



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

NURSES DAY - MAY 6, 2020

We wanted to definitely acknowledge all of the work our Nurses do for us at Centennial. We are all so lucky to have all of you and your talents.



May all the care and kindness you give to others come back to warm your hearts.

VIRTUAL MOTIVATE4MENTAL HEALTH



This year Motivate4Mental Health took a virtual turn as did so many other events on our radar. In years past the event has included 4 components: Awareness, Activity, Nutrition and Community. This year instead of an in person event Centennial, Northeast Colorado Health Department, and KPMX have decided to have our "event" on social media (Facebook) for the 4 weeks of May.

ALL NEWS FROM THE NORTHEAST



The Northeast celebrated Nurses Day by delivering small flowering plants to Cheryl Dillon and Laura Yahn. Laura is not the kitten by the way :-)



A box of donuts and a thank you was delivered to Advantage Treatment Center in Sterling for their essential role in the community.

J&L Café in Sterling offered a free burger, fries and drink for all nurses, healthcare workers and first responders last week.

J&L is also offering a free dinner to anyone in the community who needs one.

Holyoke hosted a cruise night on Saturday, May 9th led by the Police Department and offered drive through specials on food and snacks.

Week 1 - Awareness: Posts were made about Mental Health, May being Mental Health Month, some fun new ads for Man Therapy and some feel good items as well. PSA's were done with KPMx as well.

Week 2 - Activity: Prevention will be doing some videos of how to make stress balls, the ECMHS team will be doing some fun videos for children, and some staff will be doing a video per day on 10 things to do at home or nearby that are good for your mental health.

Week 3 - Nutrition: Some Centennial and NCHD cooking shows will be posted along with posts hear and there about healthy snacks and some recipes.

Week 4 - Community: Andy Rice from KPMX will be pre-recording some music for everyone to enjoy. We are also including a virtual song that the NJC music students recorded, because music is great for our mental health. Lastly, we will have progress posted about a project that will soon get all communities and regions involved throughout Northeast Colorado. **BE LOOKING FOR THIS SOON!!**

Follow our Centennial Mental Health Facebook page to see all of the fun information and videos provided by Centennial, NCHD and KPMX.

LIZ'S MASK CHALLENGE

If you all remember last week Liz challenged everyone to show off their favorite masks. Here are a few of the masks we've seen so far! Aaron Shea is pretty confident nothing will get through his, but also wonders why people get nervous when he walks through the halls!

Don't forget to participate and send Jaci Yula (jacy@centennialmhc.org) a selfie alone of you with your favorite mask on.



WACKY WEDNESDAY IN HOLYOKE

