

"No matter where you find yourself in life, the light of movement and the capacity for change is in you."  
~ Tara Dent, BEAM Instructor



# The Sunland Beacon

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## SunFest Heats Up Summer!

As summer heats up, so does the excitement at Sunland! Each summer, residents and staff gather at the Auditorium to cheer on the musical and dance talents showcased by brave individuals who give their all in the performances of a lifetime! This year was no exception. SunFest 2019 was filled with a variety of musical genres, from country, gospel, rock, pop and rap! The audience was delighted by eight acts, followed by a special "BEAM: Be Everything and More" dance routine, performed by residents and staff from Pathways. By end of show, the atmosphere was electric with many in the audience singing and dancing to a medley of all time favorite hit songs, leaving everyone shouting for more!

BEAM classes involve dance/movement (DMT) therapy and are offered for all three Units and Pathways. Classes are beneficial for both physical and mental health, and can also be helpful with stress reduction, disease prevention, and mood management. Benefits include increased muscular strength, coordination, mobility, and decreased muscular tension. Overall, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings. BEAM Instructor Tara Dent, a Certified Dance/Movement Therapist, is dedicated to connecting others with the light of movement, believing that it has the transformational power to open eyes and hearts, reveal possibilities and illuminate pathways to freedom. In engaging, empathic and joyful ways, she unites people with their brightest selves.

Anyone interested in joining a BEAM Class is certainly welcome to do so! These classes are a great way for residents and staff to join together to enjoy community integration and socialization in a fun and interactive environment! It's been said that music heals the soul, while dance is the hidden language of the soul. Consider joining the fun and BEAM on!



**MUSIC**  
Heals The Soul   Heals The Soul

## Summer Program in Full Swing!

The summer program at Sunland is a much anticipated time of year. Residents look forward to half day work schedules and opportunities to participate in an assortment of summer time activities. There is something for everyone, whether it be the "fun in the sun" kind of outdoor activities or indoor activities offering a place to chill out and have fun!

Oh, the good times we have at Sunland! That's what Summer is all about!



## From the Superintendent...

Summer time offers us opportunities to work hard and play hard. Thank you for all of your efforts helping our residents experience an active summer season!

As you may know, summer activities abound at our Sunland campus, and staff and residents are enjoying events to celebrate the summer months. Many of us really enjoyed the SunFest talent show and are looking forward to the next one in July! Residents have a lot of fun activities to choose from this Summer. Many are learning how to play pickle ball while others enjoy relaxing wagon rides and leisure time activities. There is bowling practice as we look forward to the upcoming Special Olympics Games, swimming in the pool to cool off, and several indoor activities as residents prepare for our school program when it resumes.

Providing the best care for others begins with choosing to provide the best care for you. So, during this summer, "get out there" and dive into some activities that interest you and enjoy participating with your friends and family! Play hard!

'See you around Sunland and thanks again for all you do!

Much appreciation,

*Marguerite*

Marguerite Morgan, Superintendent



## Sunshine Gala Goes "Back to the Future"

The annual Sunshine Gala was held Friday, June 7 and as usual, a large crowd was on hand to enjoy the evening. This year's theme was "Back To The Future." The decorating crew did a fantastic job of making the Sunland Gym feel like the set of the popular 1980's hit movie. Over 100 residents attended and were dressed in their finest attire for the big evening. This year's Gala took on some new twists, thanks none other to Hurricane Michael. The storm damaged the pool deck area, where the evening's goodies are usually served, leaving it out of commission. Not to be deterred though, it was decided to serve refreshments at the Suntown Mall. So, prior to coming to the dance, residents were treated to a smorgasbord of delicious finger foods such as meatballs, sandwiches, chips, cupcakes and punch. Upon arrival, each resident's grand entrance was announced so that everyone could cheer them on. It didn't take long for attendees to hit the dance floor! This year's DJ, Anthony Spears (aka "AA") did a great job spinning tunes to keep the dance floor hopping. Thanks to all who had a hand in taking this year's Sunshine Gala "Back To The Future."

Contributed by: Clint Cox



## Unit 1 Sets Sail at Panama City Beach!

During the month of June, several residents and staff from Unit 1 took a day trip to Panama City Beach. The group enjoyed a leisurely Bay cruise via Captain Anderson Cruises. Everyone enjoyed the trip around Shell Island, watching for dolphins and other sea life, while taking in the beautiful scenery along the coastline. Following the cruise, the group was treated to a delicious buffet lunch at the Golden Corral. Special thanks to Greg Roberts, Social Services Administrator for organizing the trip. It was a blast!



## Culinary Mixer Hosts Luncheon for Woodridge Ladies

The ladies of Woodridge House were honored guests at a luncheon held in their honor on June 21. Honorees were treated to a three course meal, prepared and served by the Culinary Arts students. The impressive lunch included tossed salad, lasagna, rolls, and banana pudding. Hats off to Lori Burke, Vocational Training Supervisor, Wayne Winkle, Vocational Instructor and the students of the culinary program for an exceptional dining experience!



## Footprints & Social Skills Graduation

Sunland residents graduating from the Footprints and Social Skills Educational Groups celebrated their accomplishments in a graduation ceremony held on Wednesday, June 16. Each resident received a certificate of completion for their accomplishment. Participants prepared creative displays showing off what they learned in the program. Following the ceremony, graduates and guests were treated to an assortment of delicious refreshments, served by students in the Culinary Arts program. Congratulations to the individuals who worked hard and learned useful new skills since they began the program in January of this year!

Some things residents learned in Footprints include:

- *Right thinking is when you tell the truth, admit when you did something wrong and think about others, not just yourself.*
- *I can avoid triggers and make good choices to stay out of trouble.*
- *Danger zones are thoughts, feelings, places or behaviors that lead you to trouble.*

Some things resident learned in Social Skills include:

- *It takes courage to stand up against the crowd, but others will respect someone who is not afraid to stand up for himself or herself.*
- *By being good listeners, we learn a lot about the people we are interacting with. It is one of the most important social skills.*
- *It is important when communicating that messages are sent, received and understood.*

Contributed by: Cathy McWaters





## Recycling Program Hosts Appreciation Event

Recently, staff from the Centralized Support Services Recycling Program showed their appreciation for the AWESOME hard work of our resident workers. Residents were treated to a luncheon at the Culinary Mixer where they enjoyed a great taco salad, along with iced tea and lemonade, and refreshing sherbet for dessert. Tables were decorated in a festive red, white, and blue theme. Shannon Stewart, Vocational Instructor, presented personalized Certificates of Appreciation from the staff to each resident.

It was a great success and the residents enjoyed it very much. We, as staff of the Recycling Department, want "OUR FAMILY" that works at Recycling to know how much we appreciate all the hard work that they do for us as a team each and every day.

Contributed by: Robin Snellgrove, Recycling Department



## Mixer Express Fundraiser a Huge Success!

The Sunland Mixer Express hosted a Smoked Turkey Leg & Grilled Corn fundraiser on June 21. The aroma that filled the air...oh my! Everyone eagerly lined up to make sure they were there in time to get their turkey legs and corn before they were sold out! If you missed out this time, no worries. The Mixer Express will be hosting another fundraiser in August.

Thanks to James Godwin and the staff of CSS for sponsoring this event and offering a delicious alternative for lunch. Mr. Godwin stated *"We appreciate everyone who supported our turkey legs and grilled corn fundraiser! We are very happy to announce that all the proceeds will benefit the Resident Trust Fund."*



# Character Matters...



## RESPONSIBILITY

What does it mean to be responsible?



Being responsible is doing the right thing, even when no one is looking - and doing it because it is the right thing to do, not because we will get credit or praise for doing it!

Consider James... Recently, James B., who resides at East Truman House, was recognized with a Citizenship Award. Brittany Johnson had observed James picking up fallen limbs from the sidewalk near the Chapel and stopped to thank him for being so thoughtful. James wasn't looking for credit, praise or attention. He just recognized the need for the sidewalk to be cleared and quietly assumed personal responsibility to make sure the job was done right! Yay for James! For his efforts, James received a certificate of appreciation and a \$5 Gift Certificate to the Suntown Mall Coffee Shop. He didn't seek recognition, and he sure didn't expect to be publicly recognized for doing what came naturally to him. He did what he believed to be the right thing to do; he simply picked up the limbs to make sure no one would trip over them and get hurt. James was being responsible!

*Let's all be like James!*

When you think of the term "Responsibility" what comes to mind? Taking ownership, doing the right thing, being dependable, doing what is expected of you? Yes, all of these are positive examples for the character trait of responsibility.

So, what does responsibility look like on the job? People with a strong work ethic always take responsibility for the work they do. They demonstrate a willingness to not only ensure the job is done, but also accept responsibility for the results, whether good or bad. They are willing to take their assigned duties seriously and will go the extra mile to make sure their work is performed at the highest level. It is important to note that when you accept responsibility, you recognize that the quality of your work is also a representation of you. It leaves an impression of who you are.



Pictured: Brittany Johnson, James B. and Marguerite Morgan, Superintendent



# June Star Awards

Congratulations to Sunland's June Star Award recipients! Honored at the June 25 Star Awards ceremony were: Unit 2 Team - East Truman House 2nd Shift: Tracy Johnson, Tasha Bellamy, Brianna Johns, Matt Durden; Richard Johnson, Unit 2 Hayes; Sharon Elmore, Unit 3 Administration; Shelby Morris, Unit 3 East Washington; Faye Johnson, Unit 3 Social Services; Tracy Swint, Unit 3 Administration; Vanessa Guilford, Unit 3; Cheryl Sheffield, Sunland Administration; Tommy Williams, Food Service; Evelyn Boyd, Food Service; Peggy Baker, Accounting and Sue Lee, Accounting. Character traits recognized in June were Dependability, Responsibility, Initiative, Compassion, and Enthusiasm.



**GOLD STAR TEAM AWARD  
UNIT 2, EAST TRUMAN 2ND SHIFT**  
Pictured: Lucious Williams, Unit 2 POA, Tasha Bellamy, Matt Durden, Marguerite Morgan, Superintendent  
Not Pictured: Tracy Johnson, Brianna Johns



**GOLD STAR AWARD  
TOMMY WILLIAMS**  
Pictured L-R: DeRon Johnson, Food Service Supervisor, Tommy Williams, Marguerite Morgan, Superintendent



**GOLD STAR AWARD  
SUE LEE**  
Pictured: Debra Johnson, Accounting Supervisor, Sue Lee, Marguerite Morgan, Superintendent



**GOLD STAR AWARD  
PEGGY BAKER**  
Pictured: Debra Johnson, Accounting Supervisor, Peggy Baker, Marguerite Morgan, Superintendent



**GOLD STAR AWARD  
TRACY SWINT**  
Pictured: Marguerite Morgan, Superintendent; Tracy Swint, Bart Harrell, Unit 3 POA



**GOLD STAR AWARD  
SHARON ELMORE**  
Pictured: Marguerite Morgan, Superintendent; Sharon Elmore, Bart Harrell, Unit 3 POA



**GOLD STAR AWARD  
SHELBY MORRIS**  
Pictured: Marguerite Morgan, Superintendent; Shelby Morris, Bart Harrell, Unit 3 POA



**GOLD STAR AWARD  
FAYE JOHNSON**  
Pictured: Marguerite Morgan, Superintendent; Faye Johnson, Bart Harrell, Unit 3 POA