



February

American Heart Month

Black History Month

Feb 1 National Freedom Day

Feb 3 National Wear Red Day

Feb 14 Valentine's Day

Feb 15 Susan B Anthony Day

Feb 20 Presidents' Day

Feb 20 Daisy Gatson Bates Day

Feb 28 Mardi Gras

February Birthdays

2/1 Baronica Craig

2/1 Terrell Wade

2/2 Kristie Farr

2/8 Virginia Green

2/13 Cindy Corbitt

2/15 Rhonda Stewart

2/23 Monique Freeman

2/23 Julie Rye

DDS Accomplishments as part of the DHS Tele-Celebration

DDS participated in the DHS Tele-Celebration that took place on Friday, January 20th in the central office complex. This event was a celebration of all of the DHS Divisions' accomplishments and provided an opportunity for employees to visit sister divisions' booths to learn of the services they provide.

Melissa Stone, Director submitted the following regarding DDS that was shared by DHS Director Cindy Gillespie.



Big Accomplishments for 2016

In 2016, DDS began a working relationship with Kohler Co., one of the nation's largest manufacturers of kitchen and bath plumbing products. The Southeast Arkansas Human Development Center is working with Kohler to provide employment to clients living at the Human Development Center.

In 2016, DDS received grant funding in the amount of \$113,800, from the Governor's Council on Developmental Disabilities to expand the number of service providers participating in the Supported Employment transformation pilot from 11 to 35.

In 2016, DDS hosted its' first ever Fall Festival where clients from the community and clients living at the Human Development Center joined together to sell products that they had personally made.

Hope for 2017

DDS is in the midst of an exciting and busy year. The executive team has set some lofty goals. We will continue to grow employment opportunities for individuals with developmental disabilities. We will also be implementing new tools to assess our client's needs to ensure that every person receives the right services, in the right environment, for the correct cost.



DDS is the Department's largest division, employing nearly 2,300 people. The majority of those staff members perform direct care to clients with developmental disabilities. DDS is an amazing place to work with knowledgeable and caring staff who try every day to better the lives of people with disabilities.



American Heart Month

About Life's Simple 7 from the American Heart Association:

Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

Lose Weight

When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.

Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

National Wear Red Day, 2/3/17

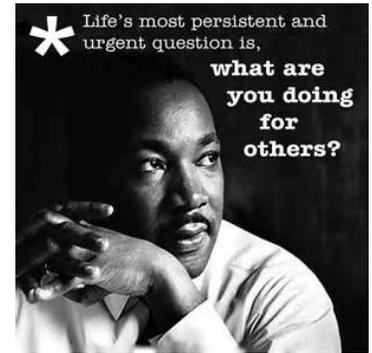


For more information on the national event, knowing your risk, and knowing your numbers, visit: www.goredforwomen.org.

DHS in the Community



Department of Human Services receives Community Services Award at the MLK Prayer Breakfast. On hand to accept this award, Cindy Gillespie, Director of DHS pictured with Hilda Dis-muke-Canada, DCO Program Eligibility Specialist and Gerald Canada, DDS Liaison to ASH.



Black History Month~Famous Arkansans



Milton Pitts Crenshaw was born in Little Rock, Arkansas, in 1919. He was one of the first African Americans and first Arkansan to be trained as a civilian licensed pi-

lot. He was an original Tuskegee Airman and trained hundreds of cadet pilots at Tuskegee. When he returned to Little Rock, he helped implement a flight program at Philander Smith College. In 2007, President George W. Bush awarded the Congressional Gold Medal to him along with other Tuskegee Airmen.



Daisy Gatson Bates Day
February 20, 2017

Daisy Lee Gatson was born in Huttig, Arkansas, in 1912. At the age of fifteen Daisy met L. C. Bates. The couple eventually got married and began publishing *Arkansas State Press*. The newspaper played an important role in the civil rights movement. Daisy Bates was an active member of the National Association for the Advancement of Coloured People (NAACP) and in 1952 was elected president of the chapter in Arkansas. She was a mentor to the Little Rock Nine, the African-American students who integrated Central High School in 1957. She and the Little Rock Nine gained national and international recognition for their courage and persistence during the desegregation of Central High. President Lyndon B. Johnson appointed Bates to help administer his anti-poverty programs. She also worked in Washington for the Democratic National Committee. In 1968 Bates was appointed director of the Mitchellville OEO Self-Help Project.

Time to start thinking about Spring Break and Summer Vacations! Here are some in and out of state destinations.

In State

Hot Springs: Magic Springs, Bathhouses & Spas, National Park Aquarium, Gansgter Museum of America

Arkadelphia: DeGray Lake

Batesville: Mark Martin Museum

Bentonville: Crystal Bridges Museum of American Art, Buffalo National River, Museum of Native American History

Eureka Springs: The Great Passion Play, Blue Spring Heritage Center and Gardens

Fort Smith: Fort Chaffee Museum District

Murfreesboro: Crater of Diamonds State Park

Piggott: Hemingway-Pfeiffer Museum & Education Center

Pine Bluff: Arkansas Entertainers Hall of Fame

Searcy: Pioneer Village

Helena– West Helena: Delta Cultural Center

Mountain View: Blanchard Springs Caverns, Loco Ropes

Hardy: Vintage Motorcar Museum



Out of State (beaches, museums, shopping, tourist attractions)

Destin, Florida New Orleans, Louisiana

Pensacola Beach, Florida Dallas, Texas

Gulf Shores, Alabama Houston, Texas

San Antonio, Texas Galveston, Texas

With some advance planning, you can take your family on an affordable spring break or summer vacation. Send me some of your favorite vacation spots you and your family enjoy. Feel free to include photos!



Mardi Gras Potluck, Tuesday 2/28, DDS Director's Conference Room starting at 11am



Comments, Suggestions, Q&A

Let us know what you'd like to see featured in upcoming editions and also, if you'd like to be a guest writer! Send all comments, suggestions, and Q&A to: yvette.swift@dhs.arkansas.gov