



DDS celebrates Famous Arkansans for DD Awareness Month

April

Autism Awareness Month
National Child Abuse Prevention Month
National Volunteer Month
Sexual Assault Awareness Month
Stress Awareness Month

4/1 Easter
4/25 Administrative Professionals' Day
4/26 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

Tuesday, March 6, 2018, Governor Asa Hutchinson along with DDS Staff recognized Famous Arkansans as part of National Developmental Disabilities Awareness Month. Many honorees were able to attend along with family and friends. The 2018 Famous Arkansans for Developmental Disabilities Awareness Month are: Tom Maloney (Texarkana), Susan Turner (Beebe), Larry Boatwright (Alma), Kakki Green (Little Rock), Julie Davis (Warren), Jerry Lee (Booneville), Ron Seay (Texarkana), Doug Smith (Arkadelphia), Dayle Fincher (Conway), Mindy Stephens (Greenwood), Nadalyn Rhea (Benton), Whitney Percy (Greenwood), Tina Hill (Arkadelphia), Ricky Withers (Conway), Mary Borman (Fayetteville), Joel McElroy (Greenwood), and Heather Chidester (Jonesboro).



Honorees with Governor Hutchinson and DDS Director Melissa Stone



DDS Staff

DDS celebrates Famous Arkansans con't



Staff in action!



Come by and check out the 2018 Famous Arkansans display in the hallway between the DDS Director's Office and Conference Room. Poster portrait design and project created by Jamal Williams, DHS Communications Staff. Job well done, Jamal!

Guest Writers



SEAHDC recognizes community volunteers



The Southeast Arkansas Human Development Center staff would like to recognize a community volunteer greatly appreciated, Pastor Philip Faris. Pastor Faris is the pastor of The First Presbyterian Church in Warren, Arkansas. He has come to our Center every Wednesday to provide church services and time for our residents. Pastor Faris leads church services every Wednesday at 3pm. One of our Rehabilitation Supervisors, Beverly Davis presented Pastor Faris with a certificate expressing our gratitude. The certificate states “For being an outstanding, dedicated servant in ministry for the Southeast Arkansas Human Development Center”. Thank you, Pastor Faris!

Submitted by: Bettye Fleming, Administrative Specialist III

The Southeast Arkansas Human Development Center staff recognizes Jennifer Couch. Jennifer is a special young lady who has been volunteering at SEAHDC since March 12, 1998. Jennifer was honored for her invaluable service to the Center on March 13, 2018, with a potluck reception. Jennifer takes her tasks very seriously and has an amazing work ethic. She is a valuable asset to SEAHDC and the clients we serve!

Submitted by: Danna Harvey, Quality Assurance Coordinator



DDS Supported Employment Outreach

Thursday, March 29, 2018, DDS Staff Regina Davenport, Sharon Delph-Mohammed, Linda Scales, and Yvette Swift along with DHS Communications Staff Glenn Bolick hosted the Supported Employment Booth at the Arkansas Convenience & Energy Show 2018 Expo in Hot Springs. Supported Employment is a waiver service that provides ID/DD clients who want to work with the opportunity to work through job training and matching their skill set with an equivalent job opportunity. It’s a win-win for both employee and employer! DDS is very appreciative for this opportunity that Glenn Bolick provided to network with such a diverse group of employers. Several connections were made with promising opportunities for the clients we serve. For more information about Supported Employment, contact Sharon Mohammed at Sharon.mohammed@dhs.arkansas.gov OR her program’s website: dhs.arkansas.gov/dds/employment1stweb/#emp1-home



Pictured left to right: Regina, Sharon, and Linda

National Stress Awareness Month

9 Ways to Celebrate



- ◆ Make up your mind to get and/or stay healthy: What do you need to take control of? Checkup? Diet? Exercise? No more excuses. Find out what you need to do to be your best you. A healthy you has a fighting chance against stress.
- ◆ Make a change: Whether big or small, make a change from clearing clutter to taking a vacation. Mix it up!
- ◆ Focus on now: Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only now. Focusing on this perfect moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.
- ◆ Talk to yourself: Can you say pep talk? Be your own #1 cheerleader! Sometimes life can beat you down, but you have to remind yourself exactly **who you are!** Get back up and get back in there. You've got this!
- ◆ Get the Giggles: laughter is good for the soul. Find time to laugh each day.
- ◆ Meditate: Works wonders for releasing stress in your life. I have not yet attained this skill. I usually end up asleep. Try it. If it works for you, add it to your list of stress relievers!
- ◆ Keep a Happiness Journal: Jot down the good things you experience or witness every day. There's at least one thing to find happiness in, if only happy to be alive.
- ◆ Put a positive spin on it: No matter how strong, long-lasting the storms you weather, always keep watch for the end. Storms don't last forever. Find the silver lining, lesson, or what I like to call the blessing in delay. The delay could represent trouble ahead or signal unpreparedness. Trust the timing process and its protection.
- ◆ Help someone else: When you take the focus off of you and help someone else, you channel that energy into something positive. You'll feel better and your perspective will change.

SAVE THE DATE

MS Walk of 2018 in Central Arkansas

Saturday, April 28, 2018

First Security Amphitheater/ Rivermarket

Gates open at 9am, Race starts at 10am



Comments, Suggestions, Q&A

Please 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 by the 20th of the month.