



# THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

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

## JOURNEY CORNER

My name is Laura Otter (like the sea otter) and I am the new youth/family case manager here at Centennial.



I am passionate about all things mental/behavioral health. Mostly, however, I am interested in conducting research (it is something I want to do in the future), and, weirdly enough, I am mostly interested in qualitative research (research that deals with statistical analysis and numbers). Once I complete my Master of Arts in Clinical Mental Health Counseling, I want to move on to Clinical Psychology (PhD). Although this path requires a lot of schooling and time, I love learning and school, so it is not a route I am dreading. After all of my schooling, I want to be in both worlds of mental health- the practicing world and the research world. Lastly, I am most interested in working with youth. I was involved with my very own youth group when I was a teen, and it was the most transforming experience of my life. I hope that I can extend this experience to the youth of Centennial.

Here are some fun facts about me that are not related to mental health:

- I love all things beauty! It's one of my most advanced hobbies
- I love all colors as long as they are pastel
- I have an obsession with smelly-good things
- Technology has always been, and will always be my bestest friend! I love all things tech

MENU	
July 11 <sup>th</sup> - 15 <sup>th</sup>	
MONDAY	Homemade Chicken Pot Pie
TUESDAY	Taco Bar with Chips and queso
WEDNESDAY	Mystery Chef and Meal
THURSDAY	Patluck with staff
FRIDAY	Sloppy Joe's with chips



*The menu for this week is pictured above.*

## FOOD DRIVE BOX IN STERLING

**STERLING RETAIL BUSINESSES**

**Fill the Gap**

The schools stop providing lunches on July 28th until school starts on August 16th. The Sterling Retail Businesses are asking the community for help in filling the food gap. Please donate non-perishable food (peanut butter, crackers, granola bars, pop-top easy open canned goods, mac & cheese, etc.) The food will be distributed by Family Resource Center. Please drop food in the boxes at these locations:

**Food Drive**

- Bongaars
- CSU Engagement Center
- Zoe's Nook
- Sterling Creatives
- Family Food Market
- Tienda Emanuel
- Collectibles & More
- OK Auto Parts
- Mi Ranchito
- Patriot Pawn Shop

Las escuelas dejan de proporcionar almuerzos el 28 de julio hasta que la escuela comienza el 16 de agosto. Sterling Retail Businesses está pidiendo ayuda a la comunidad para llenar el vacío de alimentos. Por favor, done alimentos no perecederos (mantenimiento de mar, galletas saladas, barras de granola, productos enlatados de fácil apertura, mac & cheese, etc.) La comida será distribuida por Centro de Recursos Familiares. Por favor, deje la comida en las cajas en estos lugares:

Bongaars, Centro de Participación de la CSU, El Rincon de Zoe, Sterling Creatives, Mercado de comida familiar, Tienda Emanuel, Collectibles & More, Aceptar, Auto partes, Casa de Empleo Patriota.

Shown to the left is a flier explaining a food drive taking place in the Sterling community for school-aged children.

The Sterling Centennial Clinic also has a box for donations if anyone would like to offer any goods to the drive. For any questions contact Jose Guereca at JoseG@CentennialMHC.org.

## THANK YOU TO CENTENNIAL



Just a note to let Centennial know we love our shirts and say thank you.

*From- The Burlington Girls*

## STAFF APPRECIATION

My acknowledgment and appreciation to James DeRozario, Corinne Raffaeli, Alicia Lopez and Respite Staff: your diligent caring for our patient over the long July 4th weekend reveals a solid work ethic. Monitoring his Vital Signs twice daily provides certainty about his baseline cardiac functioning seldom seen in a residential setting. Thank you very much!

*Paul Freda, M.D., Medical Director*



## JULY ANNIVERSARIES

## JUNE NEW HIRES



**36 YEARS**  
SPENCER  
GREEN



**23 YEARS**  
TIFFANY  
NICHOLS



**15 YEARS**  
PATRICIA  
PAYNE



**13 YEARS**  
ABBI  
GARCIA



**BRENDA APPELHANS**  
Office Coordinator  
Sterling



**KAYDEE BARKER**  
Admin Assistant  
Community Resources



**LIZ CLAUSSEN**  
Peer Specialist  
Burlington



**8 YEARS**  
WARREN  
FENN



**8 YEARS**  
JON  
PEREZ



**6 YEARS**  
BONNIE  
HOLZSCHUH



**5 YEARS**  
JAMIE  
MONDRAGON



**JAMES DEROZARIO**  
Mental Health Worker  
Respite



**HENRY FLANNERY**  
Peer Specialist  
Fort Morgan



**LAURA OTTER**  
Youth & Family Case  
Manager  
Sterling

### WELCOME

We are glad you are here!

## PREVENTION IN THE COMMUNITY



**5 YEARS**  
KE-ANNA  
MYERS



**5 YEARS**  
AMY  
NATION



**4 YEARS**  
DONNA  
HOLLAND



**4 YEARS**  
DIANA  
RIOS



**3 YEARS**  
LEAH  
BROWN



**3 YEARS**  
PHIL  
SPAULDING



**3 YEARS**  
TASHA  
FISHER



**1 YEAR**  
ABBY  
DAVIDSON



**1 YEAR**  
MELISSA  
BAEZ



**1 YEAR**  
KATIE  
BOEHM



**1 YEAR**  
NOEY  
LOPEZ



**1 YEAR**  
STACY  
MAIER



**1 YEAR**  
JOHN  
MERCER

### THANK YOU

to everyone for all your years  
of service and for continuing  
to move lives forward!



The Prevention team was recently invited to the yearly July Jamz event at the Logan County Courthouse. Due to the suicide of a musician due to play, organizers saw a definite need to have the team there. The team reported they had a great time and said they had so much traffic to their booth which was encouraging. They also recently participated in an event called Mediums for Mental Health that was in collaboration with LOCAL (Logan County Arts League).

