



National Family Caregivers Month

November

National Adoption Month

National Epilepsy Month

National Family Caregivers Month

National Alzheimer's Month

11/6 Daylight Savings Time Ends

11/8 Election Day

11/11 Veterans Day

11/24 Thanksgiving Day

11/25 Black Friday

11/28 Cyber Monday

November Birthdays

11/2 Linda Hall

11/3 Alisa O'Neal

11/9 Benjamin Davis

11/7 Rodney Collins

11/11 Cindy McCord

11/11 Brandy Woods

11/14 Phyllis Lenz

11/16 Tina Fremody

11/18 Jodi Woodberg

11/24 Dale Woodall

11/25 Crystal Triplett

11/28 Dorothy Davis

From the Caregiver Action Network (CAN)

"Take Care to Give Care"

The theme for National Family Caregivers Month November 2016 is

"Take Care to Give Care"

The first rule of taking care of others: *take care of yourself first*. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to *"take care to give care!"*

• **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiv-

ing responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

• **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems.



They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

• **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things

you can do to take care of yourself and keep a positive attitude overall.

• **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

• **Remember: "Rest. Recharge. Respite."** People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During **National Family Caregivers Month**, we remind family caregivers that to be strong enough to care for your loved one, you must *Take Care to Give Care!*

Veterans Day, November 11

The Veterans Day National Ceremony is held each year on November 11th at Arlington National Cemetery. The ceremony commences precisely at 11:00 a.m. with a wreath laying at the Tomb of the Unknowns and continues inside the Me-

morial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries. The ceremony is intended to honor and thank all who served in the United States Armed Forces.



DHS Central Offices will be closed. We thank the HDC staff for working!

DDS Work News— from the Director

Request for Proposal on Independent Assessments

Assistant Directors Thomas Tarpley and Regina Davenport have spent many hours developing and drafting a Request for Proposal for a DHS' Independent Assessments and Transformation Support. For DDS, this RFP is asking for qualified bidders to perform independent assessments on the current 4,200 clients receiving services under the 1915(c) Waiver, the approximately 200 clients who will be admitted to a public or private Intermediate Care Facility beginning July 1, 2017, and any new clients who come onto a home and community based waiver. DDS is also seeking qualified bidders to perform a developmental screen on children referred to a CHMS or DDTCS. For this population, the developmental screen will not determine eligibility but will be used as a tool so the primary care physician can determine if a referral to a CHMS or DDTCS is appropriate.

DHS anticipates the final version of the RFP by Friday, November 4, 2016.

Thanksgiving days off:
November 24th and 25th



Provider Risk Based Model

As you may be aware, the Arkansas Department of Human Services (DHS) has developed a conceptual framework for a provider-led model that would coordinate care for a small group of Medicaid enrollees who require higher levels of care due to their needs for intensive levels of behavioral health or developmental disability services. Specifically for the DDS populations, this model would coordinate care for our clients who are Institutional Level of Care. This model would potentially be an alternative to managed care for the transformation of the behavioral health and developmentally disabled programs. To be clear, this possible alternative would not include the Long Term Services and Support (LTSS) population or those served in the Human Development Centers (HDCs). The work on this concept is in the early phase of development. If it is determined through our work with the provider and health care community over the next few weeks that this is a viable option, DHS will recommend that the state pursue legislation to create a provider-led shared savings model in Arkansas to serve this population. Over the course of the next four (4) weeks DHS will be hosting a series of working group sessions on specific topic areas such as governance, performance measures, and financing.

Healthy Thanksgiving Recipes: Herb-Roasted Turkey Breast, Herb & Apple Stuffing



Ingredients

- 1 whole bone-in turkey breast, 6 1/2 to 7 pounds
- 1 tablespoon minced garlic (3 cloves)
- 2 teaspoons dry mustard
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon chopped fresh sage leaves
- 1 teaspoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons good olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 cup dry white wine

Directions

Preheat the oven to 325 degrees F. Place the turkey breast, skin side up, on a rack in a roasting pan.

In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and spread half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan.

Roast the turkey for 1 hour and 45 minutes to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. (Test in several places.) If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.



Ingredients

- 16 cups 1-inch bread cubes, white or whole wheat using 2 baguettes
- 4 tablespoons unsalted butter (1/2 stick)
- 2 cups medium-diced yellow onion (2 large)
- 2 cups medium-diced celery (3 large stalks)
- 2 Granny Smith apples, unpeeled, cored and large diced
- 2 tablespoons chopped flat-leaf parsley
- 1 1/2 teaspoons minced fresh rosemary leaves
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup chicken stock
- 1/2 cup sliced blanched almonds, toasted, optional

Directions

Preheat oven to 300 degrees F. Put the bread cubes on a 13 by 18 inch baking sheet and bake them in the oven for 7 minutes.

In a large saute pan, melt the butter and add the onion, celery, apples, parsley, rosemary, salt, and pepper. Saute for 10 minutes, until the mixture is soft.

Combine the bread cubes and cooked vegetables in a large bowl and add the chicken stock, and almonds, if desired.

Place the stuffing into the main cavity of the turkey of the bird. A 12-pound turkey can cook for 2 1/2 hours at 350 degrees F in a preheated oven. Make sure the stuffing in the cavity is secured by wrapping the legs tightly with string.

Healthy Thanksgiving Recipes: Green Bean Casserole with Crispy Shallots, Sweet Potato-Pecan Casserole



Ingredients

- 1/4 cup olive oil
- 6 medium shallots, sliced into rings (about 1 cup)
- 1 1/2 pounds thin fresh green beans or haricots verts, trimmed
- 1 pound button mushrooms, sliced
- 6 large cloves garlic, minced
- 1 tablespoon chopped fresh thyme
- 3 cups low-fat (1 percent) milk
- 3 tablespoons all-purpose flour
- 1/3 cup plus 2 tablespoons freshly grated parmesan cheese
- 1/2 cup finely chopped fresh parsley
- 1/4 teaspoon ground nutmeg
- Salt and freshly ground pepper
- Olive oil cooking spray

Directions

Preheat the oven to 375 degrees F. Heat the olive oil in a small skillet over medium-high heat until very hot but not smoking. Add 1/4 cup shallots and cook, stirring, until golden brown and crisp, about 2 minutes. Transfer with a slotted spoon to paper towels to drain. Repeat with the remaining shallots, cooking 1/4 cup at a time. Reserve the oil in the skillet.

Place the green beans in a steamer basket fitted over a pot of boiling water. Cover and steam until bright green and still crisp, about 3 minutes.

Heat 1 tablespoon of the reserved shallot oil in a large, deep nonstick skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until the mushroom liquid is evaporated and they begin to brown, about 12 minutes. Add the garlic and thyme and cook, stirring, 1 minute. Transfer the mushroom mixture to a bowl.

Whisk together the milk and flour until the flour is dissolved. Add the mixture to the skillet and, whisking constantly, bring to a simmer. Reduce the heat to medium low, whisking occasionally, until thickened, 10 to 15 minutes. Remove the pan from the heat and stir in the green beans, mushroom mixture, 1/3 cup parmesan cheese, the parsley, nutmeg, 3/4 teaspoon salt and 1/2 teaspoon pepper.

Coat a 2-quart baking dish with cooking spray. Spoon the green bean mixture into the prepared dish and sprinkle the top with the crispy shallots and the remaining 2 tablespoons cheese. Bake until golden on top and bubbling, about 20 minutes.



Ingredients

- Cooking spray
- 3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

Directions

Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray.

Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Healthy Thanksgiving Recipes: Butternut Squash Soup, Apple Crisp

Ingredients

- 1 (2 to 3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- A dash nutmeg
- Salt and freshly ground black pepper to taste



Directions

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

Ingredients

Filling:

- 5 Granny Smith apples, peeled, cored, chopped small
- 1/4 cup finely chopped pecans
- 3 tablespoons all-purpose flour
- 1/2 cup brown sugar
- 2 tablespoons maple syrup
- 1 tablespoon lemon juice

Topping:

- 3/4 cup all-purpose flour
- 1/3 cup brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 6 tablespoons chilled butter, cut into pieces
- 1/4 cup coarsely chopped pecans



Directions

Preheat oven to 350 degrees F.

For the Filling:

Mix all the ingredients together. Place into 7 to 8-ounce ramekins.

For topping: Mix the flour, brown sugar, cinnamon and salt in large bowl. Blend the butter into the mixture until it forms pea size lumps. Stir in pecans and sprinkle over filling.

Bake crisps for 35 to 40 minutes. Cool 10 minutes before serving.

Black Friday November 25



Cyber Monday November 28

Meet :

Chanda Young-Olive

DDS Children Services,
Program Coordinator



Bio: I am married, a mother of one, with two dogs (German Shepard and a Dashund). I enjoy life, love to travel and spend time with family especially while on vacation. I am a member of Sigma Gamma Rho Sorority, College graduate, Grad school graduate, and Zumba instructor* .

What would you like your DDS Family to know about you?

I started working with the Department of Human Services in 1994 with Division of Youth Services. From there, I began a social work journey. In 2007, I took on the role as Unit Supervisor with the Division of Children and Family Services working with abused and neglected children. In 2009, I was promoted to County Supervisor with the same division. In 2016, I took on another role working with the Division of Developmental Disabilities Services in which I travel working with families with children ages 0-3. In this role, I assist families to get the necessary help they need to aid in and nurture their children's growth and development.

Best Life Advice: My motto in life is live and let live. I can't worry or complain about what others think of me. I am only responsible for me... Be **humble** and never think that you are better than anyone else. I live without pretending, love without depending, listen without defending, and I "try" to speak without defending.

The thing I enjoy the most is dancing. It's my way of relieving stress. I started teaching dance aerobics to inspire others to feel music and dance off some pounds.

**Chanda teaches dance at W.O.W. Fitness located at 5223 Mabelvale Pike in Little Rock.*

Save the Date for the Annual DDS Holiday Party!

Friday, December 9

More details to come!



Comments, Questions, Suggestions

What would you like to see featured? Please send your ideas to yvette.swift@dhs.arkansas.gov