

The Sunland Beacon

Volume 1/Issue 2

APRIL 2015

The Agency Supports Persons with Developmental Disabilities in Living,
Learning, and Working in their Communities

agency for persons with disabilities
State of Florida



Sunland Shines in Special Olympics County & Area Games!

Sunland was privileged to recently play host to the 2015 Special Olympics Florida Jackson County and Area Two Summer Games. The Jackson County Summer Games were held on March 18th and included approximately 225 athletes from Sunland, Hope School and Jackson County. It was a beautiful spring day and the opening ceremony featured the Parade of Athletes, the National Anthem sung by Donna Conrad and culminated with the torch run that included: Matthew W and Chris M from Hope School and Larry M and Scott A from Sunland.

On April 8th an even larger crowd was on hand for the Area Two Summer Games. These games included approximately 400 athletes from Sunland, Hope School, Jackson County and Bay County. Sunland's Kimberly Peterson sang the National Anthem and the torch runners for these games were: Parker S (Marianna Middle School), Leon H (Hope School), Gary P (Pathways) and Roosevelt E (Sunland).

Athletes from both of these events who qualified to advance will now proceed to the Special Olympics State Summer Games that will be held at Disney's Wide World of Sports in Kissimmee, Florida in May. Both events also received very nice write ups in the Jackson County Floridan. Centralized Support Services and the Sunland Recreation Department would like to thank all the folks that had a hand in making both of these events such a huge success.



**Let me win.
But if I cannot win,
let me be brave
in the attempt.**
- Special Olympics athlete oath



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agency for persons with disabilities
State of Florida

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From the Superintendent...

There are no shortcuts to any place worth going
- Beverly Sills

Team – I am so grateful to join you in doing this important work at Sunland, Pathways and the Developmental Disabilities Defendant Program. When I think about what you do daily it is nothing short of “Amazing!”

I aspire to take life lessons to help enrich what we do in the work place. In last month's article, I invited you to speak to me about lessons learned that have helped you in growth and development on the job. I am appreciative of the conversations with staff who desire to do and be better for themselves and the individuals we are privileged to serve. It is very rewarding to hear and see others grasp the reins of their lives, use their creative imaginations and translate that time and energy into something that enriches the lives of others.

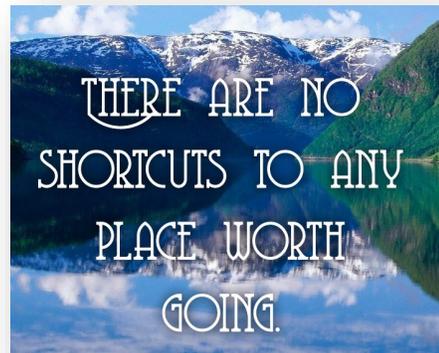
One staff shared that she has an idea for a stage play that will raise awareness about the importance of looking the part on the job. She said, “We have to help people. They don't know what they don't know.” For her, sitting around the table of her elders and hearing them talk about how to dress for work, school, church, and play made it clear to her that she could not dress for work the way she did on her own time. I look forward to this project. It is said to be funny and embracing.

Two others talked about helping individuals fulfill their goals of attaining a GED, learning Cosmetology, Photography, Music, Art, Culinary Skills, and Theater. Plans are well underway. These staff demonstrate that it only takes willingness and cooperative spirits to start anything. They recognize that they must do the work with the teams and there are no shortcuts. For these staff members, it is evident that their community service throughout the county is intertwined in their daily lives. They consider it a privilege to go beyond expected work to grace others with their gifts. They said, “It's just right to do! These people deserve our best!” Looking forward to Art in the Park and more spectacular events.

Then there is the gentleman who works with the Forensic population. He describes this work as a call on his life. For him, watching people work in the community with individuals who were “slow...had made some mistakes and needed another chance” greatly impacted him in a positive way. He enjoys providing literature, a listening ear and being an encourager to “his guys!” Reflecting on his expressions reminded me of two sayings: “We're all perfectly imperfect” (Paul Tillich) and “Placing the person first, the disability is no longer the primary defining characteristic of an individual, but one of several aspects of the whole person” (Kathie Snow). Powerful words to think about.

I am certain that so many of you are doing extraordinary things under challenging circumstances to go beyond the call of normal duty. I certainly want to hear about them. And, I know that many of you will never share your stories. Be aware that I am a good listener and a keen observer. Keep doing good things and share your gifts. Your goals may not be fully realized, but follow the path anyway. You may be surprised by the objectives you can accomplish along the way and the awesome team that you build as you are doing the work.

Superintendent Geri Williams



Unit 1 Field Day a Big Success!!!

The annual Unit 1 Field Day was once again a huge success. A special thanks to our staff for the hard work and support that went towards its success. The smiles on everybody's face, residents and staff alike, really summed up the day. We are already looking forward to next year's event when we can share the field once again with delightful looks and laughter.

When you think about it, a smile costs nothing, but gives much. It takes but a moment, but the memory of it can last forever. None are so rich that can get along without it. And none are so poor but that can be made rich by it. It enriches those who receive, without making poor those who give. It creates sunshine in the home, and fosters good will in business, and is the best antidote for trouble. And yet it cannot be begged, borrowed, or stolen for it is of no value, unless it is given away.

Some people are too busy to give you a smile, so give them one of yours. For knowing that no one needs a smile as badly as he or she who has no more smiles left to give.

So ...why not start Today to:

- ⇒ Choose Happiness
- ⇒ Choose Life
- ⇒ Choose to be embraced
- ⇒ Choose to know who you really are
- ⇒ Choose to smile



Remember, people will continue to give us smiles if we in turn continue to give them smiles!



Contributed by: Unit 1 Recreation Department/ Clevelando Wedderburn, RTS

Unit 2 on the Move...

~ ICE CREAM DAY ~

"I scream, You Scream, We All Scream for ICE CREAM!!"



When you get the urge for a snack on a hot and humid day, what's the first thing that comes to your mind? That's right... Ice Cream! On March 25, residents enjoyed ice cream cones, sundaes and a cold bottle of water. Ice cream and DJ Kit Reagan playing their favorite tunes was a great combination!

SPRING BREAK WEEK

During Spring Break week, March 23-25, Unit 2 residents had a blast! Residents enjoyed many fun activities such as cook outs, fishing at the Environmental Park and movie night.

The men of East Truman personalized Tie Dye tee shirts and the women of Pierce house were pampered with manicures.

Who says college students have all the fun?



SPECIAL OLYMPIC AREA 2 GAMES

The day of Special Olympics Area 2 Games, the sun broke through the clouds bringing happiness to everyone around. Residents were full of anticipation as they prepared for their race. Some participated in cycling, softball and tennis throw, volleyball, long jump, track events (running and walking), while others were spectators cheering them on. In reality, they are all winners!



Contributed by: Lawanda Calhoun

Unit 3 Happenings...



Spring Break

Spring Break 2015 was nothing short of fun! Our residents and staff enjoyed participating in various activities throughout the week on their houses, and in the activities that were provided by CSS on Center. Each house had scheduled activities including, Bingo for bags, horticulture day, outdoors fun day, nail spa, ice cream party, smoothie express, arts & crafts, storytelling. The art expo put on by LMC Impressions Inc. out of Campbellton, FL, was magnificent. The week ended with the kite flying and street dance event put on by CSS. Watching the colorful kites sailing across the blue sky was quite a site to see.

Celebrations



April is turning out to be quite an eventful time for Unit 3. Ms. Thelma G., who resides at Monroe house celebrated her 97th birthday on April 1. Ms. Thelma is the oldest resident on Sunland Center! Her birthday celebration was truly fit for a queen! The décor was quite superb, with the color scheme was blue at Ms. Thelma's request and yellow to complement. Ms. Thelma and everyone in attendance had a great time celebrating her big day.

Unit 3 administration hosted a quarterly birthday celebration for staff birthdays for January, February, and March. The staff took delight in the birthday cupcakes that were provided.

The Unit's Easter celebration was right around the corner. Unit wide,

Unit 3 Connally Manor Retiree

We appreciate all our staff and what they do for our residents. On April 4, we showed our appreciation to Mr. Kenneth Grantham. Mr. Kenny, as we all call him, was the guest of honor at his retirement party. He was presented with an acrylic clock by Unit 3 POA Elizabeth Mitchell and Assistant Superintendent, Jon Creamer for the 32 years he has dedicated to Sunland. Mr. Kenny has been an ideal co-worker, kind-hearted, funny, and always lending a hand to whoever needed help. Mr. Kenny's presence will definitely be missed by all of Unit 3, especially Connally Manor which was like a second home to him.



What's Happening

Upcoming events include, the Annual Spring Fling which will be the fashion affair of the year! We would like to cordially invite all to join us Wednesday, April 15 at 9:00 a.m. for our annual Spring Fling 2015. On April 24, Unit 3 will be hosting our Family Day. We are looking forward to the families and friends of our residents visiting, and enjoying the brunch and program to follow that day.

Unit 3's April Birthday Stars

Residents: Thelma G., Randolph R., and Carol D.



Staff: Beverly Croff, Rima Kalonda, Anthony Calloway, Allison Jones, Paul McGriff, Georgia Britt, and Geraldine Messer.

Contributed by: Allison Jones

PATHWAYS

SPRINGTIME ACTIVITIES HAVE COMMENCED!

Staff and residents have officially started springtime work programs at Pathways. Gardens are being tilled and seeds are being sown. Our residents take great pride in their work. Good work skills and ethics are instilled with the help of our staff and Vocational Team. The carwash program at Pathways is now back on track. Residents will be washing vehicles starting at 1:00 pm on Thursdays and 8:00 am on Fridays. The fees are \$6.00 for a wash only and \$10.00 to receive a wash and wax.



Residents washing vehicles are Robert C., Greg D., Calvin B., Gary P. and Vocational Instructor II Alex Baxley.



Residents enjoy working in their gardens. Pictured are Dan C., William H. and Johnnie C.

RETIREMENT

Congratulations to Peggy Miller upon her retirement! Ms. Miller is retiring after 25 years of employment with the State of Florida. Residential Services Director George Rivers presented Ms. Miller with a 25 year pin & certificate, and an acrylic clock honoring her years of service. Best of Wishes Peggy ~ you will be missed!

Contributed by: Juanita Alford



DEVELOPMENTAL DISABILITIES DEFENDANT PROGRAM

From the Assistant Superintendent...



Congratulations to DDDP's Felisa McQueen-Lawson upon her induction into the Nursing Honor Society! Thomas University's Division of Nursing held its annual graduation celebration and honor society induction ceremony on Thursday, March 26, in Flowers Foods Executive Classroom inside Smith-Bonvillian Hall on TU's Main Campus. During the celebration, Ms. McQueen-Lawson, was one of 10 students inducted into the Phi Tau Chapter of Sigma Theta Tau International Honor Society of Nursing. To be inducted into Phi Tau Chapter, students must be enrolled in the Bachelor of Science in Nursing or the Master of Science in Nursing degree program at Thomas University and hold a minimum of a 3.5 GPA, or be a nursing leader with a minimum of a bachelor's degree and demonstrate achievement in the profession.

DDDP "re-presented" it's version of 2014 STAR Employee of the Year to Ms. Darlene Copeland at Florida State Hospital's Staff Day held on April 9, 2015. I say re-presented, because Ms. Copeland actually received this Award in December 2014, but we wanted to make the presentation again at the Staff Day festivities along with Florida State Hospital's announcement of their Employee of the Year.

So, Ms. Copeland, congratulations once again on a very well deserved recognition!



Contributed by: Tony Reed & Donna Franklin

CENTRALIZED SUPPORT SERVICES

UPcoming EVENTS

- ◆ April 17 Sunland Recreational Horse Show @ Howell Field
- ◆ May 1 & 2 Special Olympics Florida State Equestrian Championships @ Ocala
- ◆ May 2 Art Show, Environmental Park
- ◆ May 14 – 17 Special Olympics Florida State Summer Games @ Kissimmee
- ◆ May 29 Sunland Prom @ Gym

Please join us...

Sunland Center will present our first annual "Art in the Park" Show

Saturday, May 2nd, 2015

10:00 A.M. til 12:00 Noon

Sunland Environmental Park



Contributed by: Clint Cox & Maria Johnson

NURSING

Walking and Arthritis

Walking is the best and easiest way to avoid or reduce arthritic pain. Now a new study from Boston University suggests you need only 6,000 steps a day – about 60 minutes of walking – to stay fit and keep your ability to move as you age. Even 3,000 steps a day can help improve mobility.

Walking helps:

- ◇ Strengthen the muscles around your joints
- ◇ Maintain joint mobility
- ◇ Help you maintain bone strength
- ◇ Give you more strength and energy to get through the day
- ◇ Make it easier to get a good night's sleep
- ◇ Help you control your weight
- ◇ Make you feel better about yourself and improve your sense of well-being.



Though you might think exercise will aggravate your joint pain and stiffness, that's not the case. Lack of exercise actually can make your joints even more painful and stiff. That's because keeping your muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints.

Get your doctor's okay before you start any exercise program. Start slow if you are not already active. Wear good walking shoes, stay hydrated and wear sunscreen. Walk in a safe place, like around the Sunland campus, the Citizens Lodge Park, the walking trails through the Florida Caverns State Park, or explore new areas of your community on foot.

Give your joints a rest by breaking up your daily exercise into 10-15 minutes sessions. Look for opportunities to walk more. Walk in place while you are on hold or talking on the phone, take a short walk after you eat, walk around center instead of using a cart, park further away from stores or work, walk during commercials, carry the groceries in one bag at a time, and use stairs instead of elevators.

Get your free 12-Week Walking Plan from Arthritis Today.



<http://www.arthritisday.org/what-you-can-do/staying-active/walking/walking-plan.php>

Contributed by: Suzanne Laramore

SAFETY PROGRAM

Slip, Slap, Slide, Slop & Seek!

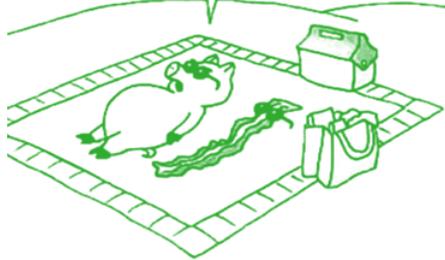
How Do You Prevent Sunburn All Year Long?



Slip on sun protective clothing



MAYBE NEXT TIME YOU'LL TRY A LITTLE SUNSCREEN...



Slop on SPF 30+ sunscreen that is broad spectrum and water resistant, apply 20 minutes before going outside & re-apply at least every 2 hours.



Slap on a broad brimmed hat to protect face, ears and neck & **Slide** on sunglasses



Seek Shade!

Contributed by: Sunland Safety Committee

HEALTH & WELLNESS CORNER

HEALTHY LIVING

April is National Stress Awareness Month. Take a few minutes – take a deep breath – take a mental break! Stress is a part of our daily lives. We may have stress from a pleasant activity such as taking a vacation, planning a wedding, or starting a family. Often we experience stress from events in our lives that are not so pleasant – job problems, more bills than we have money, or health issues.



The key is learning how to manage the stress in our lives without experiencing the negative effects. So much easier said than done!

Try responding to stressful situations using *The Four A's* – *Avoid, Alter, Adapt & Accept*.

Avoid the stressor!

- Learn to say no.
- Take control of your environment.
- Avoid subjects AND people that you know "push your buttons".

Alter the stressor!

- Learn to compromise.
- Express your thoughts and feelings.
- Manage your time.

Adapt to the stressor!

- Try to look at all sides of a problem.
- It does not have to be perfect – do your best.
- Stay focused.

Accept the stressor!

- Look for the positives in the situation.
- Talk yourself through the stress.
- Forgive and move forward.

Using *The Four A's* takes a little practice, so start today and learn how to manage the stress in your life. *Let us all enjoy Healthy Living!*

Live well
 Laugh often
 Love much

EMPLOYEE RECOGNITION PROGRAM



PLANS ARE UNDERWAY FOR STAFF APPRECIATION 2015

Celebrated the first week of May since 1985, Public Service Recognition Week honors the men and women who serve our nation as federal, state, county and local government employees. At Sunland, plans are underway for our annual Staff Appreciation activities. Mark your calendars for May 4 - 6, 2015 ~ you don't want to miss the exciting activities and opportunities for fellowship and fun with your co-workers! Be on the look out for posters with more information!!

Monday, May 4 – Sunland Spirit Day

- Wear Sunland colors Blue & Gold or favorite Sunland shirt
- Horseshoe Preliminaries in the Park



Tuesday, May 5 – Favorite Sports Team Day

- Wear favorite sports team apparel
- Basketball Free Throw & 3 Point Shoot Out – Gymnasium



Wednesday, May 6 – Staff Day Picnic in the Park

- Annual Bake Off ~ \$50 Grand Prize
- Horseshoe Championship Tournament
- Silent Auction
- Hamburger Cookout
- Door Prize Drawings



*Announcement of Horseshoe Tournament winners & Basketball Shootout winners

**Announcement of Spirit of Sunland Award & presentation of traveling trophy

***Judging criteria for Spirit of Sunland Award will include: Star Award Program participation to date (during FY14/15), participation in Spirit Day, Sports Team Day and recreational activities



As you are aware, Sunland will host our 1st Annual Art Show on Saturday, May 2. With that in mind, who's up for a CHALLENGE??

The Sunland Employee Recognition Committee & Sunland Art Show Committee, encourage each department to join us in the Sunland UpCycle Design Challenge!

We are challenging every department to design a unique re-purposed item to be exhibited in the Art Show.

Need ideas...think Pinterest or HGTV's "Flea Market Flip!" With a little creativity, anyone can take an old, tired or discarded item and FLIP IT into a brand new, bright, fun and restored item!

This will be a fun and exciting opportunity to bring new life into a discarded item!!

Re-Purposed items may be utilized as one of your department's donations for the upcoming Silent Auction to be held during the Staff Appreciation Day picnic on Wednesday, May 6, 2015!

Are you Up for the Upcycle Challenge??



UPCYCLING Design Challenge

Contributed by: Beth Basford

2015 Staff Appreciation Recreational Activities

5/4 Monday: Horseshoe Tournament - Environmental Park



- This will be a two person team competition that is single elimination.
- There will be a morning session (9 am-11 am) and an afternoon session (1 pm-3 pm).
- Teams may chose to take part in either session, but must be present at the start time of the session they chose to attend.
- On Monday the teams will take part in one round of action.
- Teams that lose on Monday are out of the tournament.

5/5 Tuesday: Free Throw & 3 Point Shoot Out - Gym



- Open to any employee at Sunland.
- Come by the Sunland gym to shoot anytime between 8 am—4:30 pm on Tuesday.
- Participants may choose to take part in the Free Throw Contest (20 shots), the Three Point Shot Contest (10) shots or both.
- There will be a 1st Place winner for Free Throws, 1st Place winner for Three Point Shots and a combined 1st Place overall winner.

5/8 Wednesday: Horseshoe Tournament - Finals



- The winners of Monday's opening rounds will face off against each other in Round Two.
- Round Two will start at 9 am on Wednesday morning at the Environmental Park
- Teams that lose in Round Two are out of the tournament.
- Teams that win in Round Two advance to the next round.
- We will continue with subsequent rounds until there are only two remaining teams left.
- The final two teams that remain will compete in the Championship Round to determine the 2015 Sunland Horseshoe Tournament Champion.



Staff Appreciation Week

Article & Photo contributed by: Clint Cox

HUMAN RESOURCES



Welcome Aboard!!

New Employees:

- Roy Culver
- Aron Williams
- Betty Holmes
- Annie York
- Samuel Smith
- Lonnie Gilbert
- Katherine Justice
- Janice O'Bryan
- Jalessa Brown
- Sonya Campbell
- Contrannia Cooper



Retirees:

- Karen Lowery
- Kenneth Grantham
- Peggy Miller
- Grady Cloud

Contributed by: Joni Laramore

Special Comp -

Reminder: All Special Comp Holiday (Code 0091) is subject to forfeit if not used by April 30.



Use It...Don't Lose It!

NOW HIRING

Apply Today

<https://peoplefirst.myflorida.com>

For information regarding vacancies, deferred compensation or other personnel issues, the Human Resources Department may be reached at 482-9230 or *04.

In addition, information regarding vacancies can be obtained at the People First website at: <https://peoplefirst.myflorida.com>

QUALITY MANAGEMENT / STAFF DEVELOPMENT

DID YOU KNOW

April is a busy month for Quality Management (QM) as we are preparing data and information from the last quarter and in anticipation of closing out the current fiscal year. QM provides Sunland Center and the APD State Office lots of data and information. Some interesting facts of our projects include:

- ◆ Facilitating and coordinating the Sunland Operating Procedures (SOPs) process: There are numerous workgroups revising a number of critical SOPs. All approved SOPs are posted on Sunland's SharePoint site and are accessible to all employees.
- ◆ Thanks to employees in QM, Operations/Maintenance, Information Technology, and Accounting, Sunland employees will have more opportunity to learn and access important information with 10 additional computers located at Staff Development in our new Sunland Computer Lab. More information will be available in May's newsletter.
- ◆ The Public Residential Facilities and Special Units for Persons with IDD by the National APPDDA and the University of Minnesota Survey for 2014. The data gathered in this survey is summarized and reported to state and federal agencies, academic institutions, advocacy and service organizations and other interested groups and individuals. It forms a valued information base for research, policy development, and legislative action related to persons with intellectual disabilities and developmental disabilities at both state and federal levels.
- ◆ Census reporting – QM tracks and reports the Sunland census, including admissions, transfers and discharges and resident and employee demographics.
- ◆ Critical and Reportable Incident reports to State Office following any serious incidents and submitting trend reports for these types of incidents.



Contributed by: Mary Gallagher



agency for persons with disabilities
State of Florida

Project Sunland PRIDE



Beautification Program!



PERSONAL RESPONSIBILITY IN A DESIRABLE ENVIRONMENT

"The Sunland Beacon" - Newsletter Committee

Suggestions and/or news article submissions are welcomed; please contact any committee member:

Clint Cox, CSS/Recreation - Editor, Beth Basford, Administration; Ashley Hill, CSS/Print Shop; Maria Johnson, CSS/Print Shop; Ethan Smith, IT; Cleve Wedderburn, Unit 1; LaWanda Calhoun, Unit 2; Allison Jones, Unit 3; Juanita Alford, Pathways; Lynn Baxley, Maintenance/Operations; Joni Laramore, Administration; Mary Gallagher, Quality Management; Suzanne Laramore, Nursing