

# SUNCOAST NEWS

Mission: The Agency Supports Persons with Developmental Disabilities in Living,  
Learning & Working in their Communities.

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## Jim DeBeaugrine Interim Director of APD

Gov. Crist appoints Jim DeBeaugrine as the Interim Director of the Agency for Persons with Disabilities. "I am confident that Jim will continue to do an excellent job serving Florida's persons with disabilities and their families as we transition to a new executive director at the agency in the very near future," Governor Crist said. DeBeaugrine is the former APD Deputy Director of Planning and Budgeting. "I would like to thank each of you - the agency's employees. Nowhere else will you find a group of people with such selfless dedication to others." DeBeaugrine has continuously demonstrated his outstanding dedication and commitment to the agency and its staff. "It is your single-minded focus on the people we serve that feeds my confidence," DeBeaugrine said. ■

## Governor Crist Signs 2008-2009 Budget

Governor Charlie Crist's 2008-2009 budget continues to support the Agency for Persons with Disabilities and our efforts to assist individuals with developmental disabilities. Budget highlights are as follows:

- \$600,000 to establish dental clinics for people with developmental disabilities
- \$9.5 million towards funding deficit.
- \$3.1 million to expedite the completion of the assessments

"I am thankful to Governor Crist for acknowledging the importance of the needs of Floridians with developmental disabilities by recommending funding for our agency's top priorities," said Jim DeBeaugrine, Interim Director of APD. "In a tight budget year, we acknowledge the difficult financial situation the Legislature faced. Although we are concerned about the potential impact of the provider rate reductions, we are grateful that there were no direct service eliminations or reductions to the individuals we serve." ■

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*The only courage that matters is the kind that gets you from one moment to the next.*

*~ Mignon McLaughlin*

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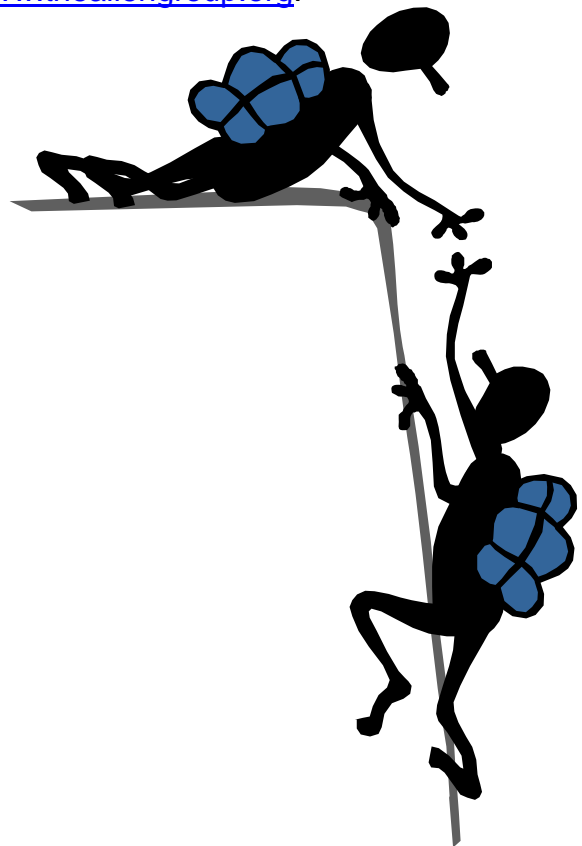
# Managing Stress Successfully

There comes a time in all our lives that we experience some degree of stress. The following are suggestions provided by CMHA to help you through stressful times:

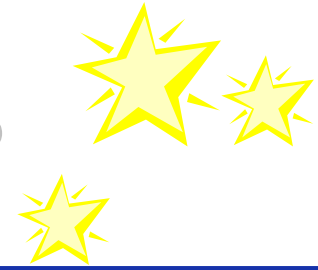
1. Recognize your symptoms of stress
2. Look at your lifestyle and see what can be changed -- in your work situation, your family situation, or your schedule
3. Use relaxation techniques - yoga, meditation, deep breathing, or massage
4. Exercise - Physical activity is one of the most effective stress remedies around!
5. Time management - Do essential tasks and prioritize the others. Consider those who may be affected by your decisions, such as family and friends. Use a check list so you will receive satisfaction as you check off each job as it is done
6. Watch your diet - Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress. A diet with a balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health. Contact your local branch of the Heart and Stroke Foundation for further information about healthy eating
7. Get enough rest and sleep

8. Talk with others - Talk with friends, professional counsellors, support groups or relatives about what is bothering you
9. Help others - Volunteer work can be an effective and satisfying stress reducer
10. Get away for a while - Read a book, watch a movie, play a game, listen to music or go on vacation. Leave yourself some time that's just for you

If you require additional assistance, please utilize the Employee Assistance Program (EAP). The Employee Assistance Program is available to provide counseling for employees and their family members. EAP offers assistance with a variety of stress inducing factors such as work, family, marital, emotional and psychological needs. You may contact EAP at the following toll free number 1-800-860-2058 or visit them on the web at [www.theallengroup.org](http://www.theallengroup.org).



# All About Us



Welcome Back to Elena Stewart! We hope you enjoyed your 'Welcome Back Breakfast'. We wanted to show you how much we missed you and how much we appreciate all you do! Welcome Back Elena!



Congratulations to Brenda Trent! Brenda is our new Psychological Specialist for Pinellas and Pasco County. Brenda has a Master's degree and strong background in mental health and developmental disabilities. Congratulations Brenda!



Congratulations to Christie Heindel, daughter of Barbara Heindel, who is on her way to becoming a full time Nurse Practitioner. Christie is in the Nurse Practitioner Program at the University of Tampa and is currently working on her clinical. With two semesters remaining, Christie is well on her way to becoming a full time, full-fledged Nurse Practitioner. Congratulations Christie!



Congratulations to Shawn Castillo, Rosie Castillo's son, who graduated from Chamberlain High School on 6/2/08. Shawn was enrolled in the Culinary Arts Program throughout high school and plans to continue his education in Culinary Arts. Shawn plans to become a chef and open his own restaurant. Congratulations Shawn!



Congratulations to Mark Majerick, Jeannie Majerick's son, who recently graduated from Gaither High School. Mark is heading out to attend the NASCAR Technical Institute in Mooresville N.C. to study High Performance Technology. After graduation, he plans to work within the NASCAR circuit and/or to pursue a career with one of the major automobile companies. Congratulations Mark!



Congratulations to James Blackwell, Cheryl Blackwell-Cox's nephew, on his graduation from West Point on Saturday, May 31. James will serve his first tour of duty in Germany. Congratulations James!



"Elyse Cadena, our student intern, has completed her two and half weeks with us at APD. As her mentor, I would like to thank everyone for first approving and then supporting this Pilot Internship Program. Thank You!" ~ Helene Coutu.



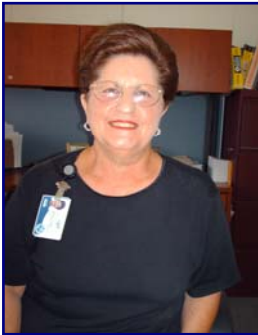
"Marcia Digrazia and Anne Hendon consistently receive high marks and accolades from providers for their training sessions and their responsiveness to questions from providers. Keep up the good work! We appreciate all you do!" ~ Judith Redding.



Congratulations to Kimberly Myers on the birth of her beautiful baby girl, Melody, on April 7. Kimberly is a new QSI assessor and former WSC. Her husband is currently in the army and deployed overseas. Congratulations Kimberly!



Congratulations to Mary Ecklund her recent marriage! We hope you have many photos to share and we wish you many, many wonderful years together. Congratulations Mary!



“Our General Revenue Unit 360 has implemented the four-day workweek in effort to conserve fuel, and keep a little more money in their wallet. The ten-hour, four-day workweek has been in effect since May 9, 2008 and is turning out to be quite successful. Keep up the good work and enjoy the savings!” ~ Barbara Heindel.



# WAIVER ENROLLMENTS AS OF MAY 2008

<b>County</b>	<b>HCBS</b>	<b>CDC</b>	<b>FSL</b>	<b>TOTAL</b>
<b>Alachua</b>	1	0	0	1
<b>Broward</b>	2	0	0	2
<b>Desoto</b>	49	1	10	60
<b>Hernando</b>	1	0	0	1
<b>Hillsborough</b>	1501	116	414	2031
<b>Manatee</b>	302	37	102	441
<b>Pasco</b>	513	17	173	703
<b>Pinellas</b>	1537	51	313	1901
<b>Sarasota</b>	343	12	105	460

**TOTAL      5609**

# WAITLIST AS OF MAY 2008

<b>AREA</b>	<b>FSL - YES</b>	<b>FSL- NO</b>	<b>TOTAL</b>
<b>SUNCOAST</b>	<b>3224</b>	<b>1097</b>	<b>4321</b>

# Announcements

## ***Free Swim Lessons***

The City of Tampa Parks and Recreation Department and the Florida Department of Health – Hillsborough County are teaming up to provide free swim lessons for children ages 5 – 17. The lessons will be offered at several City pools. Please call the pool of your choice for the dates and times of the lessons and for registration information.

## ***Pyramid Studios & Gallery in Tampa***

Presents

### ***BRAIN WEAVES***

Opening Reception \* Thursday, June 26, 2008 \* 6:00-9:00 p.m.  
1508 W. Sligh Avenue \* Tampa, FL

## ***People First Update Requested***

All staff must verify the information in People First for their phone numbers and email address. Please notify Elena Stewart regarding information that needs to be corrected, and she will forward the corrections to our Human Resources office.

## ***HYATT PRE-PAID LEGAL PLAN:***

**June 16 – July 31, 2008**

This plan is designed to provide you and your dependents with access to legal services at a cost of \$8.20 bi-weekly. If you have any questions regarding the pre-paid legal plan coverage, please contact Hyatt's Client Service Center at (800) 821-6400 for representative assistance. You may also contact Jessica Beane in the Central Human Resources Office at (866) 828-7220.



Resources: <http://apd.myflorida.com/> \* [http://www.cmha.ca/english/coping\\_with\\_stress/18\\_tips.htm](http://www.cmha.ca/english/coping_with_stress/18_tips.htm) \*  
<http://www.quotationpage.com/subjects/courage/>