



September

Cholesterol Education Month

National Suicide Prevention Awareness Month

Healthy Aging Month

National Child Obesity Month

World Alzheimer's Month

9/3 Labor Day

9/11 Patriot Day

9/28 DDS Fall Food & Craft Fair

September 11

Patriot Day is observed as the National Day of Service and Remembrance. It occurs on September 11 of each year in memory of the people killed in the September 11 attacks of 2001. How will you commemorate this day?



September Birthdays

9/2 Donna Parsons	9/16 Carla Williams
9/2 John Rhodes	9/17 Merinesa Morris
9/3 Elizabeth Pitman	9/17 Heather Sandoval
9/4 Keia McClellan	9/17 Tracy Turner
9/6 Sharon Sisk	9/20 Sarah Bolduc
9/7 Sue Conaway	9/21 Clara Moore
9/10 Pam Daniels	9/22 Yolanda McDonald
9/12 Keesha Lucas	9/24 Kimberly McCarley
9/13 Debbie Renfroe	9/29 Melissa Gentry
9/16 Ivy Harris	9/29 Laura Sherwood



Healthy Living— Vitamins for your skin

If you're looking for help with your skin, do your homework on these 4 Vitamins.

Vitamin A (Antiaging)- helps prevent clogged pores, increases radiance, improves skin tone, and stimulates collagen production.

Vitamin C (Antioxidant)- combats skin-damaging free radicals caused by sun exposure and pollution, boosts collagen formation, and helps fade spots.

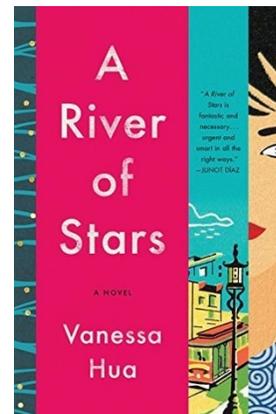
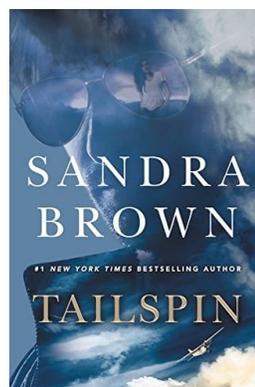
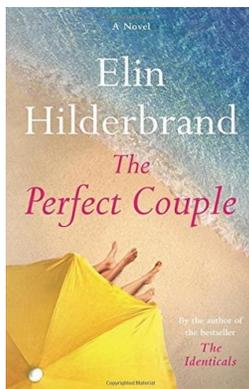
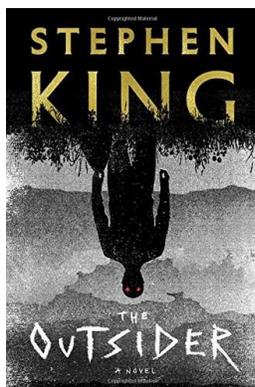
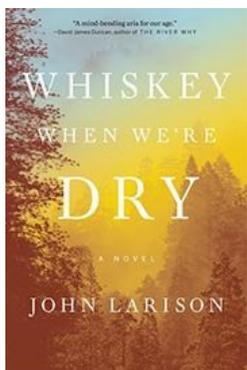
Vitamin E (Antioxidant)- protects skin from damage by neutralizing free radicals, fights dryness by creating a protective layer that helps retain moisture.

Vitamin B3 (Antiaging)- Less aggressive than Vitamin A but doing many of the same things plus reduces redness and is better tolerated.



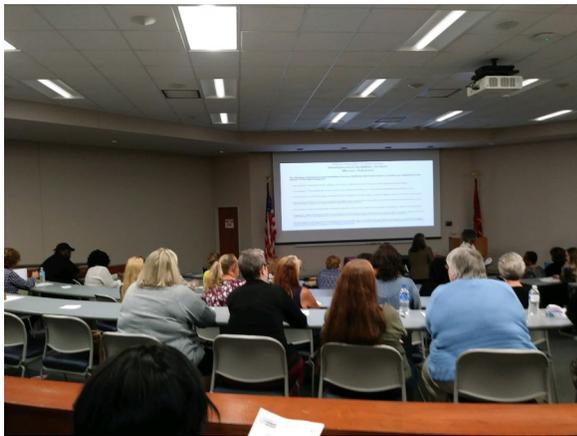
Healthy Living— Relax your mind

Reader's Nook



DHS/DDS Annual Training

This year's annual training was held on August 20th at the UALR Cooperative Extension Auditorium in Little Rock. Organizers had two training sessions. Topics included: Office of Behavioral Health Overview– Patricia Gann, Assistant Director of Behavioral Health Services; Early Intervention Day Treatment (EIDT) + Adult Development Day Treatment (ADDT)- Elizabeth Pitman, DDS Assistant Director; PASSE Training– Patricia White, DDS Area Manager; and DDS Appeals– Regina Davenport, DDS Assistant Director and Laura Sherwood, DDS Area Manager. There was an opportunity for questions after each speaker and a general question and answer segment was held at the end of both sessions.



Save the Date

9/28 **DDS Fall Food & Craft Fair 11am-2pm + DDS Store Ribbon Cutting with the Governor 11:30am-12:15pm**

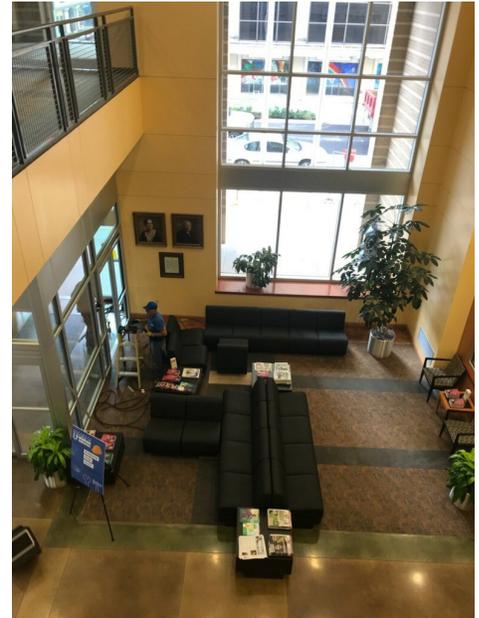
10/9 **Arkadelphia Human Development Center 50th Anniversary**

10/26 **Southeast Arkansas Human Development Center 40th Anniversary**

10/31 **DHS Children's Halloween Event**

DDS Store Construction

Construction has started on the DDS Store. The ribbon cutting will be held during the DDS Fall Food & Craft Fair on Friday, September 28th. The store will feature crafts made by individuals with intellectual disabilities living in both the community and state-run human development centers. Individuals with disabilities will also be employed in the store along with state staff. DHS employees, DHS visitors, downtown workers, and those who've made downtown their home will have the opportunity to shop for unique items in close proximity, for some within walking distance. We are excited about this opportunity and what it means for these talented individuals as well as what it will mean for the community! Join us at the ribbon cutting ceremony and then consider the DDS Store for your gift shopping needs.



DDS Football Season Kick-Off Tailgate



DDS Tailgate

Friday, September 14

12noon-2pm

DDS Conference Room

Sign up to bring your favorite appetizer, dish, dessert, or drinks. Email or come sign up on my office door.

Rep your team! Wear your team's gear and let's get ready for some football!



Comments, Suggestions, Q&A

Please let us know what you would like to see featured. Send all inquiries to Yvette Swift @ yvette.swift@dhs.arkansas.gov