

New Beginnings



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April's Newsletter was full of legislative news regarding the potential carve out of I/DD services from KanCare. We took that message to Topeka on PUSH Day and gathered with 1,000 other supporters on the steps of the Capital. Our presence at PUSH Day was impressive. Looking back, the more realistic outcome would probably have been another delay until January of 2015. Governor Brownback was the only one who could grant us that reprieve. The end of the session found us wondering how a Proviso to the Budget written by those who opposed the carve out would help us.

Well, it didn't. Governor Brownback didn't capitulate and the session finally came to a close. No carve out. No delay. As of January 1, 2014, all I/DD long-term services will be under KanCare. New Beginnings will have to negotiate contracts with each of the 3 manage care companies. The Legislature has tried to convince providers that everything will be alright. State officials have said time and again rates won't be cut, companies are required to pay promptly, and guarantees are built into the contract protecting us. And yet we hear from other waiver services stories of payment delays, contested claims, and an unwillingness to negotiate with providers. Many of you have shared your frustration regarding the level of medical care as well. The stories are believable based upon your own encounters. The common theme is the time and energy needed to navigate thru KanCare causes frustration and is inefficient.

I would like to thank all of you for your time and efforts in letting our elected officials know our concerns. Senator Knox and Representative Hibbard both publicly supported the delay of I/DD services. Senator Knox at first was uncommitted until he heard your concerns during his listening tour. Representative Hibbard stood up and spoke on the floor of the House regarding his concerns over our inclusion into KanCare. The letters, phone calls, and personal contacts were numerous and thoughtful. The future with KanCare may be uncertain, but our purpose at NBE and those we serve remains clear.



From the desk of:
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Service Activities 2013
By Martha Heffron
Director of Services

After enjoying a cool, wet spring, we now face the blast of summer's heat. For the "sun lovers" out there this is a long awaited moment. They'll be slathered with lotion lounging in the chair or off and running about without a thought to the rising temperature. And then, there are others (like myself) who, as my husband says, have a range of 70-72 degrees. Yep, that's about right. My son lives in Arizona and I would probably burst into flames there for most of the year.

Fortunately, our staff are creative in finding comfortable activities as the heat goes on. There will be lots of water and air conditioning involved, I'm sure. In addition, we do take extra precaution at this time of the year as many medications can put people at greater risk of the heat. For that reason, education is given regarding heat exhaustion and heat stroke and we are sharing it with you.

Heat Exhaustion: Heat exhaustion is a milder form of heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs to watch for: Sweating, muscle cramps, headache, fainting, fast, weak pulse, pales, weakness, nausea or vomiting, cool, moist skin, breathing fast & shallow, tiredness and dizziness.

Treatment: Remove restrictive clothing and any unnecessary equipment, rest in a cool, shady, air-conditioned place, drink water, clear juice, or a sports beverage, and take a cool shower, bath, or sponge bath.

Heat Stroke: Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

Signs to watch for: Extremely high body temperature of 104 degrees or higher, red, hot and dry or moist skin, rapid strong pulse, throbbing headache, dizziness, nausea, confusion, or unconsciousness.

Treatment: Call 911, loosen or remove restrictive clothing, help the body to immediately cool down by any of the following; taking to an air-conditioned area and/or near a fan, put into a tub of cool water or a cool shower, gently sponging with cool or cold water, or carefully placing light-weight ice bags at the neck, armpit, and groin area. Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102 degrees. Be careful not to over cool the body. If the person is alert, give them sips of cool (no ice) water; do not give alcohol to drink. If emergency personnel are delayed, call the hospital for further instructions.

Remember: Antihistamines dry up the mucous membranes, but they also stop the body from sweating, making it harder for the body to cool. Beta blockers commonly used for blood pressure can suppress the symptoms of heat stress. Psychiatric drug can present symptoms similar to heat stress and elevate a person's temperature, making them more susceptible to heat stress. Never leave anyone or a pet in a parked car even with the windows cracked. Interior temperatures can rise almost 20 degrees within in 10 minutes.

Stay safe and have fun. Wishing you a cool comfortable summer!!

BIRTHDAYS & ANNIVERSARIES

Birthdays

Teresa Kirkpatrick	2-Jul
Raymond Boswell	8-Jul
Ami Wingrave	15-Jul
racie White	16-Jul
Jacob Dykers	21-Jul
Joe Dye	22-Jul
Emmett Parks	28-Jul
Adam Usry	30-Jul
Renee Grabast	31-Jul
Daniel Clarkson	3-Aug
Ronald Busch	8-Aug
Jo Lee Dwight	21-Aug
Kimberly Gooch	22-Aug
Danyele French	22-Aug
Rochelle Chronister	27-Aug
Joshua Allen	28-Aug
Alyssa Dunham	2-Sep
Timothy Mills	8-Sep
Donna Schoonover	15-Sep
Rita Oosborn	26-Sep
Brenda Evans	27-Sep

Anniversaries

George Katzer	10-Jul
Jo Lee Dwight	24-Jul
LaVoria Gillespie	26-Jul
Krista Moreno	2-Aug
Diana Kelley Sutton	8-Aug
Lena Ouellet	11-Aug
Dawn Harrington	11-Aug
Mary Mills	26-Sep

Employees of the Month



April
Jo Lee Dwight
Moline



May
Angela Clark
Moline



June
Lena Ouellet
Moline



ABOVE AND BEYOND



Planting flowers and tomatoes for an elderly person has been a rewarding experience for Sarah and Marlynda. The smiles tell it all.—Eureka

Take me out to the ball park!!! - Eureka



Marlynda and Diana entered the Color Run for Eureka Days.

Watermelon Feed—Moline.

Fruit Sparklers—Moline.

ROOM RENTAL

MULTI-PURPOSE ROOM \$75.00 per day

BOARD ROOM \$25.00 per day

House too small? We have the room to meet your needs. Perfect for birthday parties, baby showers, family reunions, class reunions, meetings, etc. Located in Neodesha. Call 620-325-3333 to make a reservation for your next event.



Pan at Winkleman's (Neodesha)



Cinco de Mayo—Joe & Ronnie—Moline



Caney Safari—Neodesha



Eating dirt and worms—Neodesha



Caney Safari—Neodesha



UPCOMING EVENTS

8/21/13—Eureka Days services to Oklahoma Zoo

8/31/13—Brentwood residents to Wichita Zoo

9/18/13—Annual Chili Cook-Off

COMING SOON—POINSETTIA SALES KICKOFF!!!

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Personal Shredding Program

Our easy, no hassle program allows you to drop off personal and confidential items as needed at our locations in Eureka, Moline, and Neodesha. Small donation of \$25.00 for a one-year contract. Call 620-325-3333 for more details.

By: Lena Quellet

Area Program Manager—Moline & Neodesha

I should say we strolled into spring, leaped into summer but the days and months are going by so fast it is like living each day on a roller coaster.

Here at our work activity centers we stay extremely busy. Besides our jobs that we do each day, the fun filled holidays and our social lives, we still manage to pull off some time for ourselves.

We finished our contract with Winkleman's Flowers in time for Mothers Day and Memorial Day. Dwayne and Melissa were so pleased with our help that on our last day they took us out for pizza.

We then geared up for Push day held in Topeka. We were amongst the thousands that came to protest Kan-Care. There was a sea of red shirts. We also got to go into the capitol building to see the art work and to make ourselves seen. We didn't accomplish what we had set out to do but enjoyed the day with friends, old and new.

The days leading up to Earth day found us looking for and collecting aluminum cans for our fund raising activities. Neodesha has collected enough to purchase a picnic table for the back of the WAC, and Moline is still saving for a glider rocker. Remember us when it comes to saving the cans.

Moline held our annual Cinco De Mayo day celebration. We had Nachos Grande' and for our souvenir and drink we each had a "margarita" and got our own margarita glass. We also played games like how many beans (jelly) were in a decorative glass Pan guessed the closest and won the beans and the glass. Eureka and Neodesha work centers joined us for the day.

National Peace officers day was the 17th of May. Cupcakes were baked, decorated ,and delivered to local Police for their service keeping us safe.

Moline work activity center was blessed with a donation of twinkie type cakes, The cooking class bought fruit and decided to create a fruit cake. With fresh blueberries, strawberries, banana, pineapple, whipped topping... I know!!!!!! All that and twinkies too...

Memorial Day found us grilling out and enjoying company from other sites. Nothing tastes better than a burger on the B.B.Q.

June was filled with activities. Our Neodesha sight has 5 new faces in our work activity center. They have all graduated school and we are getting to know each other.

On June 6th Neodesha participated in the adopt a puppy program. We went to a local dog shelter, picked out an energizing bundle of fur and she spent the day learning how to be social. It was hard to take her back but hopefully she found her forever home.

June 7th is a day we live for.... National Donut day. Neodesha went to Casey's for some of the best tasting donuts in town. Moline was not so blessed , but made do with the other National holiday held the same day having chocolate ice cream.

We honored Flag Day by learning the history of our flag and Betsy Ross and by saying pledge of allegiance. We are proud to be from the USA!!

Miniature golf was played by Neodesha followed by a picnic. They have also been found with worms, fishing gear and swimsuits by the lake. They (no pun intended) dove right into summer...

Neodesha also enjoyed the safari zoo in Caney. They were given a tour of the animals and had a picnic lunch after. With the mild spring days getting outside has been awesome.

Both sites have used the library to enhance their learning and to expand their social skills. One Monday Moline was invited to attend a guest speaker who taught us about "DIRT". She was an excellent speaker who animated her stories with puppets. We learned the importance of keeping our rooms clean.

Moline has been blessed with some smooth peanut butter. The cooking class didn't want to make just ordinary cookies or have PB and J sandwiches. So instead they made candy. Buckeyes to be exact. They also got online to find out about real buckeyes and how they come from trees. Buckeye candy is wonderful to munch on.

We hold fund raisers to add to our Friday Fun Fund. Usually the cooking class makes and sells some kind of special meal. Recently Moline made their famous cupboard stew. Any and everything went into that pot. It was delish.... And sold out fast.

Think of us when you finish your favorite beverage. Don't throw that can away, let us know and we will come get the bag. Or, come set a spell and share your stories with us. We enjoy company.

It is time for garden veggies for us to buy and enjoy. Drink lots of fluids, stay cool.... Cheers.

***It takes only a single idea, a
single action, to move the
world—Anonymous***

The Neodesha workshop has had a lot of changes. Our goal is to stay busy, busy mind and busy body. Once a week we have been going to the Independence library and everyone has access to computer, movies, books, and magazines. We also have been going on outings. June 14th we made our way to miniature golfing and a walk through the zoo. The weather was nice to us that day. On the 21st we had the opportunity to see the Caney Safari. We were able to watch the owner do feedings and also go to interact with some of the wildlife by feeding them animal crackers and touch a baby alligator. On Wednesday the 26th we went in the morning to Big Hill Lake in Cherryvale. We attempted to fish had no luck so we chose to swim. I have to say everyone enjoyed the water and the sand. It is going to be a fun summer here at the Neodesha Dayhab.

In the month of July we are doing more indoor stuff to beat the heat. We are trying to encourage water, water, and more water on these hot days and trying to incorporate healthier foods during break. We have been eating watermelon, grapes, cucumbers, and strawberries. All sorts of different fruits and veggies. During the week of the 4th we made fruit flags which consisted of blueberries, raspberries, and mini marshmallows on skewers. They were delicious! On Thursday July 18 we are having a fundraiser for our "Fun Fund" and are making Bonnie's Taco Salad.

Friday July 26th we will be traveling to Parsons for the American Disability Association Picnic. It will be a great time, friends, food, and familiar faces, and everyone is excited to go!

PUSH DAY IN TOPEKA



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