



DHS New Year Celebration

February

American Heart Month

Black History Month

2/1 National Freedom Day

2/7 **Blue Umbrella Turns 1**

2/7 **National Wear Red Day**

2/14 **Valentine's Day**

2/15 Susan B. Anthony Day

2/17 President's Day

2/17 Daisy Gatson Bates Day

2/25 Mardi Gras

On Friday, January 17th, DHS held its 4th Annual New Year Celebration. The event focused on 2019's accomplishments and tasks before us for 2020. The DHS Communications Team put together the annual report video showcasing each division's accomplishments. Vendors were on hand for employees to shop as well as food trucks providing lunch.

New this year was the announcement of the first Susan Burton Team Excellence Awards. DDS was the **Innovation Winner** for the opening of the Blue Umbrella Gift Shop. The Blue Umbrella is the first state-run store in Arkansas that exclusively sells items made by individuals with developmental and intellectual disabilities. Team members are pictured below: Avis Lane, Danielle Barlow, Tammy Benbrook, Shannon Roberts, Rosemarie Lovato, Baronica Craig, RaQueisha Washington, Meredith Parker, Lainey Morrow, Erin Skrodenis, Melissa Stone, Dale Woodall, Bryan Redditt, and Susan Jackson. Not pictured: Thomas Tarpley, Mederrick Davis, Stephen Thornton, and Korey Isbell.

Also, DDS staff were recognized as members of the **Innovation Runner-Up Award**: PASSE Launch Beneficiary Communication Effort. DHS Communications worked with DMS and DDS to create a communications plan where DDS was instrumental in the success of the statewide call center. DDS team members were Melissa Stone, Regina Davenport, Portland Gilbert, Desiree Grisley, Sheena Burton, Rhonda Stewart, RaQueisha Washington, Keesha Lucas, Yolanda McDonald, Laura Sherwood, Sabrena Harris, Marsha Johnson, Heather Bailey, Ruth Dunn, Kimberly Green, Charlotte Malvin, LaToya Sewell, Keshia Wilson, Crystal Triplett, Malissa Ingram-Davis, Vonnesia Taylor, Linda Navarro, and Cynthia Cunningham.. Well done Team DDS!

February Birthdays

2/1 Terrell Wade

2/2 Kristie Farr

2/8 Virginia Green

2/13 Cindy Corbitt

2/15 Rhonda Stewart

2/17 Hanna Raines

2/23 Monique Freeman



Did You Know?

The DCO/Office of Community Services are the grantees for the Emergency Solutions Grant program. Funding is provided to 34 agencies across the state of Arkansas. The funding supports Emergency shelters, provides Rapid Rehousing for those who are homeless and seeking a place to live, Homeless Prevention for those who are about to be evicted from an apartment and Street Outreach to those who are living on the streets. Certain eligibility requirements must be met. Please contact Lorie Williams, Assistant Director, OCS, for more information.

If you or someone you know needs help, it is available!

Lorie's contact information is:

Lorie.williams@dhs.arkansas.gov or by phone, 501-682-8714

Healthy Recipe

Skillet-Roasted Lemon Chicken with Potatoes

Ingredients

1 tablespoon olive oil, divided	8 boneless skinless chicken thighs
1 medium lemon, thinly sliced	1/3 cup dried rosemary, crushed
4 garlic cloves, minced and divided	1 pound fingerling potatoes, halved lengthwise
1/4 teaspoon grated lemon zest	8 cherry tomatoes
1/2 teaspoon salt, divided	Minced fresh parsley
1/4 teaspoon pepper, divided	

Directions

1. Preheat oven to 450 degrees. Grease a 10-inch cast-iron skillet with 1 teaspoon oil. Arrange lemon slices in a single layer in skillet.
2. Combine 1 teaspoon oil, 2 minced garlic cloves, lemon zest, 1/4 teaspoon salt and 1/8 teaspoon pepper; rub over chicken. Place over lemon.
3. In a large bowl, combine rosemary and the remaining oil, garlic, salt, and pepper. Add potatoes and tomatoes; toss to coat. Arrange over chicken. Bake, uncovered, 25-30 minutes or until chicken is no longer pink and potatoes are tender. Garnish with parsley.



Tips to stay healthy at work

- *Make water benchmarks throughout the day (mark a jug or large bottle in 2 hour increments)
- *Set tickler reminders on your computer to get out of your seat every 30 to 60 minutes and move
- *High five coworkers or fist bump in greeting
- *Reward completed tasks with a healthy snack
- *Take a walk (in your building or around it)
- *Take the long way (park far) to get those extra steps in
- *Stretch throughout the day



Elks Lodge Hosts Arkadelphia Human Development Center Representatives

On January 22, Elks Lodge 380 hosted dinner for Kerry Gambill; Superintendent of the Arkadelphia Human Development Center, Julie Wilhelm; Nurse Manager, and Cheryl MacKay; Program Services Administrator. Following dinner, Ms. Gambill thanked the Elks and recognized the various donations and programs supported by the Elks through their State Major Project. Among other things, the Elks have provided a gazebo, supported a technical education program, supported a recreational area specifically designed for handicapped clients (including a swing set on which a wheelchair can be secured), and an annual picnic at the center (food supplied, prepared and served by Elks) for clients, staff, and family members. Ms. Gambill also recognized the psychological and social support given by the Elks to client families and staff. Statewide, the Elks support both financially and socially all five of the Arkansas Human Development Centers.



PER Herb Carey, Julie Wilhelm, Kerry Gambill, Cheryl MacKay, ER Bill Sams

Celebrating Carolyn Ford's 41.6 Years of Service

Happy Retirement

A Blue and Gold Affair



Family, friends, coworkers, and providers came out to celebrate Carolyn's retirement at DHS after 41.6 years of service! Several heartfelt tributes were shared for one who touched many. DDS Director Melissa Stone and her current supervisor, Program Administrator Joe Winford presented the Capitol Citation.

In the words of many, "Rest! Enjoy your well-deserved retirement!"



Celebrating Carolyn Ford



There is a lot coming up at DHS. Stay tuned!

Save the Date

February

The Blue Umbrella Turns 1– 2/7

(DHS Complex– 700 Main Street– Little Rock

CHDC Prom– 2/13

Blue and You Kick-off event— 2/27

March

Developmental Disabilities Awareness Month

April

Child Abuse Prevention Month Rally– 4/1

State Legislature Fiscal Session begins— 4/8

National Volunteer Week— 4/19-25

DHS Day of Service— 4/24



Comments, Suggestions, and Q&A

What would you like to learn more about or see featured? Please send all comments, suggestions, and Q&A to Yvette.swift@dhs.arkansas.gov by the 15th of the month.