



# The WORKPLACE

*Published monthly for employees of Black Hills Works and BH Services, Inc.*

## BHW places second at Corporate Cup!

Thank you to all who participated in the Corporate Cup on April 21. **Joe Burmeister**, who once again coordinated Black Hills Works successful participation in the event, says we finished second behind Regional Health, the biggest company in the competition which has over five times as many employees as we have. And the point difference was incredibly close: 2,260 to 2,085. Black Hills Works has now finished either as Corporate Cup champions, or runners-up every year since 2006. That is five championships and six second place finishes.

Thank you to **Lee Fire Cloud** on another great job designing our team shirt! And hats off to all those who participated and thanks again to Joe Burmeister for coordinating our efforts.



*Part of the Black Hills Works Corporate Cup Team shows off the plaque won on April 21.*

## Flutter shows off new home

The public and media got a chance to see the new home of Flutter Productions on Thursday, April 21 as well as enjoy performances debuting the work of Flutter's new choreographer, Sara Olivier. The Chamber of Commerce also did a ribbon cutting ceremony at the event and artwork by Shawn Stratton was featured.

Congratulations to the performers: **Cindy Roan Eagle, Liz Warner, Ryan Freeland, Ana McKeehan, Molly McKeehan, Kate McKeehan, James Janice, Ordean Stevenson, Dean Baker, Rebecca Walsh, Cindy Roan Eagle, Liz Warner,**

**Justin Bruns, Shad Bebout, and Abbigayle Wells, Emerson Olsen, Heather Morris, James Janice, Rachel Grant, and Casey Pourier.** Congratulations to Flutter director **Heather Pickering** on an exciting grand opening!



*Cindy Roan Eagle and Liz Warner perform their poem What if Butterflies Were? at the Flutter open house.*

## Keven Moulton travels to DC



*Keven Moulton (right) had the opportunity to meet Senator Mike Rounds while he was in Washington, DC to receive the Source America Tom Miller Advocacy Award in April.*

## Happy Nurses Week BHW nursing staff!

May 6-12 is National Nurses Week. Hats off to the nine nurses who support the health needs of the more than 650 people we serve.

Nursing Supervisor Kimberly Tollman, who has worked in many other settings including pre-op surgery, recovery, the surgical floor, and pain management, says this is the most interesting, most challenging, and most rewarding of all the jobs she's had. She says, "This is a nontraditional nursing job."

BHW nurses coordinate some of the basic requirements that must be met by funding organizations, including ensuring the people have their annual physicals, dental and vision checks and pharmacy and nutritional assessments. They also carry out a variety of treatments, wound care, dressing changes, insulin injections, assessments, and other traditional duties. But there are things that make the job unique. For one thing, people supported utilize physicians throughout the community. Many also have dual diagnoses requiring nurses to coordinate care. BHW nurses must also be able to differentiate between medical and behavioral issues.

All of these unique challenges require some special skills. Kimberly says BHW nurses must be particularly good at communicating with a wide variety of people from a multitude of physicians and pharmacists, to people supported, their families, and the state. They also must be able to train staff to carry out treatments.

Flexibility and the ability to handle change are vital because issues arise throughout the day. "You have to be very organized and be able to prioritize to succeed as a nurse in this job," says Kimberly.

Thank you to all of our medical staff for all you do!

*National Nurses Week is celebrated annually from May 6-May 12. Thank you to all Black Hills Works health care staff for all you do to maintain the health of those we support!*



## Retirement Party

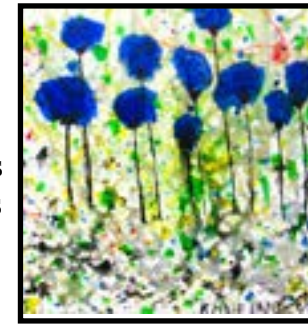
**Nancy Zogorski  
&  
Bob Truman**

**May 24, 2:30 p.m. at RSC**



## SCAC artists work chosen for brochure

Congratulations Colleen Romano whose work has been selected for the cover of the upcoming the National Association of State Directors of Developmental Disabilities Services (NASDDDS) conference brochure. The brochure will be used at the organization's mid-year conference, which will be held in June in Kansas City.



## Thank you and farewell!

Please consider this a fond farewell to all my wonderful colleagues. I continue to be awed every day by your commitment and dedication. I will never forget the funny, sweet, sad, challenging, awesome memories that were made during the last 42 years. I admire the tenacity of people who support people with disabilities. We rarely give up and continue to strive to make each person's life meaningful. My life at Black Hills Works has been a gift and a pleasure. Thank you for sharing this gift with me!

*Colleen Ronning*

## First ride of the season



*Wyatt Wolfe enjoying his first ride of the season at SunCatcher Therapeutic Riding Academy.*



## Power of B winners

Congratulations and thank you to **Nigel Rojo, Tyler Broghammer, Harmony Oliviera, Joe Burmeister, Audrey Nordine, Melissa Evenson, Codie Magbuhat, Lisa Batteen, Veronica Carda, and Autumn Hagen, this month's Power of B winners.**

Nigel was nominated for coming in at 4 a.m. on his day off to assist an individual with preparation for surgery.

Tyler is being honored for consistently filling in on short notice when there are staffing issues.

Harmony is being recognized for her efforts above and beyond as a first-time jumper for the Polar Plunge. She not only raised \$1000, she recruited 12 other people to jump.

Joe is being honored for coordinating our last three blood drives with incredible success.

Audrey was nominated for her leadership in increasing the outreach of our volunteer program.

Melissa is being honored for her extra efforts as a proofreader for the Development Team, a job which takes several hours of her time every month.

Codie was nominated for the many extra hours and effort she puts in on various projects related to the health and safety of our organization.

Lisa is being recognized for help she provided on the Day of Excellence.

Veronica and Autumn are being honored for their extra efforts to see that someone had support on a recent basketball trip.

Find nominations elsewhere in this newsletter and on Lotus Notes. To locate, click on Agency Main; click on Staff (left-hand green buttons); then click on Staff Forms. Choose your location, choose B Recognition Award, launch the document and print. Send your nominations to Dorothy Rosby at RSC. Winners receive \$50 and their story appears in *The Workplace*. **\*\*\*But remember to give specific examples of how your nominee demonstrates the POWER of B. Tell about an incident that inspired you to nominate them.**

## Out & About's first year a huge success

During its first year, the Out & About program, under the direction of Whitney Williams has seen monumental growth. It's also receiving great reviews from some of those who have benefitted. Below are comments from just a few of the program's fans who live at Parkview.

Dean Baker says he enjoys going with Out & About. He likes being able to go with the different people and getting into the community.

Mark Doering says his favorite thing is being able to get snacks and soda when he is out with Out & About.

Ed Kopp says he enjoys going to the Rush games and really liked going to Monday Night Football. He says he's excited for baseball season and the kick-off party.

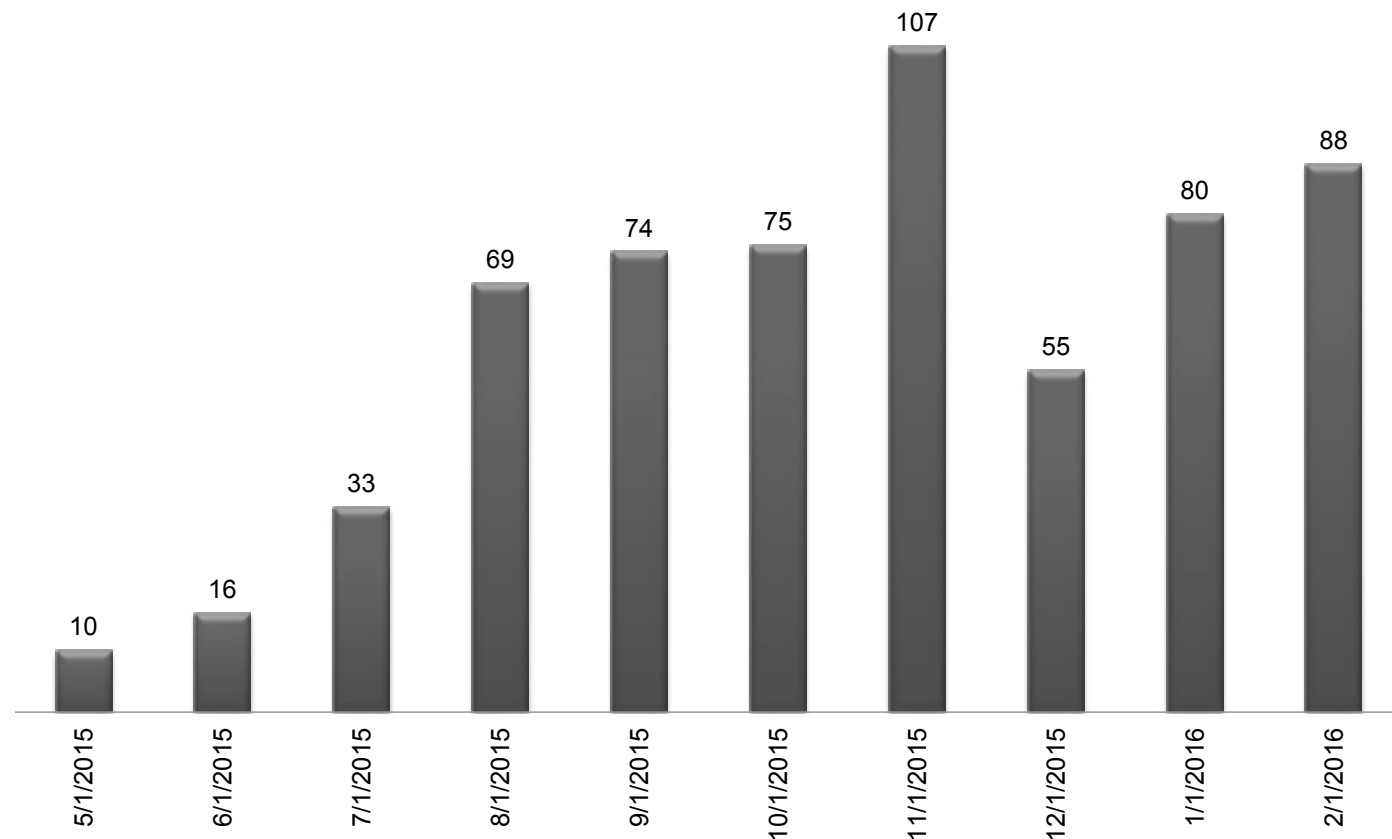
Bob Lew says he likes that he has been able to go to different activities and doesn't even mind going with other people.

Daniel Whitley really enjoys going to the movies and that he can go with and get to know other people.

Direct Support Professional Kris Kuroiwa says all of the men like that they have more options in the community.

Congratulations **Alexi Kieffer, Whitney and Gene Mason** on a job well done!

## Out & About Participants by Month 05/2015 - 02/2016



## Joe Burmeister to be honored



**Joe Burmeister** has been selected for the South Dakota coach recognition award during the Inaugural South Dakota High School Sports Awards event on June 2 in Sioux Falls. Peyton Manning, retired two-time Super Bowl Winning NFL Quarterback, will be the featured speaker at the event.

The event will honor high school athletes, as well as coaches, teams, and community contributors.

Special Olympics South Dakota was given three slots for the event to recognize one male Special Olympian, one female Special Olympian and one coach in the entire state.

## Governor proclaims April 29 Colleen Ronning Day

Governor Dennis Daugaard proclaimed April 29 Colleen Ronning Day in honor of her 42 years of service to people with disabilities at Black Hills Works. His proclamation was read at an open house that day. The proclamation in its entirety can be found elsewhere in this issue. Another open house was held at the Suzie Cappa Art Center on April 8.



*Colleen Ronning, Brad Winter, Justine Ashokar, Kathy Staton, Jacki Schoenrock, Tammie Quinn and Lesli Pond at the open house held at the Suzie Cappa Art Center April 8. Dawn Wozna made the cake in honor of the event.*

## Telling her story



*Emmy Olsen presented her story at the open house of Flutter Productions on April 21.*

**Emerson Olsen**, or Emmy, was one of the performers at the open house for Flutter Productions on April 21. Emmy, 17, told the story of how she survived a pilocytic astrocytoma, a slow-growing childhood brain tumor and how she spent six years of her childhood in hospitals, doctor's offices and treatment centers.

Emmy now presents her story to classrooms and others. Her message is helpful for those going through major struggles, dealing with mental illness or lacking confidence. But she also tackles tough issues like making smart choices and bullying.

Emmy is in the process of starting her own foundation, Bravehearts, to support kids who are going through cancer. She designs and sells blankets, headbands, lip gloss, signs and pillows to enable her to return to the Cancer Center at Denver Children's Hospital, where she was treated and create special events and moments for kids battling cancer.

If you know of a classroom or another group that could benefit from Emmy's presentation, contact Heather Pickering at Flutter Productions, 718-8338.

## CanDu and win a prize

Find the CanDu man hidden elsewhere in this issue, email Dorothy Rosby with the location and your name will be put in the drawing for a new yoga mat, courtesy of the Wellness Committee.



# Executive Proclamation

## State of South Dakota

### Office of the Governor

Whereas, South Dakota was founded with hard work, perseverance, dedication to duty, and concern for others, and each of these attributes can be ascribed to Colleen Ronning, who is retiring from the Black Hills Workshop and Black Hills Works in Rapid City, South Dakota, after serving 42 years of dedicated service to the developmentally disabled; and,

Whereas, During Colleen's tenure at the workshop, she held numerous positions such as case manager, director of case managers, director of nursing, admissions coordinator and Vice President of Community Support Services, and has held a number of leadership and management positions; and,

Whereas, Colleen is a graduate of the Leadership Rapid City program and a facilitator for the Leadership Rapid City program; and,

Whereas, Colleen has been recognized many times for her advocacy for people with disabilities as first recipient of the Rapid City Chamber of Commerce "Wind Beneath My Wings" award for Human Services, was recognized on the floor of the joint session of Congress for her dedicated service to the disabled and was presented the flag that flew over the Capitol that day; and,

Whereas, Colleen has served on numerous local, state and national boards and committees to advocate for the disabled, has been the Honorary Civilian Commander for the 28<sup>th</sup> MDG Squadron at Ellsworth Air Force Base for many years, was a board member for the Parade of Lights, and helped start and develop the Susie Cappa Art Center; and,

Whereas, It is fitting and proper to honor this outstanding South Dakotan on the occasion of her retirement:

Now, Therefore, I, Dennis Daugaard, Governor of the state of South Dakota, do hereby proclaim April 29, 2016, as

## COLLEEN RONNING DAY

in South Dakota.



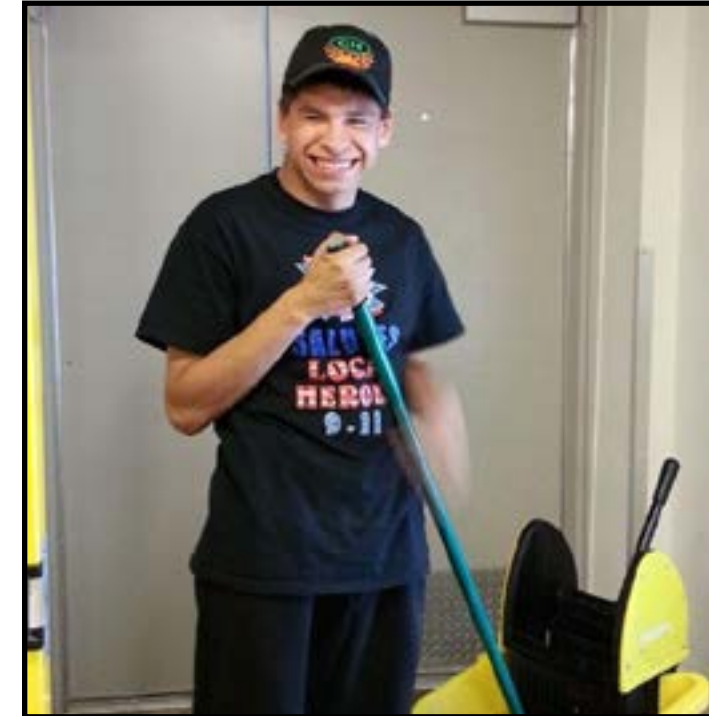
In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the state of South Dakota, in Pierre, the Capital City, this Twenty-second Day of April in the Year of Our Lord, Two Thousand and Sixteen.

  
Dennis Daugaard, Governor

Attest:  
  
Shantel Krebs, Secretary of State

### New job at Colonial House

Xavier Long loves his new job at the Colonial House. Amanda Harvey, job developer, says Xavier is always eager to get to work and has impressed his boss so much that the owner, Kevin Beshara has started to add more tasks for him to do. "Xavier picks up everything so quickly and is eager to please everyone. He said that he really enjoys the food. He is so excited to be working again, and being a part of the community." Great job Xavier on doing your very best.

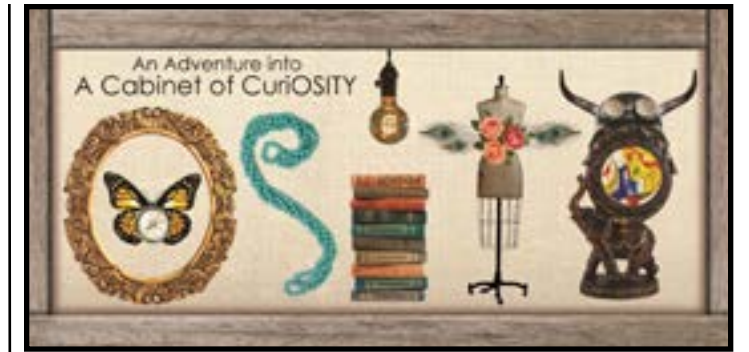


Xavier Long at his new job at Colonial House.

### Year 14 for clean-up crew



Tina Turner, Stephanie Beard, Derrick Boegel, Mike Turner, and Rich Maxwell volunteered to clean up on Range Road again this year during Rapid City Clean-Up Day April 23. Stephanie joined the group two years ago, but the rest of the team has cleaned Range Road on the city-wide clean-up day every year for 14 years.



### Audition Information for OSITY

Auditions will be held for OSITY, the next production of Flutter Productions on Monday, May 23 and Tuesday, May 24th from 6-9 p.m. at Flutter Productions, 3603 Range Road.

A special audition time slot has been set on Sunday, May 22 from 6:30-7:30 p.m. to accommodate those involved in the Barefoot Dance Recital the week of May 23.

Rehearsals for OSITY will begin on Tuesday, May 31 and will run primarily Sunday-Friday from 6:00 p.m. to 9:00 p.m. at Flutter Productions. The piece will be performed publicly at the Rapid City Performing Arts Center on July 8-9. There will be a free performance for all individuals served and staff of BHW on Thursday, July 7.

For additional information contact: Heather Pickering, Artistic Director, Flutter Productions at 718-8338 or email [hpickering@bhws.com](mailto:hpickering@bhws.com)

### Working with purpose



Participants of Arthur Woods training on April 12.

## New job at Servall

Congratulations **Chuck Wright** who is now employed at Servall. Job Developer Amanda Harvey says Chuck works weekdays, 11-3 p.m. on a machine called Mr. Bundle. "The function of this machine is to fold smaller bar towels and put them in groups. After so many are folded and piled, they travel down a belt that takes them into another machine that ties them together. Amanda says Chuck is doing an amazing job and that enjoys having a community job that is, as he calls it "my job." "All of Chuck's coworkers are very supportive of him and have welcomed him into the business," says Amanda.



## Winners named in TBIRC poster contest

The Brain Injury Rehabilitation Center (TBIRC) has announced the winners in their recent poster contest. They are Emerson Olsen in the High School Category, Haelee Wuertzer in the Middle School Category, and Sierra Hopp in the Elementary School. Each received a \$100 prize.

TBIRC held the contest in conjunction with Brain Injury Awareness Month and the theme was Prevention of Traumatic Brain Injury. Winners were chosen by Brad Winter at the Suzie Cappa Art Center, also a division of Black Hills Works.



*Emerson Olsen, Haelee Wuertzer, and Sierra Hopp were the winners in the TBIRC poster contest.*

## Cedar 6 leaves gifts behind

When the members of AmeriCorps Cedar 6 left after six weeks of service at Black Hills Works, they left behind a collage of photos taken over the course of their six weeks of service. Members also wrote appreciation notes. Some of the comments follow:

"As young adults in this world, our views on adults with disabilities have been forever altered for the better." *Paul & Mariah*

"I loved all the ways I connected with each person. I will miss you all so much." *Kyle*

"I am so proud and honored to have met and spent these past six weeks with you. Words cannot describe how thankful I am that you all have been so kind and welcoming. Being here with you brightened my day, every single day. The memories and laughs will always hold a permanent, special place in my heart. You taught me more than you could ever imagine." *Mamanda*

"I loved playing basketball with Nikki, walking with Harvey to Retirement, and talking to Joe and Jeremiah." *Kyle and Ryan*

Our purpose of coming to BHW was to help you all and support you during our time here, but you all have shown and taught me more than I could ever imagine teaching you. *Amanda*



## Softball anyone?

Are you interested in joining a city league co-ed company softball team? The season runs from the end of August until the first week of November and requires a commitment of two nights per week. If you'd like to participate, contact Joe Burmeister at 593-2481.



## Community Volunteer Days in May

On April 19, ten people supported by Black Hills Works and ten AmeriCorps members along with two Black Hills Works staff volunteered at Feeding South Dakota during our second Community Volunteer Day. They assisted with filling backpacks for their school backpack program. Two volunteer days are planned for May.



## May Community Volunteer Day #1!

Donate your older adventure gear to Thrive. They need bikes, skis, snowboards, camping gear, hunting and fishing gear, skateboards, outerwear, running gear and shoes, wakeboards and other water gear, summer sports and more! All donations will be used to teach youth ages 14-18 life and employment skills.

On Friday, May 13, 12-3:30 p.m. Audrey Nordine and people served at the Learning Institute will be coming around to homes and work areas to pick up your donation. Start collecting now! Questions? Call Audrey Nordine at 718-8328 or email [anordine@bhws.com](mailto:anordine@bhws.com).



## May Community Volunteer Day #2!

We will be packing winter boxes, as well as summer food bags at Partnership with Native Americans (formerly Nation Relief Charities) on Tuesday, May 17 from 1:30-3:00 p.m. (Pick up and drop off times not included in timeframe.) You can sign up people supported by going to the Out & About calendar. If you have questions call Audrey Nordine at 718-8328 or email [anordine@bhws.com](mailto:anordine@bhws.com) or Whitney Williams at 343-6258 or email [wwilliams@bhws.com](mailto:wwilliams@bhws.com).

## Brothers going places!

**Nicholas and Jacob Gonser** "are growing into such great young men. They both work so hard and do their best at whatever they do," says Job Developer Amanda Harvey.

She says on the third day of his new job at Pizza Ranch, Nicholas was given more hours and a raise. He now works Monday-Friday and is the "main chicken guy," says Amanda. He also preps pizza and potato wedges in the morning. "Nick knows how to do everything in the back of the house. His boss Steve is very happy with him and has said this summer he would like to give Nick more hours."

Nick's brother Jacob, has been a janitor at the Salvation Army since July. He also helps on the loading dock and after the store closes on Wednesdays, he cleans the floor with the floor machine. "They love him there and he is a big part of the Salvation Army Family," says Amanda.

She says together the boys are an unstoppable team. Recently, they applied for the Rural Development House program, and they were approved to buy their own house. By fall, they will have everything they need to start looking for their home! "They are growing independent men and we are so very proud of both of them."



*Nick and Jacob Gonser.*

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follow us on Twitter  
[@blackhillsworks](https://twitter.com/blackhillsworks)**



## Ahchoo! Reducing Seasonal Allergy Symptoms

David Klocke, M.D., MHA, FACP

It's that time of the year. Spring is in the air, along with a rash of pollen, spores, mold and dust. For those of us with "hay fever"

or seasonal allergies it can be a time of runny nose, itchy watery eyes, cough and sore throat. The symptoms can range from mild to debilitating.

In 2010, allergies with nasal swelling led to a loss of six million work or school days, and 16 million visits to the doctor at a cost of \$17.5 billion in health care costs in the U.S., according to the Asthma and Allergy Foundation. Nasal allergies affect about 50 million people in the United States.

Allergies occur when your immune system reacts to something in the environment called an allergen. For reasons that aren't entirely clear, the body's immune system sees the allergen as something harmful and over reacts, leading to the symptoms. For seasonal allergies related to allergens, like pollen, the diagnosis is based on the symptoms and their seasonal occurrence. There isn't a cure for seasonal allergies but they can be managed with prevention and treatment.

### How can you prevent hay fever symptoms?

- Limit outdoor activities when allergen counts are high.
- Keep windows closed and use air-conditioning with a HEPA filter.
- Take allergy medications before the season begins.
- Bathe and shampoo your hair before bed to remove pollen from hair.
- Wash clothes and bedding often and dry them in a dryer, not on a clothesline.

### The following treatments are commonly available to help decrease or eliminate allergy symptoms:

- Antihistamines are main stays for treatment and are available by prescription and over-the-counter. They block the effects of histamine which is responsible for some of the nasal swelling.
- Decongestants, also available by prescription and over-the-counter, can provide some symptomatic relief of swelling.

•Nasal corticosteroids are potent anti-inflammatories that reduce inflammation and block allergic reactions. They have few side effects and are available without a prescription.

•Cromolyn sodium, available over-the-counter, is a nasal spray that blocks the release of chemicals that causes allergic symptoms, but must be taken four times a day.

•Allergy shots provided by a primary care doctor or allergist can reduce symptoms.

•Sublingual immunotherapy prescribed by your physician or allergist is a newer therapy that can sometimes be a substitute for allergy shots.

So, don't suffer from seasonal allergies. Take simple steps to prevent the symptoms and take one or more of the available and effective medications to reduce the inflammation and the symptoms. You'll feel much better and you'll be able to Live Well!

David Klocke, M.D., MHA, FACP, is the Chief Medical Officer for Regional Health.

## Partners in Policymaking

Cindy Roan Eagle, Liz Warner, and Kandie Ronfeldt

attended Partners in Policymaking in Sioux Falls April 22 and 23. Liz and other members of South Dakota Advocates for Change provided one of the presentations at the event.

Partners in Policymaking is an innovative leadership and advocacy training opportunity designed to involve and empower people with developmental disabilities, parents of children with disabilities and other family members.



Cindy Roan Eagle, Liz Warner, and Kandie Ronfeldt (above) attended Partners in Policymaking in Sioux Falls April 22-23.

## Justine Ashokar joins Mayo TBI Advisory Council



Congratulations Justine Ashokar who is now a member of the Mayo Regional TBI Advisory Council. The group gives professionals and others a chance to meet with people with brain injury and their families to discuss issues they face in order to improve

community reintegration and long term outcomes and quality of life. They meet twice a year to discuss research, clinical programs/services, transition issues, legislative and funding issues, education/community awareness, and more.

## Congratulations

Congratulations Tamera Wiswell on the birth of her granddaughter Emma Kay Main on April 15. Emma's parents are Tamera's daughter Kelly and her husband Jacob.



## The Road Ahead Opening Reception Friday, May 13, 5-8 p.m. Suzie Cappa Art Center

Experience a traveling collaborative art show like no other. This one-of-a-kind show highlights the work of 16 artists from four art programs around the United States that represent people with disabilities. The year-long show began in September 2015 in San Diego, CA and will end November 2016 in Flagstaff, AZ. The collected artwork will be displayed and for sale at each of the four galleries. Along with the Suzie Cappa Art Center, the other galleries are Sophie's Gallery of San Diego, Project Onward of Chicago, Hozhoni Foundation of Flagstaff. Please join us on May 13 for the opening reception.

## Rush fan wins jersey

Jackie Smith says the Rapid City Rush has a huge fan base at Lacrosse, with sometimes as many as 14 residents going to the games. Season ticket holders are put in a drawing to win a jersey that was actually worn during a game by a Rush player. Last year Imogene Goodshot won one of the jerseys and this year Freida Henschel won one. Jackie says the best part is, they both won their favorite player's jersey.



## Chicken and Veggies

- 1 large skinless chicken breast
- 2 cups of green, red, and yellow peppers cut into 1-inch sections
- 2 cups of frozen stir-fry style vegetables
- 1 10 oz can diced tomatoes (low or no sodium)
- 2-3 cups rice
- Favorite herbs and spices
- 1 tbl olive oil

Heat skillet on low heat with olive oil. Cut chicken into 1-inch squares. Place chicken into heated skillet and cook for a few minutes, stirring a few times. Place vegetables and peppers in skillet and cook with chicken, stirring constantly (about 5 minutes). Add favorite herbs and spices to taste. Add tomatoes, stir and simmer 5-10 minutes. While veggies are simmering, cook rice. Serve chicken and veggies over rice. Makes 2 large servings.



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## Creating Possibilities Inspiring Creative Minds

May 26 & 27 at the  
**South Dakota School of Mines & Technology**  
A conference focused on helping supporters of  
people with disabilities access and implement  
technology in a manner that promotes  
independence, well-being, and belonging.

Register at  
<https://2016creatingpossibilities.eventbrite.com>

Find out how technology can improve the life of your loved one. Professionals will be discussing how technology can be used to support people with developmental and intellectual disabilities, live and work in more integrated and independent settings. And a panel of self-advocates and family members will share how technology has profoundly and positively impacted their lives.

## Special Olympics events

The **State Games** will take place on Thursday-  
**Saturday, May 19-21** at Black Hills State University  
in Spearfish.

For information on these and other Special Olympic  
activities, contact Joe Burmeister at 593-2481.



## Stay in touch!

If you would like to receive an email alert when the latest issue of the Workplace is posted, please send your email address to [drosby@bhws.com](mailto:drosby@bhws.com). If you have already sent us your email; you will continue to receive alerts as before. Contact Dorothy Rosby, 718-6205 with your comments, questions, or suggestions.

We encourage you to stay connected to the news and posts about our organization between newsletters:

- 1) Like our Facebook page: <https://www.facebook.com/blackhillsworks>
- 2) Follow us on Twitter: <https://twitter.com/blackhillsworks>
- 3) Follow us on Instagram: <https://www.instagram.com/blackhillsworks/>
- 4) Follow us on LinkedIn: <https://www.linkedin.com/company/black-hills-works>
- 5) Read our newsletters (staff and community) online: <http://www.blackhillsworks.org/who-we-are/news/>
- 6) Track our events on our online calendar: <http://www.blackhillsworks.org/who-we-are/calendar>

Thanks for supporting Black Hills Works!

Parents, you'll also be interested in the information on the following pages regarding our **Out & About calendar and other activities on the following pages. And remember, family members are welcome and encouraged to nominate employees for our monthly Power of B recognition awards. You can email [drosby@bhws.com](mailto:drosby@bhws.com) and tell your story, or fill out the attached Power of B form and mail to Dorothy Rosby, 3650 Range Road, Rapid City, 57702. We would love to hear from you.**

## Spring Health and Wellness Activities

Here are some health and wellness activities for this spring. If you would like more information please check out the **Wellness Works Calendar**. More Information on each event and how to register for these events are in the Wellness Works Calendar. The calendar is in Lotus Notes under Agency Main. Click on "Staff" on the left side, and you will see a Wellness Works Icon in the middle of the page. If you know of any events I have not included, please email me and I will add them to the calendar.

### One on One Personal Training W/ Darryl Keys Saturdays and Sundays

Set up a time to meet with Darryl Keys to ask questions and to discuss your goals for fitness, strength training, and/ or nutrition. This is a one time, one on one training session you can set up with Darryl on the weekends. Contact Darryl Keys by phone at extension 6221 or by email with your contact information to schedule a time to meet with him.

### Group Run/ Walk with the Rapid City Runner's Club Thursdays @ 5:30 PM

The Runner's Club will hold social nights on Thursdays. Meet at @ 5:30PM, Fun Group Run (3-5 miles), and meet back up at starting point for food and fun. The starting point now changes weekly, so please visit [blackhillrunnersclub.com](http://blackhillrunnersclub.com) to find out where they will start.

### Run for Ruhl

April 30th @12:00 PM

Central States Fairgrounds, Rapid City

5K Run/Walk at 1:00 PM This fun run is a fundraiser with all proceeds benefiting the Wildland Firefighter Foundation.

### Wellfully Stampede/ Wellspring 10K

May 1st @ 9:00 AM and 10:00 AM

Founders Park, Rapid City

Our 10th Annual Wellfully Stampede is Sunday, May 1st at Founders Park in Rapid City! The first 250 runners GUARANTEED to get a free Stampede t-shirt featuring artwork by Wellfully youth! In honor of the Kentucky Derby, ALL competitors that complete the 5k and the 10k will receive a rose cupcake. The Wellfully Stampede 10k is an RRCA Championship Race. Timing will be done using a CHIP timing system. Registration may be done online, or the day of the Stampede from 8am to 10am. Wellfully Stampede Starting Time: • Kid's Race at 9am • 5k & 10k at 10am.

When you run in the Wellfully Stampede, you support the health and well-being of hundreds of at-risk teens in our community. Each year, at Wellfully we provide Addiction Recovery and Behavioral Health services to over 300 area teens, helping them find healthy coping skills. Money raised at the Stampede allows us to provide healthy activities to these boys and girls throughout the year.

### Ride Therapy Project 5K

Saturday, May 7th @ 1:00 PM

Memorial Park, Rapid City

## Out & About: May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Shrine Circus Civic Center 2:00pm Free	2 Reptile Gardens 1:00pm Free	3 Out to Eat Golden Corral 6:30pm \$15.00	4 Putz-N-Clo 6:30 pm \$10.00	5 Guys Night Out 6:30 pm \$15.00	6 Movie Night Movie (TBA) Time (TBA) \$8.00	7 WWE Event Civic Center 7:30 pm \$50.00
8 Mt. Rushmore Visit Keystone 1:00pm – 4:00 pm Free	9 Out to Eat Golden Corral 6:30pm \$15.00	10 Flags & Wheels 6:30 pm \$20.00 Volunteer Day *	11 Post 22 Baseball Fitzgerald Stadium 5:30 pm Free	12 Night in Deadwood 6:00pm – 10:00pm \$25.00	13 Stock Car Races B.H. Speedway 7:00pm – 11:00 pm \$5.00	14 Post 22 Baseball Fitzgerald Stadium 3:00 pm Free
15 Post 22 Baseball Fitzgerald Stadium 7:00pm Free	16 Dinner & Arcade Rushmore Mall 6:00 pm \$20.00	17 Navy Band Concert Main Street Square 5:00pm Free	18 Ice Cream Social Silver Lining 6:00 pm \$10.00	19 Contact Info Gene Mason: 605-484-1108 Whitney Williams 605-545-4102	20 Custer BBQ Fest Custer 2:00 pm \$15.00	21 Ladies Day Out Nails & B.H. Bagel 10:30am – 2:00pm \$20.00
22	23	24	25	26	27	28

### Clothing Swap

On June 2, 5-8 p.m., there will be a clothing swap at the downtown Suzie Cappa Art Center. Bring clothing you no longer want (no holes or stains). All the clothes will be separated into sections and then everyone can go through the clothes at their leisure to determine what they want to take home with them. All the clothes left over at the end will be donated. There will also be beer/wine for sale also! BHW staff, friends, people supported and family members all invited. Questions? Contact Alecia Apa or Audrey Nordine.



### Employment anniversaries

Marlene Baker	15 years
Danette Schille	17 years
Becky Jandahl	24 years
Bill Clucas	42 years
Kelly Delker	14 years
Diane Flahaven-Neu	22 years
Erin Neal	16 years
Mariah Handley	5 years
Colleen Ronning	42 years
Juliann Findell	1 year
Donna Tatum	25 years
Lynn Vallette	11 years
Jenna Gortmaker	10 years
Richard Kellermann	10 years
Sofia Behrhorst	3 years
Paula Kruse	9 years
Shauna Salley	9 years
Ashley Tinsley	9 years
Crystal Farley	3 years
Lorrie Bowar	7 years
Jessica Weinhaus	1 year
Vallene Morris	6 years
Margaret Dickey	6 years
Mallory Buxton	5 years

Shelby Winter	5 years
Sarah Holz	4 years
Angela Butts	4 years
Samara Taylor	4 years
James Geibel	3 years
Victoria Hopperdietzel	3 years
Justin Huwe	3 years
Kelsey Bekaert	3 years
Elaina Potts	3 years
Calvin Gallimore	3 years
Brandon Wagner	3 years
Christopher Redden	2 year
Tyler Deyoe	2 year
Alisha Staller	2 year
Whitney Williams	1 year
Bethany Larson	1 year
Audrey Nordine	1 year
Natalie Dekay	1 year
Courtnei Schafer	1 year
Skylar Clark	1 year
Cheyenne Raforth	1 year
Rachel Proffit	1 year
Keyano Sierra	1 year
Holly Noetzelmann	1 year
Michael Pyle	1 year
Michael Hacker	1 year
Benjamin Watson	1 year
Adam Alexander	1 year
Beverly Dixon	3 years
Susan Roundtree	3 years

### Congratulations Tanya!



Tanya Sexton at her first Special Olympics swimming competition, proudly showing off her 1st place ribbon for water walking. The Area Aquatics meet was held Saturday, April 23.



# “B” Recognition Award



Name of the staff person you'd like to recognize: \_\_\_\_\_

Title of the person you are recognizing: \_\_\_\_\_

Department of area they work in: \_\_\_\_\_

What you'd like to recognize them for. Check the "B" that applies with the example of the "B" they demonstrated. Please be specific.

For Being Respectful of Others

For Being Accountable

For Being Your Best (Their Best)

For Being Supportive

Reason for the Nomination: \_\_\_\_\_

Your name and title: \_\_\_\_\_

Your department or area: \_\_\_\_\_

Please send this form to Dorothy Kosby at RSC. Your nominee could be selected to receive the \$50 prize and be featured in *The Workplace*. Feel free to make copies of this form for additional people you'd like to recognize.

## Welcome new employees

William Malloy	John's
Sheena Keogh	Hampton
Devon Dupris Fire Thunder	John's
Shelly Whitney	Commissary
Lawanda Sanders	CH-Allen
Lynn Carter	Wisconsin
Makoce Bear Runner	Fir
Brandon Wellington	ITS
Melissa Horvath	Antelope Ridge
Brett Iron Cloud	BHWI
Nicole MacDonald	Commissary
Ashley Spear	Edwards C
Leah James	Choices
Corissa Roney	Choices

Amanda Todd	17
Tehya Cox	17
Samantha Heenan	17
Jolene Hopperdietzel	19
Cathy Simmons	20
Doug Meiron	21
Tori Eddington	21
Rodney Mason	22
William Molloy	22
Molly Bloemendaal	22
Bill Anderson	23
Alexi Kieffer	23
Shelly Blank	24
Paula Kruse	24
Candace Wurdeman	24
Marlene Baker	25
Christopher Redden	25
Tanya Schelske	25
Debbie Myers	25
Oxana Yakubik	25
Mallory Darling	26
Ryan Steele	26
Tammy Jaques	27
Tari Jo Pankowski	27
Tyler Broghammer	27
Andria Snyder	28
Brian Hammond	28
Benjamin Watson	29
Taylor Neugebauer	29
Janis Frank	31



## Happy Birthday

Ashley Spear	2
Nathan Birnbaum	3
Leah James	3
Georgett Steele	4
Vanessa Ehlis	5
Shaina Bailey-Meier	7
Darrell Slone	8
Marissa Hall	9
Martha Riebe	9
Mary Denett	9
Laura Gibson	10
Lavada Goergen	11
Tammy Murner	11
Marisa Freeman	11
Holly Noetzelmann	12
Bob Truman	13
Gayle Steiger	15
Heidi Clark	15
Franklin Shade	15
Brenda Bertrand	17

## June

Rhadonda Quandt	1
Judy Condon	2
Marty Krause	2
Marie Sheppard	2
Nicole Weisz	3