



# MSS

Midwest Special Services, Inc.

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## **Karate Students Earn Yellow Patch**

MSS St. Paul Karate students have earned their yellow patches for mastering all of the basic karate moves. Yellow signifies the first beams of sunlight which shines upon the seed giving it new strength with the beginning of new life. This represents the students' progress as they receive knowledge from their instructor and become stronger and more skilled.

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## **Singing in the Park!**

After practicing for three months, the MSS Choir put on a stellar performance at Centennial Lakes Park in Edina where they sang several classic tunes. Many people took a break from their walk to listen to the music and some even started singing with the choir. It was a gorgeous day!

## **Health Tips for Busy Lives**

Take stretching breaks throughout your workday. This doesn't need to be full on yoga-you can simply stretch your arms towards the sky, rotate your wrists and neck or just walk down the hall and back. Reminding your body to move helps increase blood flow, causing your muscles to loosen and your brain to feel refreshed.



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## **A Word from Lyth — June 30, 2016**

Hi Everyone,

We recently experienced our first DHS Licensing visit under our new licensing rule 245D. Not knowing exactly what to expect we decided to prepare for the worst and as all of you know it was “All Hands on Deck’ during our preparation. Well, it must have paid off. During our Exit Conference with our three licensors, we heard very good things about our programs and our systems. The most fun part for me was to hear how well they thought we did in the Person Centered Thinking and Planning aspects of our programs. While we will get a few citations on areas where we fell short in our examination, this was a very good report from the licensors overall. I know how hard everyone worked to prepare and it paid off well for all of us. Thanks so much for your efforts to show DHS that we know what we are doing.

One of the real positive changes with this Licensing Review was that the licensors actually gave us compliments. I have never heard that before in my career, it was always just negative comments in the past. It’s very nice to see this change in the way DHS Licensors operate.

Best regards,

Lyth Hartz

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**Questions or comments? Email Hannah Watkins at [hwatkins@mwsservices.org](mailto:hwatkins@mwsservices.org).**

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