



The Sunland Beacon

April 2019

Sunland FUEL Supports BackPack for KIDS

Everyone knows Sunland residents have big hearts and quickly embrace occasions where they can help others. Many are eager to participate in Sunland's FUEL (Faith Used in Everyday Living) Program, which identifies opportunities to serve others in need. FUEL is sponsored by Sunland's Chaplaincy Program and has been quite active in giving back to the community. The FUEL group recently participated in a "Back Pack for Kids" work project where they put together 150 back packs filled with food. After receiving directions from Back Packs for Kids, Jackson County, FL, Inc., volunteer Gail Hill, the team jumped into action, making an assembly line and quickly filling the back packs.



Thank you to Sunland staff Chaplain Ruthie Moore, Volunteer Coordinator Maria Johnson, Resident Advocate Jennie Ann Dean, Recreation Department Rehab Therapist Chuck Dickson, and Sunland residents Greg D., Cheryl D., David R., and Josh B. for supporting Back Packs for KIDS!



Sunland FUEL Supports BackPack for KIDS



Annual Volunteer Appreciation Luncheon

Sunland's annual Volunteer Appreciation Luncheon was held on Tuesday, April 9, at the Sunland Mixer. This year's theme was "Volunteers: Together We Make a Difference." Sunland Volunteer Coordinator Maria Johnson welcomed those in attendance, thanking them for their support and the positive impact they make on the lives of the individuals who reside at Sunland. During the program, door prize drawings were held for \$25 gift cards donated by the Jackson County Teachers Credit Union, along with a donated gift basket.

Congratulations to Shayla Pittman who was recognized as Volunteer of the Year. Shayla serves at the Suntown Mall Bank. Prior to volunteering at Sunland, she earned her Bachelor's degree in Business Administration/Accounting from Chipola College. Her educational background and sweet spirit make her a perfect fit at the bank. She is known as a strong member of the CSS Team. Shayla is the daughter of Ms. Tex Pittman, a longtime career employee who works in Unit 3.

Congratulations are also in order to Friends of Sunland, Inc., for their selection as Sunland's Volunteer Group of the Year. This non-profit group is supported by friends from our local community. They work diligently to support engaging opportunities for the community of Sunland Center. The time they donate to Sunland and our residents has been phenomenal and is very much appreciated!



Shayla Pittman, 2nd right, pictured with her parents, along with Volunteer Coordinator Maria Johnson.



Friends of Sunland Board Members Gail Hill and Judy Stanton, along with Volunteer Coordinator Maria Johnson.

Sunland Residents Enjoy Sportsability Event!

On April 12, Sunland residents and staff attended a "SportsAbility" resource expo and indoor activities event, sponsored by the Florida Disabled Outdoors Association, Inc., which is headquartered in Tallahassee. This event promotes quality of life and highlights adaptable leisure and recreational activities for people of all abilities. The FDOA and its partners provide the festival free of charge for participants, families and friends. During the festival, participants of all abilities learn about the value of recreation and active leisure for everyone, especially people with disabilities. Sunland residents and staff were thrilled to have the opportunity to participate once again this year.



Unit 3 Hosts Annual Spring Fling

The staff and residents of Unit 3 hosted their Spring Fling on April 24. A large crowd was on hand to support Unit 3 residents in their annual spring fashion show. Lively music, provided by DJ Kit Reagan, filled the air. Residents and staff enjoyed dancing, Italian Ice and fresh lemonade. It was a beautiful day!



From the Superintendent...

Summer is quickly approaching! The daylight hours are growing longer and temperatures are rising. As we usher in spring and summer, we are offered the opportunity to get rid of the winter blues and enjoy the warm sunshine and summer activities.

Rather than driving to and from work in the dark, the extended daylight hours now offer us time for outdoor activities. We have time to enjoy a BBQ, watching sunsets over the lake, an evening walk or even catching up on gardening and yard work. I hope we all choose to find a fun activity that puts a spring in our step and a smile on our face as we try to manage the natural stresses of everyday life.

And just maybe, this year, the green grass, budding flowers and new growth on our trees and shrubs will take on a new meaning. Just maybe this green new growth will offer us hope as we continue to recover from the devastation left behind from Hurricane Michael. I have often been reminded that we find that for which we look. With this in mind, I hope we all will choose to look for the good in each new day here at Sunland. What we do each day is critically important and how we do it and for whom we do it is even more important. Thank you all for what you do each and every day for those whom we serve. You are appreciated!

Now, shake those winter blues and let's enjoy the sun at Sunland!

Much appreciation,

Marguerite

Marguerite Morgan, Superintendent



Thiel Center "Meet & Greet" with Superintendent Morgan

Unit 2 Social Services sponsored a "Meet & Greet" afternoon reception on April 24 for the Thiel Center families to have an opportunity to meet Superintendent Marguerite Morgan. It was a wonderful gathering and great opportunity for the families to personally meet Superintendent Marguerite Morgan and Tom Rice, APD Deputy Director. Rice and Morgan greeted the families, emphasizing the Agency's strong commitment to Sunland. Families were assured the quality care and well-being of their loved ones would remain a priority of APD and Sunland. Laughter and smiles filled the room as families enjoyed renewing acquaintances and sharing their hopes for beloved family members with Ms. Morgan and Mr. Rice.



Friends of Sunland Sponsor Paint Party

During Spring Break week, the Friends of Sunland, Inc., furnished supplies for an afternoon of art and fun for East Truman House. Maria Johnson, Hub art instructor, led the participants in two painting activities. The fun was started outside "painting" two canvas panels by throwing tempera paint filled eggs at the canvases. The eggs exploded when they hit the panels creating colorful, nonobjective pieces of art.

Next up, everyone moved inside and began phase two, Acrylic Paint pours. Seventeen, 11x14 canvases were created. They were amazing! The panels will be on display May 22, when the Hub hosts an outdoor exhibit between the Habile building and the Suntown Mall.

Art is good for the mind and the soul, stop by, see the art and say hello!



Character Matters...



This month we are exploring the character quality of **Determination** and what that looks like in the workplace. There are many ways to be successful in life, but staying on task is one of the most important ways. This means a person has the motivation to work their absolute hardest and get things done. Even though procrastination, laziness, and giving up is easier, determination is something you can teach yourself and make it become a habit.

Determination is the desire to get the job done and includes additional characteristics such as initiative, persistence, dominance, and drive. People with determination are willing to assert themselves, they are proactive, and they have the capacity to persevere in the face of obstacles. Determination is "overcoming obstacles in order to reach my goal."

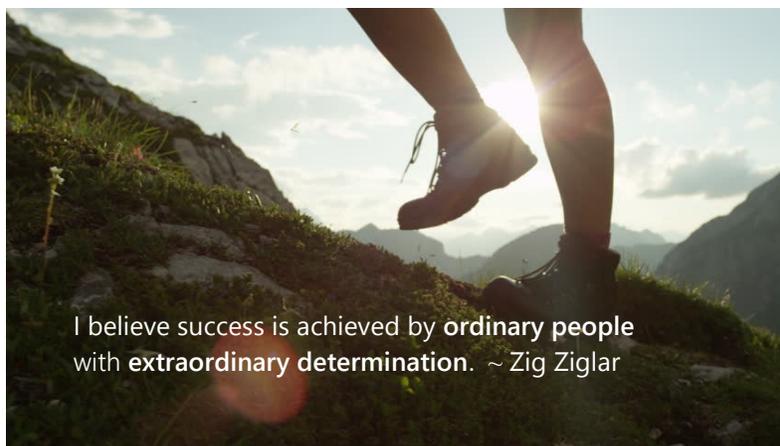
Determination is like *climbing a mountain*. You have to know what you want to achieve, then put one foot in front of the other until you reach the top. Climbing a mountain takes a lot of effort. It is tempting to quit and turn back when you feel tired or discouraged. But determination means pressing on, pushing forward, and not giving up. Determination makes you a winner, not a quitter!

A determined person never gives up, no matter what.

A determined person understands that when they fall, they **MUST** get back up to continue their journey.

A determined person works hard to lead by example.

A determined person understands that change is inevitable, and they learn how to adapt quickly.



April Star Awards

Congratulations to Sunland's April Star Award recipients! Honored at the April 23 Star Awards Ceremony were: Angela Jackson of Unit 1 Grant House; Unit 1 Day Program - Tommie Rivers, Stacy Holden, Stacy Reed, Jeffrey Bowers, Martin Pierce; Deborah Hughes of Unit 1 Harrison House; Katrina Jackson of Unit 1 Harrison House; Lenora Edwards of Unit 2 Thiel Center; Eddie Snell of Unit 2 Social Services; Allison Jones of Unit 3 Learning Center; Belinda Kirkland of Unit 3 East Washington; Jennifer Pumphrey, Nursing Department; Shelly McCormick, Medical Records; Maintenance Department - Randy Lowery, Chris Searcy, Jimmy Brooks, Clay Mitchell, Steve Barwick, Keith Jarrett, and Janet O'Pry; Johnny Hodges of CSS Recreation; Lynn Kern of Accounting and Charles Stephens of Accounting.



GOLD STAR AWARD - ANGELA JACKSON
 Pictured: Marguerite Morgan, Superintendent; Angela Jackson and Franklin Williams, Unit 1 RSD



GOLD STAR TEAM AWARD - UNIT 1 LEARNING CENTER
 Pictured: Marguerite Morgan, Superintendent; Martin Pierce, Jeffery Bowers, Stacy Reed, Franklin Williams, Unit 1 RSD
 Not Pictured: Tommie Rivers, Stacy Holden



GOLD STAR AWARD - EDDIE SNELL
 Pictured: Marguerite Morgan, Superintendent; Eddie Snell and Lucious Williams, Unit 2 POA



GOLD STAR AWARD - LENORA EDWARDS
 Pictured L-R: Marguerite Morgan, Superintendent; Lenora Edwards and Lucious Williams, Unit 2 POA



GOLD STAR AWARD - SHELLY MCCORMICK
 Pictured: Marguerite Morgan, Superintendent; Shelly McCormick, Sandy Helms, APRN/Health Services



GOLD STAR AWARD - JENNIFER PUMPHREY
 Pictured: Marguerite Morgan, Superintendent; Jennifer Pumphrey, Rose Crews, END

April Star Awards



GOLD STAR TEAM AWARD - MAINTENANCE

Pictured: Allen Ward, Director of Maintenance & Operations; Marguerite Morgan, Superintendent; Chris Searcy, Keith Jarrett, Steve Barwick, Randy Lowery, Janet O'Pry, Jimmy Brooks
Not Pictured: Clay Mitchell



GOLD STAR AWARD - BELINDA KIRKLAND

Pictured: Marguerite Morgan, Superintendent; LaRhonda Barnes on behalf of Belinda Kirkland, James Daniels, Recreation & award nominator, Bart Harrell, Unit 3 POA



GOLD STAR AWARD - ALLISON JONES

Pictured: Marguerite Morgan, Superintendent; Allison Jones, Bart Harrell, Unit 3 POA



GOLD STAR AWARD - CHARLES STEPHENS

Pictured: Marguerite Morgan, Superintendent; Charles Stephens, Debra Johnson, Accounting Supervisor



GOLD STAR AWARD - LYNN KERN

Pictured: Marguerite Morgan, Superintendent; Lynn Kern, Debra Johnson, Accounting Supervisor



GOLD STAR AWARD - JOHNNY HODGES

Pictured: Marguerite Morgan, Superintendent; James Daniels, Johnny Hodges, James Godwin, CSS Director

Looking Ahead...



May Activities

5/1	Wed	9 am -Volleyball @ Gym 2:45 pm -BEAM Exercise Class @ Pathways 3:30 pm - AM Exercise Class @ Leisure Center - open to Unit I, II, III
5/2	Thu	11:45-National Day of Prayer @ Chapel
5/4	Sat	Saturday Activity Schedule - TBA
5/5	Sun	9:15 am - Chapel Services 2:45 pm - Chapel Services @ Pathways
5/6	Mon	8:30 am - 4 pm Staff Appreciation Week - Basketball Shoot Out @ Gym
5/7	Tue	9 -11 am Staff Appreciation Week - Cornhole Tournament @ Gym 1 - 3 pm Staff Appreciation Week - Cornhole Tournament @ Gym
5/8	Wed	9 - 11 am Volleyball @ Gym (Sonics, Jets, Hope School Falcons) 1-3 pm Staff Appreciation Week - Volleyball Tournament @ Gym
5/9	Thu	1-3 pm Staff Appreciation Week- "Wacky Games" @ Gym
5/10	Fri	9 -11 am Staff Appreciation Week - Pickleball Clinic & Games @ Gym 1 - 3 pm Staff Appreciation Week - Pickleball Clinic & Games @ Gym
5/11	Sat	Saturday Activity Schedule - TBA
5/12	Sun	9:15 am - Chapel Services 2:45 pm - Chapel Services @ Pathways
5/15	Wed	9 am - Sunland Mall Tea Social @ Mall 1 pm - Volleyball @ Gym (Sonics, Jets, Hope School Falcons) 2:45 pm - BEAM Exercise Class @ Pathways 3:30 pm - BEAM Exercise Class @ Unit I We Can Bld - open to Unit I, II, III
5/16	Thu	8 am - Depart for Special Olympics State Summer Games-Orlando
5/17 & 18	Fri/Sat	Special Olympics State Summer Games - Orlando
5/18	Sat	Saturday Activity Schedule - TBA
5/19	Sun	9:15 am - Chapel Services 2:45 pm - Chapel Services @ Pathways 4 pm - return to Sunland from Special Olympics State Summer Games
5/22	Wed	Sunland Art Show @ "The Lawn" (between Habile Building & The Mall)
5/25	Sat	Saturday Activity Schedule - TBA
5/26	Sun	9:15 am - Chapel Services 2:45 pm - Chapel Services @ Pathways
5/27	Mon	Memorial Day Holiday

"The Sunland Beacon" - Newsletter Committee

Suggestions and/or news article submissions are welcome; please contact any committee member:

Beth Basford, Administration - Editor; Clint Cox, CSS/Recreation - Co-Editor; Stephanie Parker, CSS/Print Shop; Renee Perry, Unit 1; LaWanda Calhoun, Unit 2; Allison Jones, Unit 3; Joni Laramore, Administration; Suzanne Laramore, RN/Nursing-Medical