



# THE CENTENNIAL BRIEFING



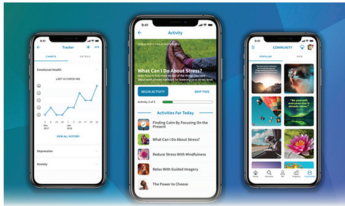
CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

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

## MYSTRENGTHS NEW MOBILE APP

myStrength  
ProviderConnect™ Newsletter

Coming in December:  
myStrength's New Mobile App



The myStrength team is excited to announce that a new and improved mobile application will be available for download in December 2018. The new mobile app will also exchange data – such as tracker history, activity progress, personalization settings, and more – with the web version of myStrength, allowing myStrength users to seamlessly shift from the mobile app to a web experience.

The new mobile app will be available for Android and iOS mobile devices in December 2018, but will not include Coaching or the Improving Sleep program until March 2019.

## SHOP AMAZON - SUPPORT CENTENNIAL

You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.



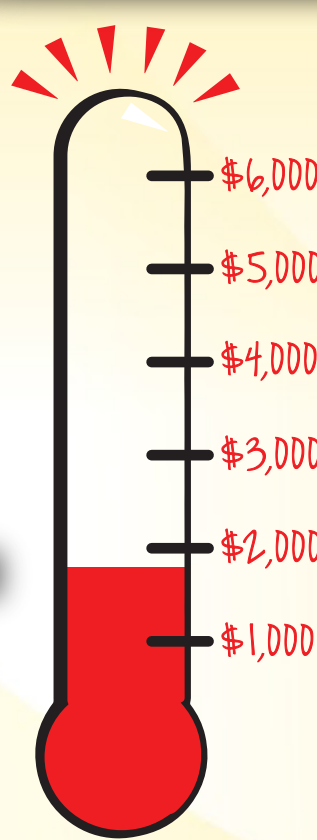
Black Friday and Cyber Monday are two of the busiest shopping days of the year. This is a great opportunity to increase Centennial Mental Health Center Incorporated's AmazonSmile donations!

Put this in your Browser >>> <https://smile.amazon.com/> <<< Put this in your Browser to Start Shopping!

## DETAILED DONATIONS

- \* **Businesses:** Pronghorn Country Ace Hardware - Limon, Chaney-Reager Funeral Home - Sterling, **Cargill - Ft. Morgan**
- \* **Community Members:** Lidia Dunbar- Haxton, **Ellen Cecil**
- \* **Jeans for Joy all days:** Bonnie Fisher, Kathi Boren, Linda Valle, Tara Minardi, Brandy Cutshaw, Abbi Garcia, Heather Glover, Karla Rosas, Emily Morris, Maranda Miller, Sherri Davidson, Tim Davidson, Sheila Couch, Tiffany Nichols, Lorie Hessler, Jennifer Spaulding.
- More Jeans for Joy donations include:** Lidia Lara, Jackie Vasquez, Ally Kvachkoff, Jamie Cantrell, Amanda Burns, Michelle Lynn, Sarah Whitman, Toni Warnick, Kassidy Clouse, Karen Lanckriet, Gina Dardanes, Shannon Parker, Jaci Yula, **LeeAnn Schroeder, Renda Kelsch.**

## SEASONAL DONATION TRACKER



Centennial has actively been getting donations for Jeans for Joy 2018 and also Project Christmas Joy. As stated in Karla Rosas' previous emails and previous Briefings the goal of our project is to raise \$6,000 in order to provide a happy holiday season for members in our behavioral health communities of Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma counties that have limited resources, friends or family with which to enjoy the season. Any funds raised beyond the goal, may be set aside in order to be utilized at our discretion throughout the year for basic client needs such as hygiene products, hats, gloves, mittens, scarves or socks. Our thermometer made a jump from

the last Briefing to this week and we'd like to recognize our donations that have brought us to this point.

**\*\*New donations each week are highlighted\*\* in green to the right**

Donations include:

Centennial Board Members - \$515 - Businesses - \$250  
Community Members - \$125 - Jeans for Joy - \$955

Total as of Today - \$1,845

<<< A huge thank you to everyone so far!



## Suicide Prevention Coalition of Colorado Mental Health Night with the Colorado Avalanche



VS



**Colorado Avalanche**

**New Jersey Devils**

**Sunday, March 17<sup>th</sup> • 1:00PM • Pepsi Center**

**TICKETS STARTING AT: \$33**  
NO ADDITIONAL TAXES OR FEES! Subject to change.

Suicide Prevention Coalition of Colorado will be presenting on the concourse during the game! Also each ticket buyer will be entered to win special experiences on the ice!

**FIND TICKETS:**

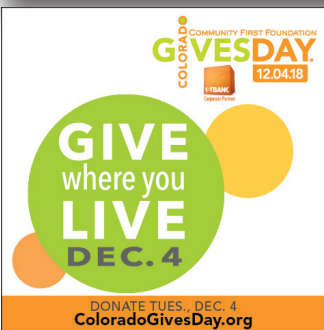
[Avalanche.KSETickets.com/SPCC](http://Avalanche.KSETickets.com/SPCC)

\$5 of every ticket sold will be donated to  
Suicide Prevention Coalition of Colorado



For questions please contact Kiley Long with the Colorado Avalanche:  
303.405.7625 | [Kiley.Long@TeamKSE.com](mailto:Kiley.Long@TeamKSE.com)

## COLORADO GIVES DAY - DEC. 4<sup>TH</sup>

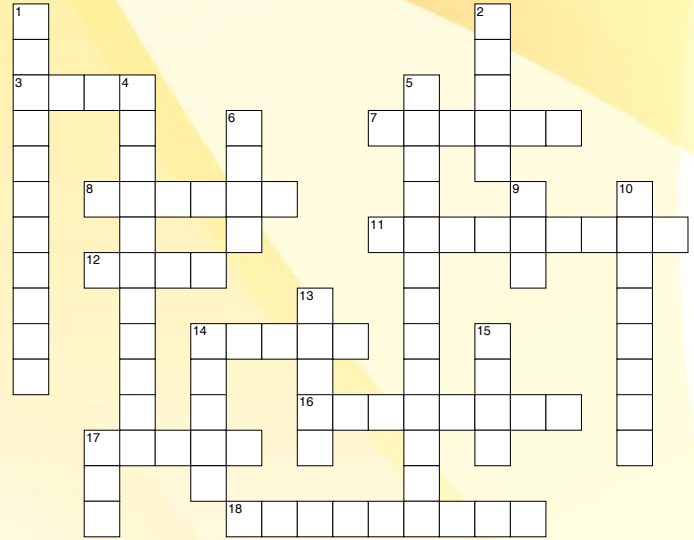


Please give where you live and support us on Colorado Gives Day, Tuesday, December 4! This 24-hour movement is a chance to increase the value of your donation, thanks to the \$1 Million Incentive Fund. Created by Community First Foundation and FirstBank, the fund increases the value of every dollar donated proportionally. For example, if we receive 10 percent of the total donations made on Colorado

Gives Day, we will receive 10 percent of the \$1 Million Incentive Fund. To donate to us on Colorado Gives Day, click the "DONATE NOW" button on our website page: <https://www.centennialmhc.org/get-involved/donate/>. Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits. The site encourages charitable giving by providing comprehensive, objective and up-to-date information about Colorado nonprofits. It is an easy way to support us online.

Complete the crossword below and send it back to Heather Glover (HeatherG@CentennialMHC.org) by **Friday, December 7th at 12:00 pm**. With all correct answers you will be entered into a drawing to win a prize!

## Winter Weather



### ACROSS

- 3 The process by which snow or ice changes to water.
- 7 A period of very cold winter weather that damages plants.
- 8 Intensely cold temperature.
- 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12 Mildly cold feeling.
- 14 Bright with sunshine.
- 16 Snowfall that is so heavy one can see little or nothing on the horizon.
- 17 Ice crystals on a frozen surface: "Old Jack \_\_\_\_\_."
- 18 A large mass of snow that slides down a mountain.

### DOWN

- 1 A standardized measure of how hot or cold it is outside.
- 2 Rain that freezes as it falls.
- 4 A tool used to measure the temperature.
- 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6 Pieces of ice falling from the sky.
- 9 A solid form of frozen water.
- 10 A storm with heavy snow, strong winds, and severe cold.
- 13 Covered with snow.
- 14 A mixture of snow and water.
- 15 Precipitation in the form of small white ice crystals that form inside clouds.
- 17 Thick water vapor that makes it hard to see.

## CENTENNIAL CALENDAR

### DECEMBER

- 4<sup>th</sup> - Colorado Gives Day
- 13<sup>th</sup> - Board of Directors Meeting - Fort Morgan Office
- 24<sup>th</sup> - Christmas Eve - All offices closed
- 25<sup>th</sup> - Christmas Day - All offices closed

### JANUARY 2019

- 1<sup>st</sup> - New Years Day - All offices closed
- 13<sup>th</sup> - Board of Directors Meeting - Fort Morgan Office
- 21<sup>st</sup> - Martin Luther King Jr. Day - Floating Holiday

## CONNECT WITH US



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