

# Shoptalk

June 2010

## Jean Jackson receives honorable mention in ANCOR contest

Congratulations Jean Jackson who received honorable mention in the American Network of Community Options and Resources (ANCOR) 2010 Direct Support Professional of the Year Contest! Jean was honored for her accomplishment on May 14 at Black Hills Workshop Industries. ANCOR holds the contest to highlight the direct support workforce and thank them for their immeasurable work. Jean was nominated for the award by Black Hills Workshop.

For more than 25 years, she has been a Medical Services Associate, supporting more than 100 people served by Black Hills Workshop. Basically, she is responsible for transporting people to medical appointments and, if necessary, accompanying them as they meet with their medical professional. She is also responsible for communicating with our nursing staff so that new medical orders can be implemented. She maintains medical files, distributes medicine, and handles first aid.

But Jean's service goes far beyond the basics. She is not only an advocate for people as they meet with physicians, she teaches them to advocate for themselves. She prepares and asks questions of physicians, but she also teaches people to ask their own questions. She not only transports people, but she has trained also many people to utilize public transportation so they can get themselves to appointments. And she comforts and encourages those undergoing specific treatments.

Colleen Ronning says she regularly receives unsolicited, positive comments from the medical community about Jean and her professionalism, timeliness, and the relationships she has with both the people she supports and the medical community.

Doree Alexander, Jean's former supervisor who is now retired, says Jean is extremely

knowledgeable about the medical community and has an amazing memory for the details of people's lives and medical histories. "Jean has a computer for a brain," laughs Doree. "And she can read the doctors' writing," adds nurse Sheila Huether.

Jean is a valuable asset to us and to the people we serve, helping them to become more involved in their health care as well as being an ambassador to the medical community.



## BITC one year old

The BITC, official mail center at Ellsworth, celebrated their first anniversary on May 11. Larry Meendering says the contract transition has been seamless from the military to BH Services, largely due to the efforts of the five people below who perform the day-to-day handling of accountable mail for the squadrons at Ellsworth Air Force Base.

*Pictured left to right are Jay Looman, Bob Birnie, Joe Sabrowski, Royle Ackerman and Eric Anderson*



*Published monthly for employees of BH Services, Inc.  
and Black Hills Workshop & Training Center.*

## **BH Services celebrates five years at Offutt Commissary**

On June 1, 2005 individuals with disabilities from the Omaha area went to work at the Offutt commissary doing shelf stocking, janitorial, and warehouse work, as well as receiving merchandise. Today the contract employs more than 30 people with disabilities. Congratulations commissary on five successful years.

## **Meeting the Need volunteers needed**

Black Hills Workshop will again be volunteering at Meeting the Need Camp on June 3. If you're interested in helping to clean cabins, contact Suzette Coy. The plan is to work about 4-5 hours.

## **George Bentz honored for 10 years at Family Thrift Center**



*Family Thrift Center store manager Kevin Uchtyl hands George Bentz a ten-year pen during his anniversary ten-year celebration.*

Family Thrift Center hosted a ten-year anniversary celebration for George Bentz in April. George works with a group of Black Hills Workshop custodians at the west side Family Thrift. According to Black Hills Workshop Pre-Vocational Instructor Deb Gipson, the Family Thrift bakery department made strawberry shortcake, one of George's favorites, for the celebration. "George gets along great with his coworkers and supervisors. He is an asset to the Black Hills Workshop crew at the west side Family Thrift Center," says Deb. Great job George and happy anniversary!

## **Reminder for those on the Black Hills Workshop's health plan**

As of June 1, Avera is switching from Express Scripts to Innoviant on June 1. You should have received a new card with your paycheck. If you didn't, please call Marie Greenfield-Sahli at 718-6251.

### **Doug Mart hours second and fourth Wednesdays 1-3 p.m.**

#### **or by special appointment!**

Doug Mart provides free "shopping" for household items and clothing to people supported by Black Hills Workshop. It is located next to Community Transitions on Range Road.

## **Jackie Wald and Eugene Leroy honored by Rushmore Lions Club**

Congratulations Jackie Wald and Eugene Leroy who were honored by the Rushmore Lions Club for their many years of service during the pancake breakfast the Lions host for BHW each February. The two were honored during the annual awards banquet on May 26.



*VITA is an original mixed-ability movement piece, written and directed by Heather Pickering with choreography by Andrea Schaefer. It will be produced by the Suzie Cappa Center supported by Black Hills Community Theatre July 29-July 31 at Stevens High School.*



## Elizabeth Kellerman May *Power of B* winner

Congratulations **Elizabeth Kellerman** for Being her Best. She has stepped up in being an advocate for a person that has just begun receiving services from Black Hills Workshop. The man has some dietary needs that have been very time consuming. Elizabeth has taken it upon herself to learn about his needs and then provide training to him. He is a lot happier and less stressed thanks to Elizabeth's continued support.

*Look for Power of B nomination forms* elsewhere in Shoptalk or on Lotus Notes. To locate, click on Agency Main; click on Staff (left-hand green buttons); then click on Staff Forms. Choose your location, choose B Recognition Award, launch the document and print. Send your nominations to Dorothy Rosby at RSC. Winners receive \$50 and their story will appear in Shoptalk.

## Shad Bebout to perform at Sturgis Community Center

Shad Bebout has been invited to perform during a fund raiser at the Sturgis Community Center, June 11 at 6 p.m. He and Adante Carter will perform the dance duet they did for Outright Dance Theatre's debut on Valentine's Day. The fund raiser is benefitting a local dancer who will be attending a national training. Admission is free, but there will be a freewill offering. Everyone is invited.

## Thanks!

I would like to thank the academy for this honor! This was the role of a lifetime. I've had an incredible time working on this and with the best in the field. I would like to thank. . .Whoa. Wrong speech. Sorry.

I WOULD like to express my gratitude to everyone involved in my "Honorable Mention Recognition." To **Colleen Ronning, Lianne Brandrup, Bob Kringen, Mary Corneliuson, and Sheila Huether**, thank you all for your gracious words at the presentation.

To the **pre-voc and housing staff**, and all the **people served** I work with, thank you for being there, the congrats, handshakes, and pats on the back. And for the help you provide me daily. I didn't get this recognition without you.

Thank you to the **kitchen staff** for providing cookies for all the persons served. We all enjoyed them.

To my "**support team**," thank you so much for the intimate celebration, signs, and the delicious treats. (No thanks for the extra pounds I gained.) Thank you for inviting and welcoming my family. They were proud and happy, especially after I paid for the celebratory dinner that evening.)

YOU all made it an awesome day. For that I'm honored and touched to know each and every one of you.

*Jean Jackson*

## *Need a computer?*

Black Hills Workshop has a personal computer purchase program available to full-time staff who have been with us for at least one year and have approval from their supervisor. This program offers employees free financing for one year through payroll deduction. All purchases must be approved in advance. A personal computer includes the monitor, printer, and software to operate the computer. It does not include games, cameras, TVs, etc. The intention behind this program is to promote employee knowledge and skill in using the computer at work. Details and forms for this program are available through our business office.

## Refer an employee before June 11 and get \$200

Time is running out to receive \$200 in our Finders Keepers program. Refer a full or part time employee before midnight on June 11 and receive \$200. See rules below. Refer a temporary or part time employee and receive the usual \$100 as listed in the chart below.

	Initially	6 months	Total
1st referral	\$100	\$100	\$200
2nd referral	\$100	\$200	\$300
3rd referral	\$100	\$300	\$400
4th referral	Same as 3rd here on out.		

- The employee will receive this extra pay on their paycheck, and it will be subject to taxes and their 403b contribution.
- Applicant must list your name in the “Referred by” blank of the application.
- If two referring employees are listed, the bonus is split.
- Program reviewed annually.
- Referral Program open to all employees. Supervisors are eligible excluding people they hire.
- Former employees--at least 6 months since they left before a referring employee is eligible.
- At our winter party, employed staff who have referred employees that have been with us for at least 6 months will be eligible for a drawing of \$100. There will be six \$100 winners. Your name will go into the hat for each qualified referral. Both employee & referral must still be employed at the time of the annual drawing. Taxes and 403b will be taken out on paycheck following the drawing.
- Business cards for the purpose of recruitment are available through the Director of Human Resources. E-mail Gayle at [gsteiger@bhws.com](mailto:gsteiger@bhws.com) or call extension 210.

## Welcome new employees

Lori Pahl	RSC
Riley Osborne-Hudson	Hampton
Erin Rouse	Hampton
Cheyenne Wheeler	Wisconsin
Christina Fifer	St. Cloud
Steven Rowley	BHWI
Gina Dvorak	CH-Wisconsin
Spenser Braun	Lacrosse
Krystal Tysdal	BHWI
Shelby Cummings	Hampton
Vallene Morris	Community Transitions
Timothy Neese	Community Transitions
Brittney Lade	Quincy
Margaret Dickey	BHWI
Bertha Deanda	Parkview
Heidi Vogel	BHWI

## New book features people served by BHW



face a head

Suzie Cappa Center for Art Expression and Enjoyment at the Black Hills Workshop

*Fifty-one people served by Black Hills Workshop are featured in a new book that was created by Julie Kowalski, a former volunteer at the Suzie Cappa Center. She took amazing black and white photos of people, some with artwork they created at the Suzie Cappa Center. Books can be purchased at the center for \$50.00 each, plus tax. Pictured on the front cover is Adam Pierce.*

## People 1st Meetings You have a choice

**Friday, June 18 at BHWS  
in the Art Gallery  
1 p.m. to 2 p.m.**

**Or**

**Saturday, June 19 at the Public Library  
in the Hoyt Room  
11 a.m.-noon**

**Or**

**Friday, June 25 at BHWS Industries  
1 p.m.- 2 p.m.**

**If you support someone interested in attending, they only need to attend one meeting.**

## Welcome to the switchboard

We would like to welcome **Angela Stabile** as an operator at the switchboard. She is proving to be a fast study and enjoyable to work with. We would also like to welcome **Tony Ferrer** as the new Contract Supervisor at the Switchboard. Tony is also moving quickly through his training and adapting well. We really appreciate how well Angela and Tony are studying policies and procedures to become part of the team.

*Switchboard*

## Congratulations

Congratulations to **Michael Johnson** who was invited to attend the annual AbilityOne Grass roots Conference in Washington, DC. He will be traveling with Brad Saathoff and Tom Miller to be a spokesman on behalf of people with disabilities. We are very proud of Michael for stepping forward and going to Washington to speak for all of us. Thank you Michael Johnson. *Switchboard*

## Consumer Credit Counseling Classes

To pre-register call (605) 348-4550. All Classes are at NO CHARGE and, unless otherwise listed, are held in the Consumer Credit office at 2310 N. Maple.

Wednesday, June 2: Credit When Credit Is Due, 6-9 p.m. , Lessons 7-12

Wednesday, June 9: Make Your Move...Guide to Home Ownership, 6-9, Lessons 1-5

Wednesday, June 16: Make Your Move...Guide to Home ownership, 6-9 p.m. , Lessons 6-9

Wednesday, June 23: Credit When Credit Is Due, 6-9 p.m., Lessons 1-6

Tuesday, June 29: Check Wise, 6-8 p.m.

Wednesday, June 30: Credit When Credit Is Due, 6-9 p.m., Lessons 7-12

Wednesday, July 7: Make Your Move...Guide to Home Ownership, 6-8 p.m., Lessons 1-5

Wednesday, July 14: Make Your Move...Guide to Home ownership , 6-9 p.m., Lessons 6-9

Wednesday, July 21: Credit When Credit Is Due, 6-9 p.m., Lessons 1-6

Tuesday, July 27: Check Wise, 6-8 p.m.

Wednesday, July 28: Credit When Credit Is Due, 6-9 p.m. , Lessons 7-12

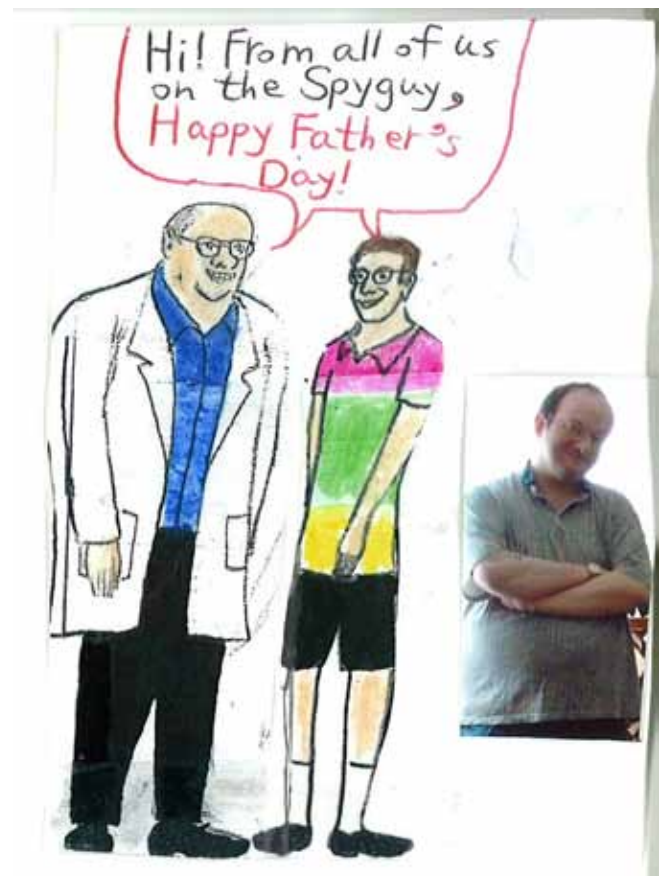
## See you at the movies!

Black Hills Workshop and BH Services employees can purchase discounted movie tickets to both Carmike and Rushmore Theatres for \$7 each from Ellen Sylliaasen at RSC.

## WaTiki discounts also available

Employees may also purchase WaTiki Indoor Water Park tickets at a reduced rate of \$8. Normally the tickets run \$16.05 per person. You can purchase your tickets from Ellen Sylliaasen at RSC.

## Spyguy greetings!



*Spyguy comic strip artist John Shoemaker is employed at Rapid City Regional Hospital.*

## Notice to staff with voluntary life insurance

If you have a dependent under coverage and they are no longer eligible due to age/student status, let Marie Greenfield-Sahli know. If she is not notified and something happens, the insurance company will not pay out even if premiums were paid. Premiums will not be refunded.

## OT Outlook

By Pam Ekberg

### Interventions to promote healthy sleep patterns

Rest and sleep are important components of daily living skills and may affect emotions, mental functions, mood, and performance of routine daily activities. Lack of rest and sleep adversely affect all these areas.



OT can assist with a variety of interventions to promote adequate amounts and quality of sleep and rest. The following are examples of interventions to establish and promote quality rest and sleep patterns:

1. Maintain a balanced routine of desired & meaningful daily activities.
2. Promote and establish regular sleep and wake times.
3. Maintain consistent bedtime routines or rituals such as hygiene, reading, listening to music, toileting and hydration or snacks, turning off the lights, storing the day's clothing, or setting out the next day's clothes.
4. Manage anxiety producing thoughts and worries in advance through discussion, problem solving, or foreshadowing potential problems.
5. Facilitate a quiet and restful environment. What this means exactly to each person may vary.

### *Run for it!*

The Health, Sport & Fitness Center is starting preparations for the "Fall of Fitness" in a few months, which will culminate with BHWS participation in the YMCA Corporate Cup in October once again.

The first of these events is the **2nd Annual Walk & Run-a-Thon Fund Raiser** sponsored by the Optimist Club. Joe Burmeister is coordinating our participation. This event will take place Saturday, September 18th from 8-noon at O'Harra Stadium, PLEASE NOTE: THIS IS A SEPARATE EVENT THAN THE "UPS OF DOWNS" BUDDY WALK THAT IS ALSO TAKING PLACE ON THAT DAY. The purpose of this fund raiser by the Optimist Club is to raise money in support of local youth groups and organizations. This is a great opportunity for Black Hills Workshop to give back to the community.

#### *How you can help:*

We are looking for as many BHWS representatives as possible (people that we support, employees, spouses, children, etc.) to sign up to participate. Once you've signed up, I will get you a copy of the sign up/pledge sheet. Your objective? To set a goal of number of laps you would like to walk around the track at O'Harra Stadium, then find sponsors to pledge an amount per the number of laps you complete. You can begin collecting pledges and money as soon as you receive your pledge sheet, which must be turned in the day of the event.

There will be refreshments and snacks provided during the event. And prizes will be awarded to the top 3 participants raising the most contributions for this event. There also will be drawings for additional prizes during the event as well!

To sign up, e-mail or call Joe Burmeister at 545-0561.

## Calendar

- BHW Golf Classic-July 19**
- Staff picnic-July 24**
- ADA Picnic-July 26**
- Buddy Walk-September 18**
- Optimists Walk & Run-A-Thon-September 18**

# Welcome to the **Brain Tuning** PLAYSHOP

*In this action-packed fun class, we explore together how your brain works and how many aspects of your everyday life can be used to sharpen your mind. You will have available to you, mental exercises to use in your everyday life, as well as the magic and power of music to improve your mind.*

## Objectives For **BrainTuning** Playshop

**As a result of attending this playshop, you will be able to...**

1. Develop a viewpoint that attention to *all aspects* of your life---physical, emotional, social, spiritual, mental, and daily living--- help improve your mental abilities.
2. Utilize the *power of music* to improve your mental abilities.
3. Understand how *attention* is part of the foundation for good mental functioning. You improve your concentration through mental exercises and rhythm.
4. Recite the 10 principles of how *memory* works and use those principles, along with 7 memory techniques, to improve your memory skills.
5. Increase your *executive functioning skills*. You understand the creative power of your thoughts and are better able to set goals, plan, execute plans, and make necessary adjustments in order to reach your life objectives.
6. Develop and implement a personal *Mental Improvement Plan*.

**Schedule:** June 15, 22 & 29, 2010, 7-9 p.m.

**Location:** Black Hills Workshop, RSC Building

**Cost:** \$95 (\$75 for seniors 65 and older and for students)

**Instructor:** James Gardiner, Ph.D.

Dr. Gardiner is a Neuropsychologist at Community Transitions, a brain injury rehabilitation center in Rapid City, South Dakota. He performs neuropsychological evaluations and teaches brain-injured persons how to improve mental skills. As a musician, he has developed musical treatments for neurological injuries, and for the past few years has researched how music can improve brain functioning. He lives in Rapid City with his wife. He has three adult sons and six grandchildren.

**New \$\$\$ Opportunity for all employees!**

**Concourse Enterprises has space for rent and you can help! If you refer a renter and they sign a one year lease you will be paid a cash return!**

**Example: 1000 Square Feet Rented for One Year, YOU are paid \$480\***

\*Half at signing, 25% after 6 months, 25% end of year.

**15,000 Sq. Feet is available for a potential pay out of \$7,200!**

**The more rented, the more \$ you make!**

**Contact Larry Mendeering with a “lead” or for brochures that lists options and floor plan of Concourse Enterprises.**

**Talk to someone you know today!!**


















**Phone: Larry M at RSC x 381 or 430-0580**

**Email: [lmeending@bhws.com](mailto:lmeending@bhws.com)**

## WORK RELATED ACCIDENTS

2010 |  
Accident  
Free



		May work related accidents reported	May accidents requiring medical attention	May work accidents resulting in lost time	Total thru May 2010 work accidents reported	Total 2009 work accidents reported
BHWS Admin						1
Production/Elderly cc:17						1
Kitchen						0
Sensory/Lettershop/Suzie Cappa					1	4
Hospital Contract					1	2
BHWI Admin						0
Production						0
Community Transitions						1
Community Homes					1	4
Concourse Enterprise Admin						0
DLT						0
Production						1
Edwards A					1	2
Edwards C						0
Edwards D					1	2
Enclave		1			5	5
Fir					5	12
Hampton					1	3
Indiana					2	3
Johns		2			2	3
Lacrosse						1
Maintenance					1	3
Mechanics		1			3	1
Minnesota		2	1		4	6
Parkview						2
Quincy					3	3
Resource & Support (Service Coord/Nursing/CSS)					2	4
RSC						0
Sitka						8
St Cloud						7
Wisconsin		1			3	9
BH Services Admin						0
Bandit Inn					2	3
Commissary		1	1		3	1
Custodial/Janitorial					7	18
Drivers (EAFB & OPC)						2
Offutt Commissary					5	10
Offutt Food Service					4	7
Supply Store						0
Switchboard						1
<b>Totals</b>		<b>8</b>	<b>2</b>	<b>0</b>	<b>57</b>	<b>130</b>

## Happy Birthday

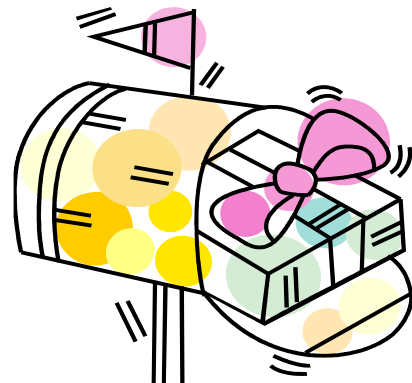
Judy Condon	2
Marty Krause	2
Edith Marie Sheppard	2
Kirstin Hathorn	2
Gina Dvorak	2
Shelby Cummings	2
Jessilyn Larson	5
Kallie Ranta	5
Melissa Jetson	7
Michele Richmond	7
Jack Young	7
Sharla Woodhead	8
Connie Flagg	10
Barry Gates	10
Paul Galloway III	11
Nicole Huckaby	11
Leah Drummond	13
Kimberly Ketelsen	14
Kathy LaForest	14
Shauna Salley	14
Erin Ellwanger	18
Rheanna Simmons	19
Matty Christensen	19
Gene D. Mason	21
Amy Meyer	23
Amber Massey	24
Nancy Zogorski	26
Amy McGlade	28
Dawn Wozna	29
Laura Christensen	29
Gary Hagerman	30

## July

Renate Smith	1
Anthony Ferrer	1
Mary Ann Blanchard	2
Ricky Schneider	2
Richard Harrington	3

## Employment anniversaries

Joseph Allen	13 years
Lianne Brandrup	14 years
Veronica Carda	8 years
Kim Kringen	25 years
Connie Keyser	23 years
Melissa Martin-Schwarz	6 years
Linda Pulse	10 years
Amy Jobgen	14 years
Stacey Oliver	5 years
Ruanmoon Aston	9 years
Timothy Bedore	5 years
John Egan III	5 years
Tony Geter	5 years
Jeremy Kester	5 years
Robert Kisler	5 years
Meredith Lester	5 years
James Ritchie	5 years
Zackery Schellin	5 years
Benjamin Watson	5 years
William White	5 years
Donald Young	5 years
Anthony Ferrer	4 years
Margaret Schuman	4 years
Mike Chastain	3 years
Tracy Leis	3 years
David Copeland	3 years
Sue Sasso	3 years
Taryn Sahli	2 years
Annalicia Matucha	2 years
Stacey Stoddard	1 year
Kacy Diaz	1 year
Martha Black	1 year



# “B” Recognition Award



Name of the staff person you'd like to recognize: \_\_\_\_\_

Title of the person you are recognizing: \_\_\_\_\_

Department of area they work in: \_\_\_\_\_

What you'd like to recognize them for: Check the 'B' that applies with the example of the 'B' they demonstrated. Please be specific.

- For Being Respectful of Others
- For Being Accountable
- For Being Your Best (Their Best)
- For Being Supportive

Your name and title: \_\_\_\_\_

Your department or area: \_\_\_\_\_

Please send this form to Dorothy Rosby at RSC. Your nominee could be selected to receive the \$50 prize and be featured in *Shoptalk*. Feel free to make copies of this form for additional people you'd like to recognize.