



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

A MESSAGE FROM HEAD GOOSE

Honk! A couple weeks back, you all received an email on our Purpose Project, inviting you to share your own sense of "purpose" in your various roles at Centennial. We got a bunch of cool responses and you saw a few of them two weeks ago. Here's just a few more to get your OWN ideas flowing. If you haven't already sent yours to Liz or Jaci Yula please do so!

What's my
PURPOSE?

I advocate for clients whom are unable to do so for themselves, while teaching them to advocate for themselves.

LeeAnn Schroeder

I have a desire to create an environment of healing and helping that assists clients in overcoming their struggles and to create a community that is healthy to the core.

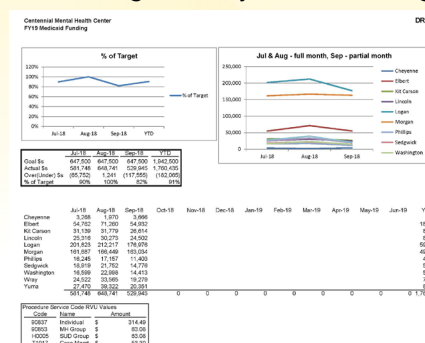
Susan Noyes

It isn't a job, it is my life mission and passion to serve others.

Michael Hinton

IN CASE YOU MISSED IT

Remember the HONK at the end of August letting you all know that we were within striking distance of our monthly Medicaid funding target? Well, guess what, Centennial team! Our updated figures (image below) are looking very good and August total Medicaid billings actually are ever so slightly above target. That is FANTASTIC news! After the "wahoo", we do have to remember that payment received is not the same thing as services billed—there are delays that are still going to have us watching cash and expenses for a while, and meeting target for one month is just that, one month!



However, we all know we can do this now. If we can recover some of the July ground and sustain this kind of Medicaid revenue performance, this will bode well for our current fiscal year and increase the changes we can add to further "Above and Beyond" targets and awards, as well as move ahead more typical merit/market pay adjustments at some point this year. I think we can all get behind that idea!

And just in case you think this psychologist-at-heart Head Goose has gone entirely to the "business" side of the universe, these kind of numbers translate into very real services that are assisting clients in every one of our communities! Services billed=Access to care=Revenue to keep Centennial fiscally strong and moving lives forward!

Keep up the wonderful work!
Liz

The first two prizes the Relay Team would like to release is this
Super cute "daypack" with a Streamlight Nano Light,
and this awesome Breast Cancer Popsocket!



Ashley Lanman will be at the All Staff meeting the 17th in Sterling and if any employees are wearing an item to the meeting, they could win a giveaway item that she will have with her.

RELAY FOR LIFE FUNDRAISING

Relay For Life "Pinktober"

We are only 5 days into our October

**Breast Cancer Awareness fundraiser
and we have raised \$114.00! We are**

already 1/3 of the way to our goal. We

**are excited to get supplies out to the
Fort Morgan office so that they can join
us soon. Each week we will be**

**"releasing" one or two of the items that
will be in the big prize we will draw for
at the end of the month. Hopefully this
will keep everyone's excitement up.**

**THANK YOU to all who have donated so
far! New items have been added so
check them out in your offices.**



12 Stretches and Exercises for Computer Users

Important guidelines when stretching:

- Stretch only to the point of comfortable tension, then relax and hold
- If you feel any pain, stop immediately and relax
- Hold each stretch for at least 10 seconds
- Do not bounce while stretching
- Remember to breathe

1. Shoulder Rolls



Warm-up exercise
Shrug the shoulders up and rotate back.
Repeat 20 times.

2. Arm Circles



Warm-up exercise
With arms at a 90-degree angle to the body and palms facing down, make small circles in a clockwise direction. Complete 20 small circles. Repeat 20 small circles in a counterclockwise direction.

3. Shoulder and Chest Stretch



Slowly raise arms up and back until you feel a stretch in the front of the shoulders and chest.

4. Shoulder and Upper Arm Stretch



Grab elbow of extended arm with opposite arm; pull it toward chest.
Repeat on opposite side.

5. Forearm Flexors



Place hands together as pictured. Raise elbows until you feel a stretch in the palm side of forearms.

6. Forearm Extensors



Extend the right arm in front of the body at shoulder level. Make a fist. Rotate the arm so the palm is facing out. Bend the wrist until you feel a stretch in the back of your forearm. Repeat with the opposite arm.

12 Stretches and Exercises for Computer Users (continued)

7. Low-back Relief



Stand with feet shoulder width apart. Tip head back, lean shoulders back, and hold.

8. Lateral Trunk Stretch



Raise right arm over the head. Slowly bend at the waist to the left side until you feel mild tension in your back. Repeat on the opposite side.

9. Quadriceps Stretch



Slowly pull the ankle up and back until you feel a stretch in the front of the thigh. Repeat on opposite side.

10. Hamstrings Stretch



Bend forward at the waist until you feel a stretch in the back of the thigh. Repeat on opposite side.

11. Calf Stretch



Start with the feet together and step backward with the right foot. Bend the left knee and keep the right heel on the ground. Bend slightly forward at the waist. Hold this position until you feel a stretch in the calf muscle. Repeat the same stretch on the opposite side.

12. Ankle Circles



Warm-up exercise
Bend one knee until the foot is off the floor and slowly rotate the ankle clockwise. Repeat 20 times. Repeat 20 times in a counterclockwise direction. Repeat the same exercise with the opposite ankle.

STAFF GETS LICENSED



MOLLY McDONALD
has obtained her LCSW!

CONGRATULATIONS
Centennial is lucky to have you!



Sterling Journey ventured into the competitive world of festival sales for the first time as they operated a booth at Sugar Beet Days. Just under 600.00\$ in sales occurred. A December trip to a Bronco's game is in the works for the volunteers

who are ready to brave the cold.

The Journey said goodbye to case manager Kaisha McCutchan as she moved away to Texas. At the same time the Journey welcomed Camron Morton, who has settled in nicely. And the Journey celebrated the four year anniversary of Walter Gross by having "We Need More Walter's Day". Journey was looking for an excuse to have cake again anyway.



Lastly, Journey is making Candy Apples. See details below!

Sign up for Candy Apples!

Love some yummy candy apples, but hate making them. Journey will be making candy apples this October. Pay now and pick up 10am on 10/30/2018. Taking orders for this month to keep cost down and to know how many yummy apples we need to prepare. Will take orders pre-pay or on credit and let you pay next month's payday. Email us back the order form before 10-24-2018 to make sure we have enough apples.

Some choices of flavors:

Caramel

Caramel with Sprinkles

Caramel with Nuts

Caramel with Chocolate Drizzle



\$5 each

Order Form

Name: _____ Department: _____

Office: _____

How many? ____ If more than one please circle the other flavors you would like.

Circle what kind?

Just Caramel

Caramel with nuts

Caramel with sprinkles

Caramel with chocolate

Pay now? _____ Pay next payday? _____

CENTENNIAL CALENDAR

OCTOBER

10th - Year 2 Sources of Strength for Adult Advisors and

Peer Leaders - Cheyenne Wells

11th - Board of Directors Meeting - Fort Morgan, CO

17th - New Employee Orientation - Sterling Admin

23rd & 24th - ASIST - Sterling (Contact Sam Melfi to attend)

CONNECT WITH US



LIKE US ON
FACEBOOK



FOLLOW US ON
TWITTER

PREVENTION MONTH AT A GLANCE

PROGRAM	LOCATION	DATE	TIME	TRAINER
Sources of Strength	Elizabeth High	Oct 2	8-5p	Kara-Andie-Chelsea
Botvin LST	Burlington Middle School	Oct 2	8-4p	Susan
Botvin LST	Otis Jr/Sr	Oct 3	8-2p	Kara
Sources of Strength	Bethune Schools	Oct 9	8-4p	Kara-Andie-Chelsea- Maranda-Jennifer
Botvin LST	Kit Carson Schools	Oct 10	11:30-1:30p	Susan
Sources of Strength	Cheyenne Wells School	Oct 10	8-5p	Andie-Jennifer-Chelsea- Maranda
Botvin LST	Otis Jr/Sr High	Oct 10	8-2p	Kara
Botvin LST	Yuma Elementary	Oct 12	9-2:30p	Kara
Botvin LST	Beaver Valley Elementary	Oct 15	8-10:30a	Kara-Chelsea
Botvin LST	Beaver Valley Elementary	Oct 16	8-10:30a	Chelsea
Botvin LST	Campbell Elementary	Oct 16	8-1p	Kara
More Than Sad	Morgan Cty Childcare Ass.	Oct 16	6-7p	Chelsea
Botvin LST	Burlington Middle School	Oct 16	8-4p	Susan
Botvin LST	Otis Jr/Sr High	Oct 17	8-2p	Kara
Botvin LST	Kit Carson Schools	Oct 17	11:30-1:30p	Susan
Botvin LST	Beaver Valley Elementary	Oct 17	8-10:30a	Chelsea
Botvin LST	Beaver Valley Elementary	Oct 18	8-10:30a	Kara-Chelsea
MHFA	Melissa Memorial Hospital Holyoke Community (Event Center)	Oct 18	8-12p (Hospital) 1-5p	Maranda and Kirstin
Sources of Strength Mini/MTS	Yuma Youth Group	Oct 19	1-3p	Kara-Andie
Botvin LST	Beaver Valley Elementary	Oct 19	8-10:30a	Chelsea
Migrant Information Fair	Yuma Middle School	Oct 19	6p-8p	Jennifer
Fire/EMS MHFA	Merino Volunteer Fire Dept.	Oct 19 & 20	6-10p	Andie
More Than Sad	Burlington Middle School	Oct 23	12p-4p	Chelsea-Jennifer
ASIST	Journey Point Respite	Oct 23 & 24	8-4:30p	Maranda-Andie
Botvin LST	Campbell Elementary	Oct 23	8-1p	Kara
Botvin LST	Beaver Valley Elementary	Oct 23	8-10:30a	Chelsea
Botvin LST	Otis Jr/Sr High	Oct 24	8-2p	Kara
Botvin LST	Kit Carson Schools	Oct 24	11:30-1:30p	Susan
Botvin LST	Beaver Valley Elementary	Oct 24	8-10:30a	Chelsea
Botvin LST	Beaver Valley Elementary	Oct 25	8-10:30a	Kara-Chelsea
Botvin LST	Yuma Elementary	Oct 26	9-2:30p	Kara
Botvin LST	Beaver Valley Elementary	Oct 26	8-10:30a	Chelsea
Botvin LST	Beaver Valley Elementary	Oct 29	8-10:30a	Kara-Chelsea
Botvin LST	Beaver Valley Elementary	Oct 30	8-10:30a	Chelsea
Botvin LST	Campbell Elementary	Oct 30	8-1p	Kara
Botvin LST	Burlington Middle School	Oct 30	8-4p	Susan
Botvin LST	Beaver Valley Elementary	Oct 31	8-10:30a	Chelsea
Botvin LST	Kit Carson Schools	Oct 31	11:30-1:30p	Susan
Botvin LST	Otis Jr/Sr High	Oct 31	8-2p	Kara