



April

Autism Awareness Month

National Child Abuse

Prevention Month

National Volunteer Month

*Sexual Assault Awareness
Month*

Stress Awareness Month

4/16 Easter

4/26 Administrative

Professionals Day

4/27 Take Our Sons and
Daughters to Work Day

April Birthdays

4/2 Charlotte Dixon

4/6 Kim Goh Walker

4/8 Martha Smith

4/9 LaToya Sims

4/11 Charlene Price

4/11 Nita Reed

4/12 Susan Jackson

4/21 Ellen Stewart

4/26 Ashley Williams

Spring~ What will you do in this season?

Days become longer. Temperatures grow warmer. And, for most of us, a renewal desire takes place. We spring clean our homes. We plant flowers and work on our gardens. We prepare for graduations and set new goals. What changes will you make? Where are you professionally, personally? Take an inventory of where you are. Have you grown since this time last year? Are you in the same place you were five years ago? Are you happy? Did you achieve previous goals? For the goals you did not achieve, were the obstacles in or out of your control? Did you give 100% and stay the course? Did you set realistic goals?

As a new season unfolds, take some time to listen to the beat of the renewal drum. Seriously consider what it is that you want out of life. Then go for it! Do the research. Make action steps. Study. Rest to rejuvenate. Then, work on your renewal as though your life depended on it. Whether it's tackling debt, intentional family time, building stronger bonds, remodeling your home, going back to school, plant the seeds now to reap the harvest. Those goals/resolutions you set in January, revisit them. Have you made any progress? What adjustments are needed? If you met those, what's next? This is your life's journey. Take the reins and steer!

DDS Strategic Planning Teams

Please continue to follow messages from Director Stone regarding DDS 2017 goals as they are released. Listed below are the strategic teams she put in place to ensure DDS goals are met.

Human Development Centers Strategic Planning Team

Waiver and Title V Services Strategic Planning Team

Centralized Intake and Referral Strategic Planning Team

Quality Assurance Strategic Planning Team

Early Intervention Services Strategic Planning Team

DDS Overall Transformation Strategic Planning Team

May

Lupus Awareness Month

*Mental Health Awareness
Month*

National Foster Care Month

National Mobility Month

*National Stroke Awareness
Month*

5/4 National Day of Prayer

5/5 Cinco de Mayo

5/14 Mother's Day

5/25 National Missing
Children's Day

5/29 Memorial Day

May Birthdays

5/2 Tammy Benbrook

5/4 Georgia McNabb

5/6 Gwendolyn Thrower

5/7 Pam Hearnberger

5/11 Diana Dobbins

5/17 Carolyn Sattiewhite

5/20 Donna Williams

5/23 Janie Raschke

5/25 Susan Baker

5/30 Danyella White

Upcoming DHS Events



April 26 – **Administrative Professionals Day** – We plan to send out something agency-wide in advance giving people ideas on low or no-cost ideas on how to celebrate. Please encourage your director or chief to celebrate the administrative professionals in his or her office.

April 23-29 – National Volunteer Week

April 24-28 – Children’s Week – This is something DCCECE does with child care centers across the state. The theme is Go Outdoors, Play and Explore! Here’s a [toolkit](#).

April 27 – **Take your Daughters and Sons to Work Day** – We have four youth from foster care who will be shadowing KTHV Anchor Dawn Scott, NLR Officer Tommy Norman, Speaker Gillam and his communication team, and a team at the Air Base. Everyone will use social media to promote the youth and this effort.

April 28 – **Launching the new VolunteerAR** portal with the help of the Governor, First Lady and others. We also plan to make an announcement about DHS employees and volunteering. Will keep you posted.

May 7-13 – **Public Employee Recognition Week** – We plan to mimic what we did last year – encourage offices, units, teams, etc. to host potlucks. We’ll send out theme ideas again and may do a Facebook live event (though that is not set in stone).

Healthy Recipes Corner



Ingredients

3 skin-on, bone in chicken breasts
 1 teaspoon Kosher salt
 1 large orange
 1/2 cup mayonnaise
 1/3 sour cream or low-fat Greek yogurt
 1 tablespoon Dijon mustard
 1 stalk celery, chopped
 1/2 cup chopped pecans, almonds, or walnuts toasted
 1/4 cup chopped fresh chives
 1 and 1/2 tablespoons poppy seeds
 Freshly ground pepper
 1/2 cup dried apricots or green apples, chopped (optional)
 Torn lettuce leaves, for serving
 4 whole-wheat pitas, halved

Poppy Seed– Chicken Pitas

Total: 40 min Active: 20 Min Yields 4 servings Level: Easy

Directions

Cover the chicken with cold water in a saucepan and add 1 teaspoon salt. Remove strips of zest from half of the orange with a vegetable peeler; add the zest to the water. Cover and bring to a boil over high heat, then reduce heat to medium-low and simmer, uncovered, until the chicken is cooked through, about 18 minutes. Remove the chicken and let cool.

Grate the remaining orange zest into a large bowl; juice the orange into the bowl. Stir the mayonnaise, sour cream, mustard, celery, nuts, chives, poppy seeds, 1/2 teaspoon salt, and pepper to taste. Add the apricots, if desired.

Shred the chicken, discarding the bones and skin, and toss with the dressing. Stuff a few lettuce leaves and some of the chicken salad into each pita.

Meet LaToya Bankhead-Sims, DDS Program Coordinator

These pictures are from the 2017 Women's World Football Games sponsored by USA Football in Florida. LaToya is pictured with Samantha Rapoport, NFL Director of Football Development

Name of your team? Arkansas Wildcats.

Name of your league? Women's Football Alliance

How long have you been playing? 3 years

How did you get interested? I saw a documentary that was talking about a Texas team. Then the Arkansas Times had an article featuring the Arkansas Banchees and the Arkansas Wildcats.

What position(s) do you play? Offense: Tight End, Defense: Defensive End (outside linebacker)

What have you learned? Mental toughness

What has the game taught you? That I'm able to apply mental toughness to all areas of life.

How has this helped or added to your life? It has allowed me to interact with people I never thought I would have before. It forces you to not judge a book by its cover.

How does one get started? Send a message to Arkansas Wildcats if you want to play and or donate. Come out to the games. We pay for our own gear ranging from \$200-\$600 and we have player fees \$250 annually.

Where do you see the future of Women Football overall? In Arkansas? I feel it's gonna grow. Possibly get to WNBA level in 15 to 20 years. But I believe, for now the future is with girls youth leagues. I have a feeling we will get there, we just have to stick with it. I would like to see our league with more community involvement such as visiting women in hospitals and visiting schools. Women's Football needs mainstream exposure.

For more information about women's football, contact LaToya directly. She will be happy to share her experience with you.



Acknowledgement from Joe Winford

To my dear DDS family,

The entire family of Dorothy J Davis and I, deeply appreciate your kind expression of sympathy in our time of sorrow. I am really thankful for your support that you've shown me during the loss of my mother. Words cannot simply express how grateful I am for the cards, monetary blessings, the flowers and all of the love, that was shown and still present today. It makes this journey much easier for me with friends like you present.

May God bless each of you for your acts of kindness and expressions of sympathy during our great loss.

Thanks again.

Joe and family

In state stay-cations from James Hayden

My favorite is Petit Jean State Park. Mather Lodge is beautiful and the restaurant is as good as any and not super expensive. The Lodge rooms are about \$75 per night. They are nice rooms though they are small. Cedar Falls is a wonderful 90 foot falls that is spectacular when frozen and impressive during rainy times. There are several events each year (antique car auction, Rendezvous and others). There is a car museum and many, excellent trails. The heavy morning fog is beautiful at the Petit Jean burial site but the view of the winding, Arkansas River is amazing all the time!

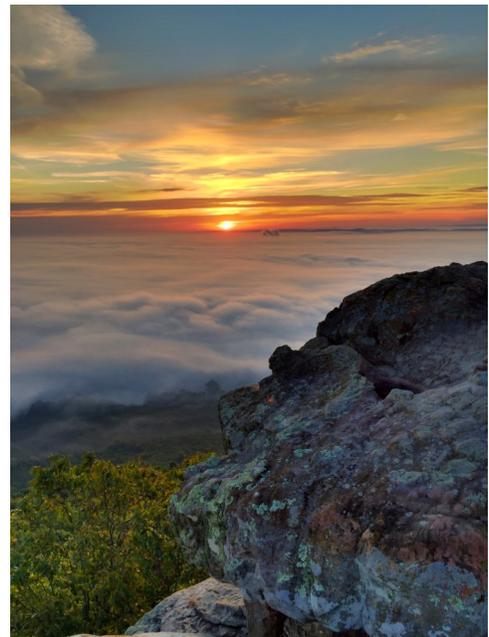
...and if you wish to be a little closer to nature than the Lodge or Cabins, try a big, round, permanent tent called a YURT with bunk beds. You can rent these already in place at Petit Jean. You will have a canoe and grill as well as the bunk beds for 6 people. They even have several electrical outlets!

Petit Jean State Park Reservations: 877-879-2741

Address: 1285 Petit Jean Mountain Road
Morrilton, AR 72110



High trail view of the Cedar Falls



Burial site overlook (you are above the clouds/fog)

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