

# 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.

## The CenterLine



December 5, 2014

### Birthdays

Jim Coody	Dec 1
Rhonda Conger	Dec 2
Elyse Glunt	Dec 2
Hannah Martens	Dec 2
Rodney Lyon	Dec 5
Laura Brum	Dec 7
Jessica Flora	Dec 8
Shirley Brandt	Dec 8
Emily Falk	Dec 10
Brenda Carrasco	Dec 14
Rigoberto Melendez	Dec 15
Jenn Korf	Dec 16
Bonnie Fisher	Dec 17
'Cena' Nunez Del Rio	Dec 17
Stephanie Rusher	Dec 18
Noelle Metcalf	Dec 21
Necole Hampton	Dec 23
Christina Chafin	Dec 23
Joanne Roth	Dec 25
Sheila Couch	Dec 26
Sarah Walgenbach	Dec 29
Arlene Weimer	Dec 30
Jamie Farmer	Dec 31

### Anniversaries

Eline Potoski	1 Yr.
Jenn Korf	1 Yr.
Johnna Harris	2 Yrs.
Jeff Wheeler	10 yrs
Lindy Barnhill	12 yrs
Jodi Geis	16 yrs
Sherri Davidson	18 yrs
Kathy Dalrymple	37 yrs



Compliance Moment: Logging Client Time

It is vitally important that providers document the actual client spent with the client or group, NOT what the scheduled appointment or group time is if they are different.

- An example would be if a provider picks up their client 10 minutes late and they meet with the client for 50 minutes, they should log the time for 50 minutes, not the 60 minutes that the schedule shows.
- A second example would be if a group is held for 50 minutes, it should be documented as 50 minutes instead of the scheduled 60 minutes.
- A Third example is with DUI Groups, we report to the court that each of our groups are 2 hours, the group needs to be held for 2 hours—not 2 hours with a 15 minute break—the group needs to be facilitated for 2 hours.

### Welcome

Maranda Miller is the new  
Community Resource  
Prevention Specialist



Emily Falk is the  
Central Region  
Operations  
Manager

Stephanie Rusher is an  
MHP in the Northeast  
Region



"A place **belongs** forever to whoever **claims** it hardest, remembers it **most** obsessively, wrenches it from itself, shapes it, renders it, loves it so radically that he **remakes** it in his own image."

~ Joan Didion  
(1934-) "New Journalism,"  
journalist, screenwriter, and  
novelist.

Once again we will be having a Center-wide contest for best Door decoration.

It's simple to participate

- 1) decorate your door
- 2) send picture of door to [toniw@centennialmhc.org](mailto:toniw@centennialmhc.org)
- 3) Make sure entry is in before Dec 12.

Voting will take place the week of Dec 15<sup>th</sup> -18<sup>th</sup>, please only vote once - you can include a "second" choice which will be considered for any ties to be settled.



Winter weather can be very unpredictable. It is important to keep your vehicle stocked in case the worst happens. Whether your vehicle breaks down, or you get stuck in the snow, a little preparation can make bad situation bearable, and it can also save your life.

## WINTERIZE YOUR VEHICLE

Have a mechanic check the following at the start of the winter season.

- Antifreeze Levels - make sure to keep levels full
- Battery and ignition system
- Brakes
- Exhaust system - leaks in your exhaust system can lead to carbon monoxide poisoning
- Fuel and air filters
- Heater and defroster
- Oil
- Thermostat
- Windshield wiper equipment and washer fluid
- Install good winter tires
- Always maintain at least a half tank of gas

## STOCK YOUR VEHICLE WITH WINTER ESSENTIALS

Put together an emergency kit and keep it in your car at all times.

- Cell Phone and/or CB Radio.** It is always a good idea to have a means of communication should you need help. Cell phone batteries die quickly in the cold, so keep your cell phone close to your body.
- Small Shovel.** This tool is essential if you get stuck in a snow bank and need to dig your way out.
- Extra Clothes and Blankets.** Several layers of clothing will keep you warmer than one heavy garment. Keep a sleeping bag or blanket in the trunk.
- Jumper Cables.** Cold weather can cause a car battery to fail. Make sure you know how to use the cables.
- Florescent Distress Flag.** If you get stuck and need help, tie a bright colored flag or cloth to your antennae or door handle to alert other drivers.
- First Aid Kit.** A first aid kit should be carried in your vehicle at all times.
- Flashlight.** Check flashlight batteries periodically.
- Extra Batteries.** Keep a stash of extra batteries, just in case.
- Non-Perishable Foods.** Foods like protein bars, raisins, and nuts are all good examples of food that keep for a long time, and will provide ample nourishment if you get stranded.
- Water.** This is one of the most important items to keep in your vehicle. A good rule of thumb is a gallon of water per person, should something happen. Keep water in smaller bottles in case it freezes, a smaller container is easier to defrost given limited resources.
- Candles, Matches, and a Lighter.** A candle can heat your car when you are not able to run the motor.
- Tow Rope and/or Chain.** If you get stuck, another vehicle can pull you out using a tow rope or chain. Make sure you educate yourself on how to attach it correctly.
- Ice Scraper and Snow Brush.** You can't get very far if your window is covered in ice and snow. Keep these handy to keep your windows clear.
- Sand, Kitty Litter, or Salt.** Not only can these provide weight in the rear of your vehicle to provide better traction, but they can also give your tires better grip if you're stuck on a slippery spot when spread over ice.

