

THE APA TIMES



Pumpkin Patch

To kick off fall our residents and staff went to the Baker's pumpkin patch outside of Plankinton. The residents got to ride out to the pumpkin pasture on a tractor bed full of hay and then personally pick out their own pumpkins! Once back at the school the residents got to wash, dry, and paint their pumpkin to how ever they liked to.

Josh Wieger & Jeanson Pata

For the month of September Josh was selected as the employee of the month. Josh has been very consistent and is a positive influence on the residents and staff. Josh has also always shown respect to everyone he crosses paths with!

If you see Josh tell him congratulations!





John's Corner



Johnathan Trunkey
Executive Director

Seasonal mood changes are well known. The term “getting the blues” is an often-used idiom to describe the mood change that comes with colder months and less sunlight. I believe the correlation between seasonal changes and mental health is underemphasized.

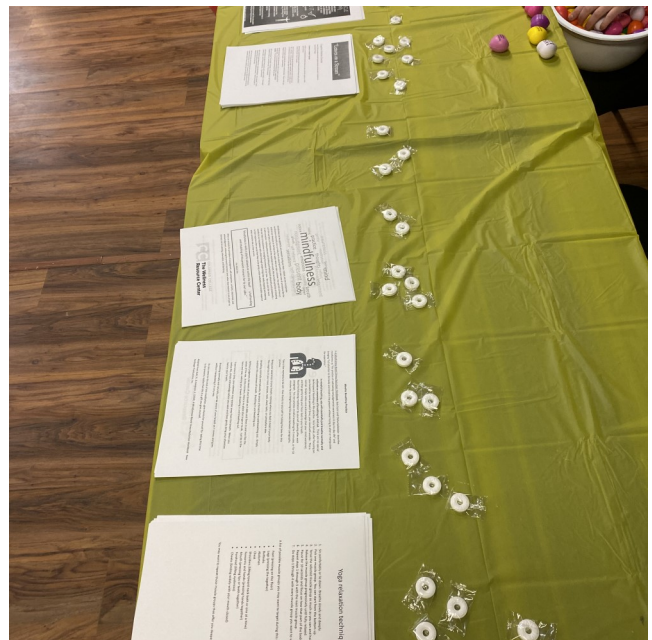
“According to the American Psychiatric Association, about 5 percent of Americans experience seasonal affective disorder (SAD), a form of depression that comes on in the winter and is thought to be related to decreased exposure to sunlight. Symptoms of SAD include negative mood, changes in appetite and sleep patterns, and decreased energy. Many more people experience less extreme versions of these symptoms during the winter months (Wehr & Rosenthal, 1989).

Leadership for the last several weeks has been focused on interventions to help with the seasonal mood change we see in our youth. The change in weather which is often sudden and/or extreme in South Dakota often leads to increased behaviors and decreased motivation. Our goal has been to see what we can do to provide additional support and opportunities for our youth during these seasonal weather changes. Being stuck inside is also a secondary challenge. Exercise, socialization, hobbies, and a healthy diet are proven ways to combat seasonal mood changes. Some ideas that we have been thinking about are increasing the amount of time off the units through coordinating different activities such as off-unit game rooms; and campus-wide activities that get residents out and active. We will also be pushing staff to encourage family contact through phone calls, visits, etc. If you have any great ideas to get our residents active reach out to your unit managers.



Health and Well Being Fair

The first annual Health and Wellness Fair sponsored by the Modern Woodmen was held at the commerce in Plankinton on September 30th. Jewell and Rachel represented APA by introducing techniques to help reduce stress. Handouts were given on yoga techniques, mindful activities and 100 ways to help reduce stress. Demonstrations on square breathing were given and enjoyed by all. Other booths were Stop the Bleed, Blood Pressure and Stroke awareness, how and when to call 9-1-1, booster seat usage, blood sugar checks, CPR, Coloring Pages and Healthy Snacking options.



Did someone say plants?



Toby supervising
the boys plant the
bulbs

During a brisk morning some of our residents braved the chilly breeze to help plant bulbs for the upcoming spring! With the help of Toby the boys were able to get all the bulbs planted to help uplift the campus landscaping. Huge shout out to the boys who helped and Misty for coordinating.

Crumbl Goodbyes



At the beginning of the month we said fair well to our Occupational Therapist and our Nursing Supervisor. As a giant goodbye we had a Crumbl Cookie party. Crumbl was one of their favorite places, So with many different flavors and many people it was a successful send off for two of our beloved employees.

Cookie Flavors Included:

- Strawberry Poptart
- Red Velvet Cupcake
- Double Fudge Brownie
- Pumpkin Chocolate chip
- Peaches & Cream
- Chocolate Chunk



RUSHMORE GOES RAMEN



Dakota Reach took a few residents out to a ramen shop to celebrate a birthday! While there they got to eat some tasty ramen and enjoy some Japanese soda! To finish it out they brought ice cream cake back to share with the rest of the unit.





Sherri Bruinsma
Vicki Harmdierks
Rebecca Rolling
Oceana Williams
Donna Fink



Byron Langland– 16 Years
Tawana Leckrone– 7 Years
Jewell Wonnell– 5 Years
Dennis Krell– 3 Years



Kayla Hook– Cook
Kristi Allen– ON YDS

ALL-STAFF



Nov 21st @ 9:30am

Chili Cook Off

**AN AFLAC representative will also be doing
a presentation during All-Staff.**