

June

Alzheimer's and Brain
Awareness Month

Men's Health Month

PTSD Awareness Month

Helen Keller Deaf-Blind
Awareness Week (last
week of June)

6/1 National Cancer
Survivors Day

6/8 World Brain Tumor
Day

6/15 World Elder Abuse
Awareness Day (WEAAD)

6/15 Father's Day

6/18 Autistic Pride Day

6/19 World Sickle Cell
Day



Marinate the chicken



Make the salad



Cook the chicken

Men of DDS

The best gift you can give yourself and your family is that of health. Take care of your self. Get those check-ups and screenings. Manage stress. Take your medicine. Exercise. Walk. Work on your diet. Your family and friends need you. Be proactive in your mental health— speak up and seek support. Take control of your health. Sounds like a tall order, right? How do hike Mt Everest? One foot in front of the other. Take small steps. (One below for you.) You can do this!

For those who are fathers, we wish you a Happy Father's Day! Enjoy your holiday doing exactly what you want to do. We need you. We appreciate you!

Greek Grilled Chicken Salad

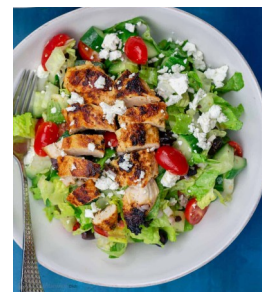
For the chicken

1 cup Geek yogurt	Juice of 1 large lemon
2 tbs extra virgin olive oil	2 tbs red wine vinegar
3 garlic cloves minced	Kosher salt generous pinch to taste
Black pepper generous pinch to taste	
1tbs oregano	1tsp sweet paprika
1tsp ground cumin	1tsp ground coriander
Pinch cayenne optional	1.5 lb chicken tenders

For the salad

Greek dressing	8 oz hearts of Romaine lettuce, chopped	2 shallots, thinly sliced
Quality Greek feta block	10 oz cherry or grape tomatoes	pitted Kalamata olives
1 bell pepper any color, cored, and chopped	1 English cucumber sliced into rounds, diced	

1. **Season and marinate the chicken tenders.** In a large bowl, mix together the yogurt, olive oil, lemon juice, vinegar, garlic, salt, and spices. Add the chicken tenders and mix to make sure chicken is well coated with the marinade. Cover and refrigerate for 30 minutes.
2. **Prepare the salad.** In a large bowl, combine the lettuce, cherry tomatoes, bell pepper, cucumber slices, shallots, and kalamata olives. Add 4 tablespoons of the Greek dressing and toss to combine. Add feta cheese to your liking.
3. **Cook the chicken.** Heat 1 tablespoon of extra virgin olive oil in a non-stick skillet over medium-high heat until shimmering but not smoking. Add chicken tenders to the pan. Cook on one side for 5 minutes until browned. Turn chicken over and cook on the other side for another 5 minutes or until chicken is done. (grill option— grill 5 minutes on each side, internal temperature should register 165 degrees F).
4. **Assemble the grilled chicken salad.** Transfer the salad to serving bowls and top each bowl with the cooked chicken then drizzle a little more of the dressing over the chicken.



Human Development Centers celebrate Nurses Week

Many activities took place during Nurses Week to honor and celebrate our nurses at the HDCs. These submissions are just a few to show our appreciation for all that you do!

JHDC celebrated an entire week of activities and meals! The Employee Relations Committee provided a Taco Bar the last day of Nurses Week that was amazing. All JHDC nurses received a gift bag full of goodies. We love our JHDC Nurses. They are the absolute BEST!!!

~Diane Keith, Superintendent

CHDC had a food truck on grounds for Food Truck Friday and Nursing Services paid for all nurses meals. Also, a Nacho Bar from Tacos for Life was provided by the nursing agency Amergis because CHDC nurses are Nacho average nurses!!!

~Mona Irwin, RN Nurse Manager

SEAHDC Nurses



JHDC Nurses



CHDC Nurses



Let's Talk DDS

Director Jennifer Brezée facilitated the all staff communications teams meeting May 22nd.

Takeaways:

Session highlights affecting DDS:

Dental Benefit - Expanding monetarily for our population. Tentatively have the mechanisms in place by late fall.

Rate Study - Rate Study under way for CES Waiver services. A new Waiver will be written by DHS to cover services for Traumatic Brain Injury.

Physical Therapy - Now allows adults to go to PT clinics.

Quality Report/Dashboard - PASSEs to make public also the initial Optum reassessed every 3 years to make smaller

Flat Budget for next fiscal year. Pay plan has been approved.

2026 Strategy - Public facing strategy document outlining departmental goals

Matrix care across all HDCs. Pilot currently underway at Arkadelphia HDC.

Autism Waiver transferring to DDS this summer.

Private ICF 704s transferring to DDS to provide greater congruency and consistency aimed for the 1st of 2026.

Deputy Director is working with partnerships on manual updates (OT, PT, Speech, ABA, EIDT and AIDT).

Access - Incident Reporting for all provider types. One door to incident/accident reporting.

Ending the Mortality Review Committee. Changing to new committee called Quality Assurance Committee.

Friends and Parents of HDCs just returned from Washington, D.C. There were many requests for client made items and crafts, such as BHDC rugs.

Social Services Block Grant is moving back to quarterly distribution.

Director Brezée queried leaders present for updates.

Assistant Director Portland Gilbert announced 2 positions available.

CFO Lena Bethell announced the budget was done/end of year wrap up.

Director Brezée wrapped the meeting with a shout out to Lynn Davenport and her team for resolving bad actor and provider issues. She also announced the dates for the upcoming Beyond the Border conference - August 14th-15th.

Save the Date



THE BLUE UMBRELLA

FARMERS MARKET

WEDNESDAY, JUNE 18TH
10:30AM-1:30PM
AT THE INTERSECTION OF 7TH & MAIN

FOOD TRUCKS!
PROCEEDS FROM THE FOOD TRUCKS BENEFIT
THE HDC'S SPECIAL OLYMPIC TEAMS



Comments, Suggestions, Q&A

Let us know what you'd like to see featured in upcoming editions and also, if you'd like to be a guest writer! Send all comments, suggestions, and Q&A to: yvette.swift@dhs.arkansas.gov by the 15th of the month.