



American Heart Month
Black History Month
National Cancer Prevention Month
Feb 9-15 Random Acts of Kindness Week
Feb 1 National Freedom Day
Feb 2 National Wear Red Day
Feb 14 Valentine's Day
Feb 15 Susan B. Anthony Day
Feb 17 President's Day
Feb 17 Daisy Gatson Bates Day

Random Acts of Kindness

"Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes." ~Joseph B. Wirthlin

- ◆ Write a thank you note to someone who has inspired/helped you.
- ◆ Drop off some food to a free pantry or free fridge in your community.
- ◆ Give a compliment to a stranger.
- ◆ Run or walk in a charity 5K.
- ◆ Send a kind and encouraging text message to a friend...your strong friends.
- ◆ Forgive someone.
- ◆ Be extra patient and helpful with someone who is a beginner at something you're a pro at.
- ◆ Send an appreciation note to your child's teacher or your former teacher to let them know how much you appreciate them.
- ◆ Offer to cancel or reschedule plans if someone you're meeting with seems overwhelmed.
- ◆ Extend an offer to mow your neighbor's lawn, shovel their snow on their driveway/walkway, or rake leaves.
- ◆ Leave a positive review for places you visit.
- ◆ Strike up a friendly conversation with a cashier, especially if you've seen customers before you act rudely.
- ◆ Be kind to yourself: make a gratitude list of all the things you are grateful for about yourself. Take a break when you need it, if only a 60 second focused breath. Make your physical, mental, and emotional health top priority.

Human Development Centers News



Rotary Club of Warren, Arkansas

...

Jan 14 · 🌐

Rotarian and Superintendent of the Southeast Arkansas Human Development Center presented his own program today. Wargo talked about working with a consulting firm through the Arkansas Department of Human Services to help improve employee retention with performance conversations at the SEAHDC.



Mark Wargo

YOU'RE INVITED TO CHDC VOLUNTEER COUNCIL'S 30TH ANNUAL BOWL-A-THON

FRIDAY, MARCH 7, 2025

3:00PM - 5:00PM
Conway Family Bowl
1010 E Oak St.
Conway, AR. 72032

ANNIVERSARY

TEAMS WILL CONSIST OF 5 BOWLERS
\$60.00 EACH OR \$300.00 PER TEAM

EACH BOWLER WILL RECEIVE A SWAG BAG, REFRESHMENTS,
2 GAMES OF BOWL, & A CHANCE TO WIN A DOOR PRIZE

PRIZES WILL BE GIVEN FOR:
INDIVIDUAL RAISING MOST MONEY
&
TEAM RAISING MOST MONEY

[\$300.00 WILL RESERVE YOUR LANE]
LIMITED SPOTS AVAILABLE- SIGN UP TODAY!!

TEAM FORM



CONSENT FORM



SPONSORSHIP FORM



Favorite Soups

White Chicken Chili

Ingredients

- 1 pound boneless skinless chicken breasts, chopped
- 1 medium onion
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cans (14 oz each) chicken broth
- 1 can (4 oz) chopped green chiles
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1-1/2 teaspoons cayenne pepper
- 3 cans (14-1/2 oz each) great northern beans drained
- 1 cup shredded Monterey Jack cheese
- Optional: sliced jalapeno pepper, sour cream, and crispy tortilla strips



Directions

1. In a Dutch oven over medium heat, cook chicken and onion in oil until lightly browned. Add garlic; cook 1 minute longer. Stir in the broth, chiles, cumin, oregano, and cayenne; bring to a boil.
2. Reduce heat to low. With a potato masher, mash one can of beans until smooth. Add to saucepan. Add remaining beans to saucepan. Simmer for 20-30 minutes or until chicken is no longer pink and onion is tender.
3. Top each serving with cheese and if desired, jalapeno pepper, sour cream, and tortilla strips.

Tortellini Soup

Ingredients

- 3/4 pound Italian Sausage (spicy, sweet, or mild), casings removed
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 2 cans (14-1/2 oz each) chicken broth
- 1-3/4 cups water
- 1 can (14-1/2 oz) diced tomatoes, undrained
- 1 package (9 oz) refrigerated cheese tortellini
- 1 package (6 oz) fresh baby spinach, coarsely chopped
- 2-1/4 teaspoons minced fresh basil or 3/4 teaspoon dried basil
- 1/4 teaspoon pepper
- Dash crushed red pepper flakes
- Shredded Parmesan cheese, optional

Directions

1. Crumble sausage into a Dutch oven; add onion. Cook and stir over medium until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in broth, water and tomatoes. Bring to a boil.
2. Add tortellini; return to a boil. Cook for 5-8 minutes or until almost tender, stirring occasionally. Reduce heat; add spinach, basil, pepper, and pepper flakes. Cook 2-3 minutes longer or until spinach is wilted and tortellini are tender. Serve with cheese if desired.





DDS Director Jennifer Brezée is working to get a team from Central Arkansas to participate. If you're interested, please email Keith Metz and Ashleigh Keyes to join the DHS team.



| Polar Plunge Incentives | |
|---|---|
| \$500-\$749 Official 2025 Polar Plunge T-shirt Plunge Towel 10 Raffle Tickets | \$1,500+ Official 2025 Polar Plunge T-shirt Plunge Towel 20 Raffle Tickets |
| \$750-\$999 Official 2025 Polar Plunge T-shirt Plunge Towel 15 Raffle Tickets | \$1,000-\$1,499 Official 2025 Polar Plunge T-shirt Plunge Towel 15 Raffle Tickets |
| \$350-\$699 Official 2025 Polar Plunge T-shirt Plunge Towel 5 Raffle Tickets | \$1,500+ Official 2025 Polar Plunge T-shirt Plunge Towel 20 Raffle Tickets |
| \$50 Minimum Donation per Plunge Official 2025 Polar Plunge T-shirt | \$750-\$999 Official 2025 Polar Plunge T-shirt Plunge Towel 15 Raffle Tickets |

Each raffle ticket enters you in a chance to win CASH! Each plunge will have an instant winner at the plunge for \$250. All other raffle tickets are entered in a drawing for the end of Plunge season to win up to \$1,500!

About Special Olympics Arkansas

The mission of Special Olympics Arkansas is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

Our program is supported by individual donations, private and corporate sponsorships, state appropriation, grants, and special fundraising events. Your financial support offers training, equipment and competition to our athletes FREE OF CHARGE!

Special Olympics Arkansas is an organization that unleashes the human spirit through the transformative power and joy of sport, everyday around the state. Through programming in sports, health, education and community building, Special Olympics Arkansas is changing the lives of people with intellectual disabilities, solving the global injustice, isolation, intolerance, and inactivity they face.

By the Numbers

| | | |
|--|--------------------------------------|---|
| 19,500 | 4,400 | 25,000 |
| Athletes (people with intellectual disabilities) | Unified Partners (people without ID) | Young Athletes (children between the ages of 2-7) |

Central Arkansas
 February 22, 2025
 Little Rock Racquet Club
 1 Huntington Rd, Little Rock, AR

Registration: 9:00am
Awards: 9:30am
Plunge: 10:00am



FOR SPECIAL OLYMPICS ARKANSAS



Create your online fundraising profile!
 Scan the QR code or visit the link below.



Let the good times be cold!

Save the Date

February

Let's Talk DDS

2/13

11:00 AM

Zoom

Blue Umbrella Birthday

2/19

10:00 AM– 2:00 PM

April

Save the Date

April 12, 2025

*Disability Resource Expo
And the
12th Annual Family Bistro*

Veterans Park Event Center
508 N. Lincoln St.
Cabot, AR 72023



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