



National Developmental Disabilities Awareness Month

March

- Developmental Disabilities Awareness Month
- Cerebral Palsy Awareness Month
- Multiple Sclerosis Awareness Month
- Women's History Month
- National Reading Month
- Social Work Month

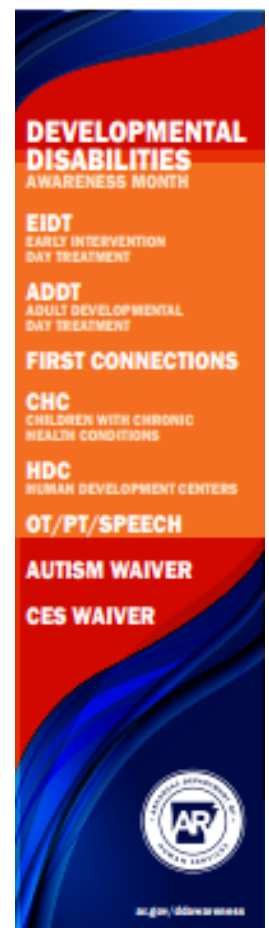
- 3/1 Women's History Day
- 3/3 Employee Appreciation Day
- 3/12 Daylight Savings Time Starts
- 3/17 St Patrick's Day
- 3/20-3/24 Spring Break
- 3/21 World Down Syndrome Day
- 3/25 U.S. National Cerebral Palsy Awareness Day
- 3/26 Purple Day for Epilepsy



This is the 28th year the United States has recognized and celebrated March as National Disability Awareness. On February 26, 1987, President Ronald Reagan officially declared Proclamation 5613 making March National Developmental Disabilities Awareness Month. The proclamation urged Americans to provide individuals with developmental disabilities “the encouragement and opportunities they need to lead productive lives and to achieve their full potential.”

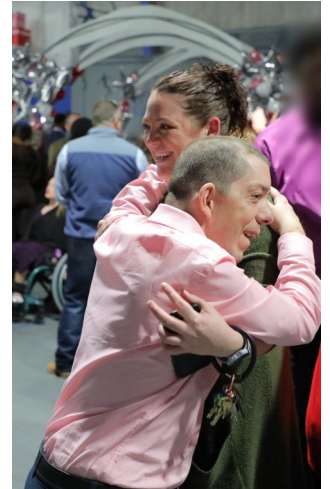
This year, DDS is featuring several people both from the community and Human Development Centers on banners outside the DHS Administration Complex in Little Rock. Their stories will stream on all DHS media platforms. The month's celebration will kick off with photos with the Governor and Proclamation.

Be on the lookout all month long for information from government agencies and community partners for ways to celebrate individuals with developmental disabilities.



Conway Human Development Center Prom 2023

CHDC hosted its annual prom on Valentine's Day, February 14th! This year was as spectacular as ever! Superintendent Sarah Murphy and team pulled off an epic event for the residents. Everyone had a great time! From the décor to the music to the attire, CHDC staff and friends brought an experience of love and joy to all in attendance with style and a night of dancing!



DHS Jefferson County Morale Committee serves the community

Jefferson County Morale Committee members visited The Blossoms Nursing Home in Whitehall for Valentine's day as one of our community service activities for the month. They made 76 Valentine's Day bags for the residents and they were very grateful.



Morale Committee Staff



Blossoms Nursing Home staff, residents and DHS staff



(left to right) DDS staff Sheena Burton, The Blossoms Activity Coordinator K. Thornes, DCFS Stacey Williams, and DDS staff Patricia Jenkins



For more information, contact:

Alyssa Majeske, Health, Wellness and Engagement Specialist

Phone: 501.682.1398

Email: alyssa.majeske@dhs.arkansas.gov

DHS Health & Wellness Webpage

<https://arkdhs.sharepoint.com/sites/dhs-hnw>

AHELP – <https://ahelp.arkansas.gov/>

Don't forget to log your healthy behaviors to redeem for time off work!

Participation in all Health and Wellness activities at DHS are on a voluntary basis. If at any point during the activity you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately. By participating in any of the exercises/advice presented at DHS, you are assuming all risks of injury that might result. You are responsible for exercising within your limits and seeking medical advice and attention as appropriate.

Save the Date

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Developmental Disabilities Awareness Month

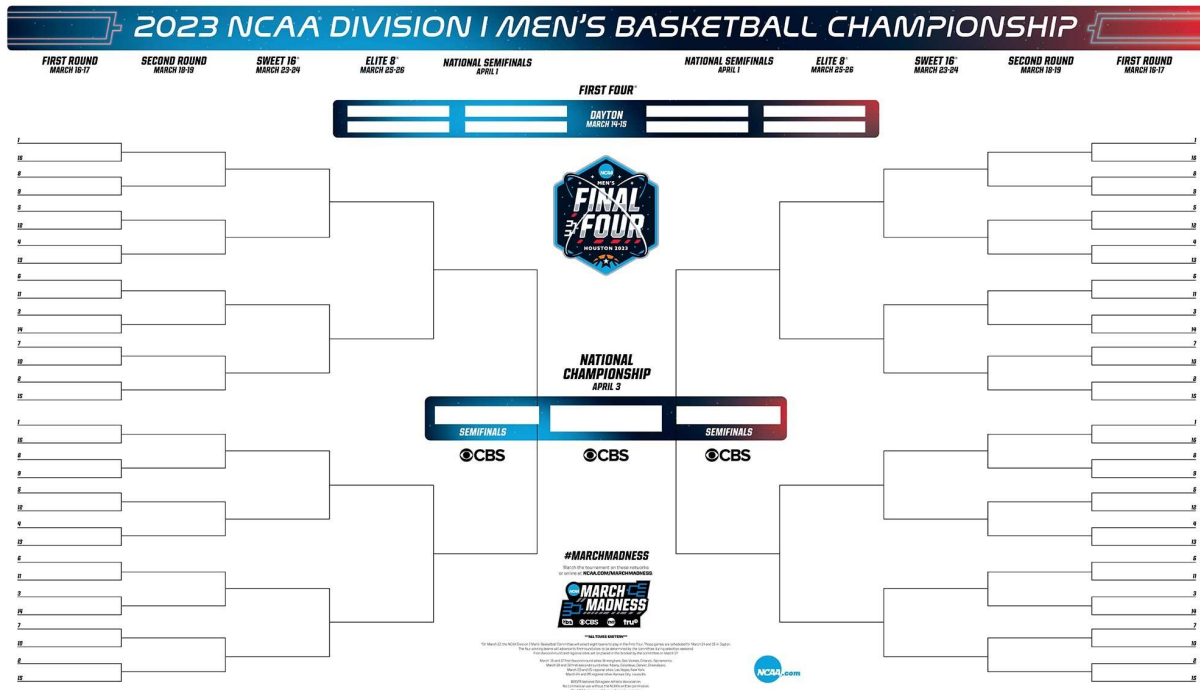
3/1 Governor's Proclamation

3/1 DD Awareness Banners Unveiling

3/1 Blue and You Fitness Challenge begins

March Madness

It's that time again. This is our second year trying to see who can get the perfect or closest to perfect brackets in. March Madness is back! Last year's March Madness Bracket Winner was Dollia Langford, AHDC Human Resources Specialist with 28 wins. Also of note, she predicted one team that made it to the Final Four, Kansas. Will she hold the title? Email your completed brackets to Yvette Swift by Monday, March 13th.



Comments, Suggestions, Q&A

Let us know what you'd like to see featured. Please send all comments, suggestions and Q&A to Yvette.swift@dhs.arkansas.gov by the 15th of the month.

the blue umbrella NEWSLETTER

march 2023



OUR 4TH BIRTHDAY *Reach "4" the Stars*

The Blue Umbrella's 4th birthday celebration on Friday, February 10 was a huge success! With your support, our mission to celebrate intellectually and developmentally disabled Arkansans will carry us into year 5 with much excitement! We want to thank everyone who took time to come celebrate with us, especially our artists who were on hand to promote their goods and meet customers.



Above: DDS Director Melissa Weatherton and DHS Secretary Kristi Putnam visit with Blue Umbrella artist, Jana Palmer, of 2ScentzWorth. To view more photos from the celebration, you can visit our Facebook page (@blueumbrellaar) or website at www.blueumbrellaar.org.



Tanasia from Arkadelphia Human Development Center poses by the artist meet and greet lineup.

Austin from Conway Human Development Center visits with a customer.



Estie demonstrates how Diamond Art is made.



Update

THE BLUE UMBRELLA EMPLOYMENT TRAINING PROGRAM

The first two participants in The Blue Umbrella's Employment Training Program, Gabe and Johnny, will complete their training the end of this month. We are so proud of their success and growth over the last six months and want to celebrate their accomplishments with you!

Please join us on Thursday, March 30 in The Blue Umbrella to congratulate them on a job well done and to wish them well in their future endeavors.

More information will be in The Blue Umbrella's March newsletter and on our social media accounts.



@blueumbrellaar

