

MSHN MONTHLY

ISSUE 05

October 2016



This is an exciting time at Mid-South HealthNet. In the past couple of months we have rebranded the company with a logo that expresses our story. We have wrapped our first vehicle with our new logo and it serves the Lakewood property. We have constructed a safe parking lot for our vehicles that will allow us to better monitor our vehicles and reduce conflicts with our neighbors. We have finalized a new training program for all new direct support staff that started on Monday October 10th. We have had a fun night out with our staff at The Main Event. We have health insurance and several of our staff participating and enjoying the new benefit. We have a survey out there to ask staff what benefits they would like to see in the future.

So, how many companies that employ less than 100 people can say they have this much going on? Do you know why? We not only want to be the number 1 choice for individuals that are in need of housing, we want to be the number 1 employer for individuals looking for a job in our industry!! We hope to accomplish this by getting buy in from all staff in our goals and objective and by providing meaningful benefits to each of you. I want to be connected to everyone that works at MSHN. I am open to working with any and all of you to meet your career goals. We want those of you that have found this a great place to work to tell others about our company and help us find the best people to translate our mission to those we serve. So, *"Come home, join our family!"*

Marlin Angell
CEO



www.facebook.com/MidsouthHealthnet

"Come Home....Join Our Family"

Monthly Employee Incentive

Big thanks to

Mr. & Mrs. Angell

for treating all MSHN Employees to a night of fun & entertainment at Main Event. We played numerous arcade games, bowled, and even had an intense round of laser tag. Everyone had a blast and the food was delicious! The employees thank you both very much!



Biggest Loser Challenge



MSHN introduced a healthy life style change for our residents; now we want to challenge you!!!

MSHN is promoting a companywide healthy life style change for all staff. We want to invite all staff to make a change in old habits to make a better you. MSHN recognizes that Memphis is ranked as one of the unhealthiest cities in the country!

Well we want to challenge that, one person at a time. That is why MSHN is encouraging **YOU** to participate in this challenge of getting healthier.

MSHN SHINING STAR



OCTOBER SHINING STAR :

JASMINE WILLIAMS PRESENTED BY

MR. MARLIN ANGELL

Resident Spotlight



Durphy Jones is the epitome of perseverance and determination. In June, Durphy suffered a heart attack. Most people would have let that get them down and out but not Durphy! After returning from the hospital Durphy immediately returned to his normal helpful self. He does his chores daily with no problem and takes on chores of others when they are lacking. In August, Durphy decided he wanted to make a bigger change in his life by becoming more of an independent individual. He entered in the Job readiness program at the Goodwill Job center. He attended for 2 weeks and got the necessary skills he needed to become job ready. The teacher at Goodwill said "Durphy was wonderful and excelled in the hands on part of the training." Kudos to Durphy and Future Endeavors!!!



NAMI

National Alliance on Mental Illness

NAMI Memphis is a grassroots, self-help organization dedicated to improving quality of life for individuals with mental illness, their families and communities. MSHN sponsored NAMI Memphis with their walk in this month. It was a huge success. Our residents and guests really enjoyed it.



Mr. Carl's Success Story



Mr. Carl Bullard has been a very inspirational resident of MSHN. It took him very little time to get adjusted. He made sure that his area stayed clean and encouraged his roommate to keep clean as well. In fact, his roommate's niece has seen a change for the better in her uncle since he began sharing a room with Carl. He eventually began facilitating groups and did an exceptional job. His mother has told us that she has seen the positive change in him since he's been here. He has been very influential in some of the more enjoyable outings by making wise suggestions. Mr. Bullard is very intelligent, and you can easily tell just by a 5 minute conversation with him. Carl was ready for change in his living arrangements. He is now in a lower care facility where he has a little more freedom to come and go as he pleases. He enjoys spending his free time in helping in the garden. We wish Carl the best in his future endeavors and thank him for being the example of the hope we have for all of our residents.

The Silly Flower



The Silly Flower

*Sometimes my petals droop and I may
mope around.*

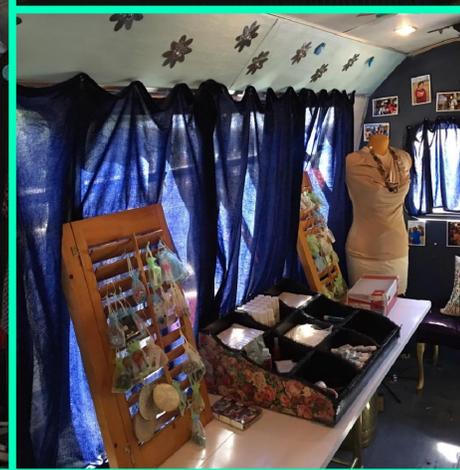
*But there are days you can't keep me Root-
ed in the ground.*

*Then there are times When I fight the wind
And other days I stand silly with my
friends*

*My colors may change Like the sun with the
hours*

*But no matter my petals I'm still a flower
-Erin Spurlock*

The pop up shop has been given the name "The Silly Flower" which represents how each of us are different and have petals of various colors, but are still beautiful flowers. The mobile shop will be driven around to each house on assigned shopping days for each resident to enjoy!





The men of Auster Cove participated in a team building exercise. They were asked to compete in a friendly competition to see who could build the tallest tower using only marshmallows and toothpicks sticks!

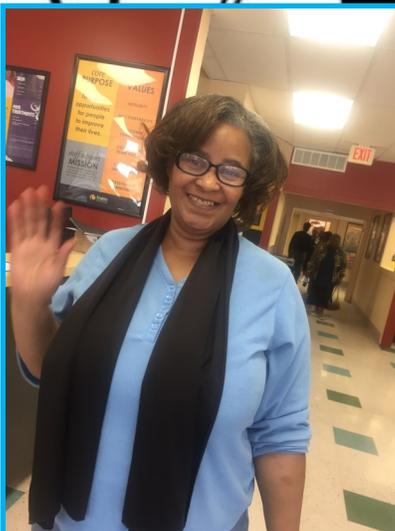


Fun at Putt Putt Golf





Higbee Hair



The students at The Hair Design School on Highland did a wonderful job on the hair of each Higbee Lady. They really enjoyed themselves and appreciated the opportunity to enhance their beauty.

“Thank You MSHN!”

-2002 & 1997 Higbee

October Birthdays

| | |
|------------------|-------|
| Latoya Christian | 10/2 |
| Patricia Neal | 10/4 |
| Dominique Weeden | 10/5 |
| Gregory Alfrey | 10/5 |
| Patrick Bowman | 10/5 |
| Beverly Crenshaw | 10/7 |
| Jennifer Gary | 10/9 |
| Steve Smith | 10/10 |
| Pleson Kanasha | 10/12 |
| Jasmyne Williams | 10/13 |
| Valerie Webber | 10/15 |
| Waxine Lee | 10/16 |
| Ginger Gross | 10/26 |

Anniversaries

| | |
|----------------------|-------|
| Michael Piper | 10/1 |
| LaDamien Jackson | 10/13 |
| Zandra Jones | 10/15 |
| Carl Bullard | 10/16 |
| Jessica Donahue | 10/29 |
| Michael Jack Pittman | 10/30 |



**Company Wide
Employee
Holiday Party !
December 11, 2016**

@6pm

More Details to come!

Emergency Exit



FIRE DRILL SAFETY

Congratulations to **Sherrie** and her team for having the best fire drill time for the month of **October**. They get possession of the traveling trophy and they get to have a pizza party. Congratulations **Sherrie Askew**, the residents, and the staff at **Cotton Bale Lane!**

Enjoy your pizza!

WELCOME HER TO THE MSHN TEAM!!



Erica Brown

Harvest Festival

October 31, 2016

11:30—2:30pm

@Covington Pike

ALL residents are invited!!



GET TO KNOW YOUR LEADERSHIP TEAM

Erin Spurlock

Erin Spurlock, Lead Recreations and Activities Coordinator, and Intake Coordinator



Mrs. Spurlock, a visual artist, graduated from University of Memphis in 2007 with a Bachelor of Fine Arts Degree with a concentration in Photography. Straight from college she began working for Elvis Presley and Muhammad Ali Corporate brands as Licensing Coordinator and Photography Assistant. While she enjoyed the atmosphere and learned a lot, her position stifled her creative mind and she desired a change where she could express and utilize her love for the arts.

After leaving the corporate world she prayed not to be enticed by money that many corporate jobs offered but to be lead to a position she could thrive and love while involving her favorite things; art, science, and family. Although she never imagined a career in the mental health field, friends, faith and obedience led her to MSHN where she implements plans for psycho-social rehabilitation training that are tailored toward individualized resident goals, while also integrating recreational activities and community outings in an effort to increase quality of life for the residents at Mid-South Health-Net. Erin also assists with intake assessments.

Erin has enjoyed arts and crafts since she was a young girl, often dabbling into screen printing, jewelry making, creative writing, photography and film. Her favorite thing to do is to travel. She has lived in Germany and also visited France, England, and The Czech Republic.

“Most people that know me would say I am a dreamer with an imagination over flowing and my husband would agree.” He is especially happy because MSHN allows an outlet for Erin’s creative projects other than their house! He is grateful others can benefit from her crafty, creative mind!

While having fun is only part of the process. There is a balance in life that everyone must find for themselves. There is always room for growth and learning. It is Erin’s goal to always find new ways to help those in our homes with life’s more difficult lessons. She uses workbooks, games, and peer support to aid in teaching life skills that they can use and carry with them in the future.

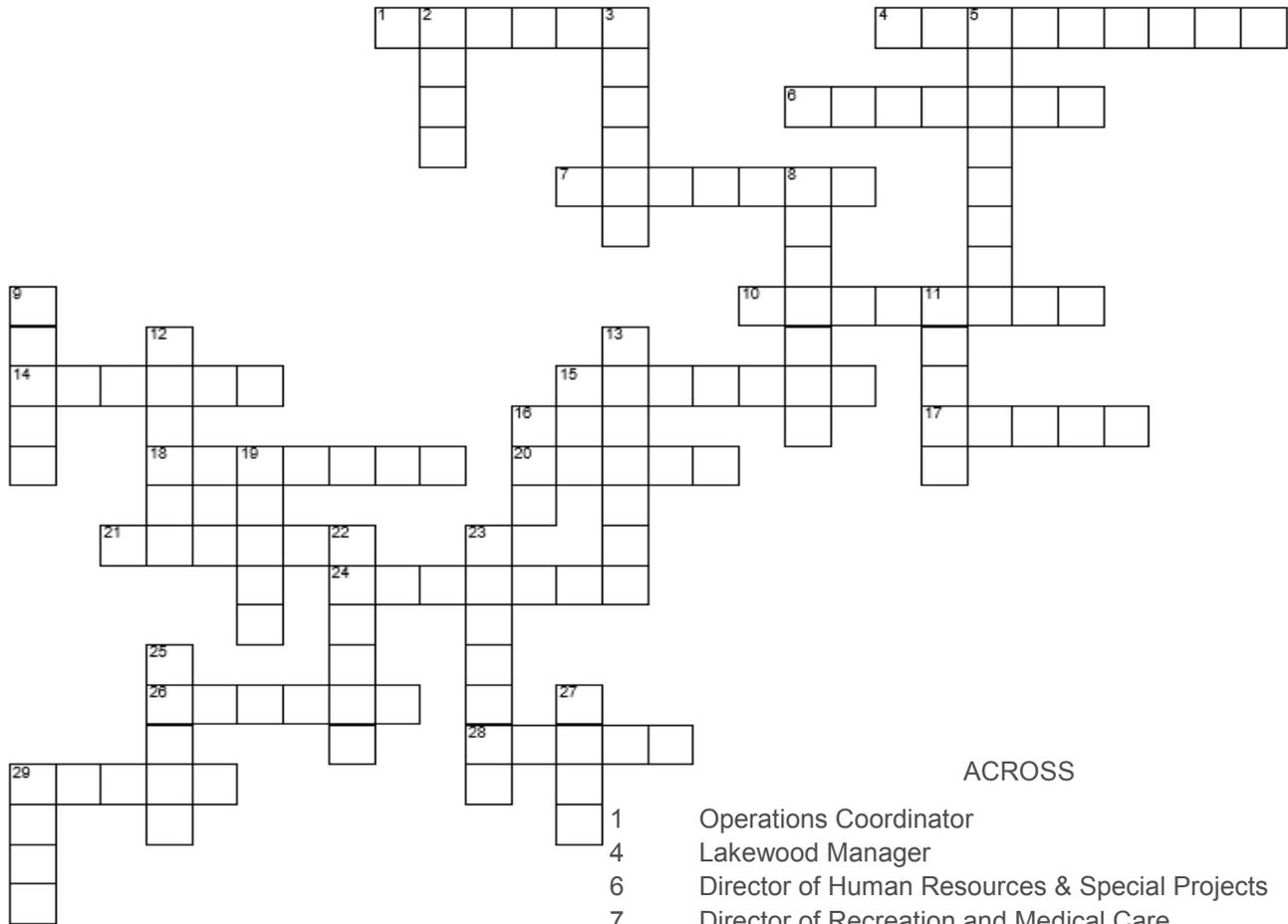
Erin firmly believe none of us can get through life alone. It truly takes a village to journey through life’s various hills and valleys. In those villages, one should be able to find smiling faces and helping hands to encourage and inspire along the way. That’s why she knows MSHN work is so important, because becoming just a small portion of someone’s village that can forever affect their life. *“I’m thankful to MSHN for being a part of my village and allowing me to be a part of a village for so many others.”*

Random Fact:

Her favorite thing to photograph is jellyfish, which she does through the comfort of glass yet it is still exciting.



MSHN Crossword

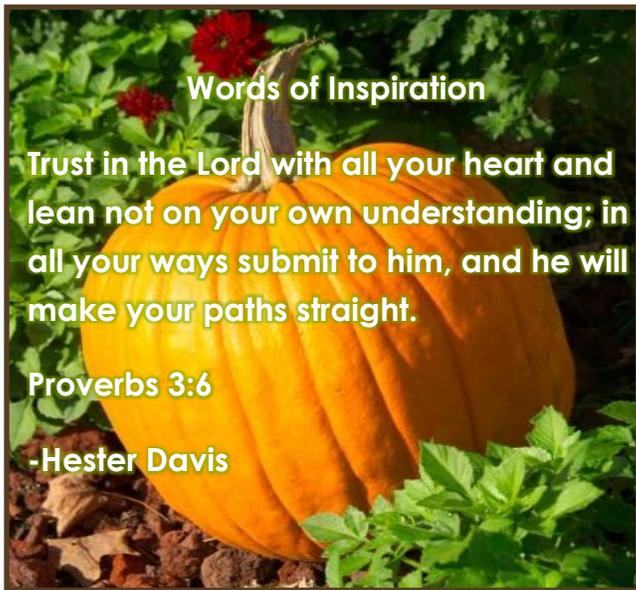


ACROSS

- 1 Operations Coordinator
- 4 Lakewood Manager
- 6 Director of Human Resources & Special Projects
- 7 Director of Recreation and Medical Care
- 10 Cuts Your Paycheck
- 14 CEO Last Name
- 15 Midtown Activities Coordinator
- 17 CPR Teacher
- 18 Cotton Bale Lane Manager
- 20 Last Issues Resident Spotlight
- 21 C.Pike & Lakewood Activities Coordinator
- 24 Southeast IOP Driver
- 26 Auster Manager
- 28 Executive Assistant to CEO
- 29 Fleet Commander

DOWN

- 2 Marketing Manager
- 3 Cotton Bale Cove Manager
- 5 Head Chef
- 8 Program Director
- 9 C. Pike Manager
- 11 COO Last Name
- 12 Pharmacy Tech
- 13 Midtown Appointment Driver
- 16 Southeast Appointment Driver
- 19 Southeast Activities Coordinator
- 22 Higbee Manager
- 23 Vance Manager
- 25 Chef
- 27 Intake Coordinator and Lead Recreation & Activities Coordina-
- 29 Director of Nursing



Words of Inspiration

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:6

-Hester Davis

Please submit baby pictures of yourself to be featured in November's issue of the Newsletter! We will be having a friendly competition to see who can guess who's who!

Have an Ad or an idea for the upcoming November Newsletter?

Please contact Aarica Words
(aaricawords@midsouthhealthnet.com)