



JUNE 2013

Farewell to Long-Time Board Member



Steve Therneau, former Chairman of the Burnt Mountain Center Board of Directors, is retiring from his position as a Board Member. He has been with us for 6 years and has supported the center 100 %. He has helped us through some major obstacles, such as state issues and closing threats. Without him, Burnt Mountain Center would not be what it is today. We are very fortunate to have had him serve as a Board Member and we would like to wish him the best of luck in the future! Thanks, Steve!

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Welcome Back Tony



After some time off, Tony Greiner has finally returned to Burnt Mountain Center. Staff and individuals were so excited to see him walk through the door! He has done some traveling, spent time with his family, and has also focused on developing a healthier lifestyle, which has helped him to lose weight and get into better shape. Tony has many job duties at the center, including job coaching individuals and helping out with the Pickens Progress. We have missed him greatly and are very glad to see him back at Burnt Mountain Center!

Upcoming Events:

- Closed: Independence Day—July 4 & 5
- Closed: Labor Day—September 2
- Closed: Halloween Party—October 25
- Closed: Thanksgiving—November 28 & 29
- Closed: Christmas Banquet—December 13
- BMC Christmas Breakfast & Party—December 20
- Closed: Christmas Holiday—December 23-27
- Closed: Staff Training—December 30 & 31

Summer Blowout



The 2013 BMC Summer Blowout, which was held on Friday, June 7, was a big hit! Individuals and family members dined on hot dogs and hamburgers and then proceeded to the dance floor to listen to live music by “Little Refuge”. Peggy P. and Matt P. won prizes for the dance contest. Even though the rain stomped our usual plan to party in the park, everyone still had a fantastic time!

Check out the photo to the left of Mike and Rachel sporting their 2013 Summer Blowout T-shirts!

SUGGESTIONS WELCOME!

Any suggestions to better enhance the services of BMC are welcome. There is a suggestion box located in the front lobby of the building.



515 Pioneer Rd.
P.O. Box 337
Jasper, GA 30143

Tel: (706) 692-6016
Fax: (706) 692-3343

www.burntmountaincenter.org

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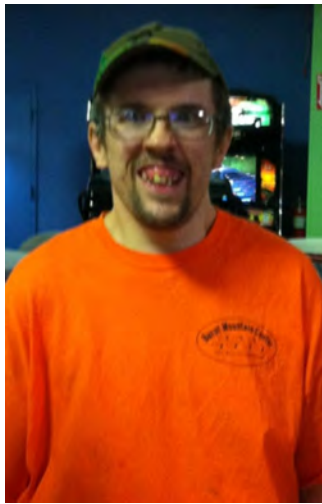
Job-Site Spotlight

This month's jobsite spotlight is Piedmont Mountainside Hospital. Tommy B., along with Job Coach, Linda Tanner, work in the cafeteria cleaning trays and taking out trash. Tommy has worked there several years and he loves his job! We are thankful to have such a rewarding jobsite for one of our individuals!

BMC Birthdays

June 2013 Jason B.—13th
April—2nd Frances—15th
Kathy M.—2nd Amy Y.—17th
Wendy—6th James R.—18th
Janice C.—11th Frank—20th
Rachel—13th Sean—27th

Employee of the Month



Thomas is June's Employee of the Month due to his dependability and strong work ethic. He is always ready for work each morning and is very proud of his job at PP&D. In his spare time, he enjoys babysitting his great-nephew and putting puzzles together. He also enjoys sports. Everyone at BMC would like to congratulate Thomas on earning this award!

2013 Club Updates: May

Check out what the clubs have been up to:

The Sports Club played cornhole, soccer, and basketball and talked about swimming. The Music Club visited Talking Rock Baptist Church to practice and then performed at Wildwood Nursing Home. The Arts and Crafts Club looked at art stuff at Michael's and Hallmark and discussed new craft ideas involving hand towels. The Horse Club visited Angels on Horseback and reviewed safety, groomed and tacked the horses, and learned new riding skills. They are also working on their Certified Horsemanship Association Certification, Level I.



BMC Mean & Lean in 2013: Just Quit June

For the month of June, BMC will be encouraging staff and individuals to quit unhealthy habits. Here are some tips:

- **Set a Date:** Setting a date to quit helps you focus on a goal.
- **Make Notes:** Writing down reasons to quit on an index card and keeping them handy will keep you motivated.
- **Pace Yourself:** Quitting "Cold Turkey" is always the best way to quit something, but is not as affective for some people. Gradually taking away the problem sometimes helps you to quit completely.
- **Stay Busy:** Staying busy keeps your mind off your cravings.
- **Spread the Word:** Telling everyone your plans to quit keeps you accountable and makes you think twice before giving in.
- **Refresh Your Memory:** Remembering why you wanted to quit your bad habit will hopefully boost your motivation and help you reach your goal.

And remember, the best thing you can QUIT, is to QUIT MAKING EXCUSES!

Stars of the Month

Check out the June Stars of the Month:

The Stars of the Month for June are Dee West and Randy Reed. Dee works in the Activity Center, where she coaches individuals on safety, reading, research projects, etc. Randy is a driver and also does Community Living Services. The staff and individuals of BMC congratulate them!

