

# CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.

August 22, 2014

## August

- 1-7 – Simplify Your Life Week
- 3-9 – Single Working Womans' Week
- 10-16 – National Resurrect Romance Week
- 17-23 – Thanks For All The Gifts Week
- 24-30 – National Safe at Home Week – Reduce The Clutter
- 25-31 – Be Kind To Humankind Week

"My goal is to find a way to laugh every single day. For that, I think, is the healthiest form of denial. Anger and bitterness are debilitating. Find a way to laugh every day."

~ Scott Hamilton

# The CenterLine



This week is dedicated to being kind to our fellow man, with a special theme every single day which you can read about below. Do what you can to help each other by doing things like buying a cup of coffee for stranger, complimenting someone at work or letting grandma out of the shed.

"Be Kind to Humankind Week" is celebrated annually, August 25th-31st. While we should practice kindness to everyone every day, this week highlights ways in which we can act better toward one another.

The daily themes are:

- ☺ Sacrifice Our Wants for Others' Needs Sunday—Show people that you care
- ☺ Motorist Consideration Monday—Drive Courteously
- ☺ Touch A Heart Tuesday—Spread kindness, one heart at a time
- ☺ Willing To Lend A Hand Wednesday—Offer someone a helping hand
- ☺ Thoughtful Thursday—Treat others well
- ☺ Forgive Your Foe Friday—Come together as friends
- ☺ Speak Kind Words Saturday—Say something nice to someone

## Rounding Corner

Kudo's to Jennifer Kerr  
She will jump in to help with a problem even when it's not about her job and is willing to do extra to help you out.

Anonymous

## Welcome

Melissa Durr: Offtce Coordinator in Elizabeth



Ariana Fullmer: Case Manager in Elizabeth



Alyssa Morrissette: JBBS in Fort Morgan



Tara Schmidt: Mentor in Elizabeth



Travis Wheeler: MHP in Sterling





# Stirrup Some Fun



Members of Centennial's Northeast Plains Flood Outreach Team (Renda, Lydia, Jenni, Stella) and staff (Lorie, Jecelle, Lindy, John, Charles) and community volunteers (Cynthia Stieb, Jim Merrell) combined efforts to "Stirrup some Fun" with this entry in the Logan County Fair Parade. The planning group was joined by numerous others that rode stick horses, tossed candy and sprayed the crowd with water.