey. My first 10k races! I haven't decided race was in Valentine's Day which ones I will run in but weekend, February there are plenty of races to 2016. It was called "The choose from at Arkan-Sweetheart Run." My en-sasrunner.com. Here are a tire family decided to travel few I am interested in: to Tulsa and run in the race to support my sister. That run was so much fun and so exhilarating I decided to register for the Little Rock Marathon 5K Run. My third race was a 5k "Glow Run" in Burn's Park soccer complex. My fourth race was for a very good cause... it was called "Take a Run at Hunger" and it was held in NLR at the Two Rivers



Glow Run 5K

- September 17**--- St. Jude 5k--- Little Rock
- October 9**--- Race 13.1 Little Rock Half/10K/5K --- Little Rock
- October 15**--- The Mud Run 5k--- Little Rock
- October 22**--- Race for the Cure 5k--- Little Rock

About 2 years ago we, the licensure try first. I'm proud to announce that the team, decided that we needed to get to team climbed and conquered! 2 of us together after work and do some sort of still climb at least 1x a week - 2x if exercise. We discussed several options our calendars allow. We climb regard- because we wanted to make sure that all less of the weather! We encourage every- team members could participate. We one to climb with us each week. It's a talked about walking from the office to full body workout! the River Market then hop on the River Trail. Some could walk, some could jog and even biking was an option. We also Alternate exercise options are solicited; we are open to trying most exercise option talked about walking the pathway around Baptist Hospital since it's a that fits into our schedule. We believe fit fairly centralized location. We also dis- bodies promote fits minds. Come join us cussed the challenge of climbing Pinnacle on our quest weekly to be as fit as possi- Mountain, which is what we decided to ble. All are welcomed.



Coming in September



DDS Food Truck/ Arts & Crafts Day



Meet
**Merinesa
Morris**
Waiver
Application Unit
Manager, 5 Years
of Service

Bio: Married for almost 10 years (July 1st). Youngest among 8 siblings. Came to Arkansas in 2008 from Manila, Philippines where I was born. Obtained Master's Degree in Psychology, Kaplan University. Before joining DHS, had opportunities to work in an internet service provider as Human Resource Associate; Spa Operations Manager in a 5-star hotel; and, spa consultant for a luxury hotel in Boracay Island, Philippines. From these jobs, I have developed skills in organization, customer service, business operation, management, and human resources. Started with DDS as Administrative Specialist III with Waiver Application Unit and promoted in 2014 as Waiver Application Unit Manager. Active member of Arkansas Philippine Association that supports medical mission overseas and community services. Hobbies and interests include painting, kayaking, camping, photography, travelling different places (countries visited so far - Thailand, Hongkong, Canada, Singapore, and Jordan), and investing in real estate.

What would you like your DDS Family to know about you? I would like to share with DDS Family

the staff that I work with- Terrlyn Scoggins and Raymond Donaldson, who are very supportive with the success of our unit and would like for everyone to know how dedicated they are on each role. They consistently show compassion with their work and most importantly with our customers. They do all the best they can to keep their cases processed appropriately and efficiently. Both of them show the true meaning of team work especially now that we are shorthanded.

Best life advice: Do not give up your day dream that keeps you to do your best. And, always follow our heart's desire.



Comments, Suggestions, Q & A

This section will be for any comments, suggestions, and follow up Q&A received. Please route all submissions to yvette.swift@dhs.arkansas.gov.

