

CONNECTIONS

October 2016 VOLUME 16, ISSUE 10

Bringing Nebraska Department of Health and Human Services employees closer together

Employees of the Year 2016

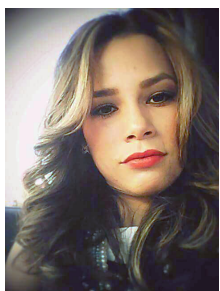


Katie Boston,
Veterans' Homes,
Grand Island

Katie is committed to meeting the needs and concerns of the members and families at GIVH.

Katie gives a smile

and kind word to all members. Katie does a lot to ensure the needs of the members are being met. Katie is a very positive person and believes in the GIVH core values and strives every day to follow those values.



Esmeralda Gomez,
Medicaid and
Long-Term Care,
Lexington

Esmeralda Gomez is a Social Services Worker with Medicaid & Long Term Care.

Esmeralda has been an amazing asset to the team, our customer service center and DHHS. Esmeralda represents the

DHHS is proud to introduce the 2016 Employees and Supervisors/Managers of the Year. These employees will be recognized for their achievement at a ceremony at the State Capitol, and reception at the Governor's Residence in Lincoln on Wednesday, November 2nd.

State agencies are allowed to select one employee and one supervisor/manager of the year for every 500 people employed by the agency. The following write-ups were taken from the nomination forms. Pictures were provided by the Department of Administrative Services. Congratulations to all of our honorees!

Values and Core Competencies of the department. She goes above and beyond every day. She is compassionate, helpful, courteous, soft spoken and humble. She understands the impact of her work on the people she serves. She is one of the most accurate workers in MLTC. Esmeralda is a one of the highest producers in our center.



Joanne Gaylord,
Developmental
Disabilities,
Beatrice State
Developmental
Center

Joanne (Jo) is a very kind and considerate person. Jo has the qualities of being good natured, having a good attitude, and good communication skills which have earned her the respect of individuals

and employees whom she works with daily. These qualities are in line with the expectations of DHHS Values and Core competencies. Jo is valuable to the people she serves.



Sarah Jones,
Children and
Family Services,
Western Service Area,
North Platte

Sarah has been an Initial Assessment Investigator throughout her time

with the Department of Health and Human Services. Sarah has worked over 200 investigations regarding child abuse and neglect. Sarah is a leader not only to her immediate team, but to the North Platte office and Western Service areas. She is always willing to assist in

the training of new workers and devotes herself to their success by passing along her knowledge and skills. Sarah always keeps the child's best interest in mind because she values the lives of children.



Philip Lee,
Veterans' Homes,
ENVH, Bellevue

Phil has excelled at his job on the Motivation Nursing Unit. Phil is now assigned to the

Dedication Nursing Unit where he has taken charge of numerous special projects. Phil goes out of his way to help all members with a positive attitude even if they are not on his unit. He demonstrates what DHHS is all about, "To help people live better lives."

Stay Connected on



make the connection . . .

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DHHS Employee Website: <http://dhhsemployees.com>
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Chief Executive Officer: Courtney Phillips	Medicaid and Long-Term Care Division Director: Calder Lynch
Behavioral Health Division Director: Sheri Dawson	Public Health Division Acting Director: Courtney Phillips
Children and Family Services Division Director: Doug Weinberg	Veterans' Homes Division Director: John Hilgert
Developmental Disabilities Interim Division Director: Courtney Miller	Chief Financial Officer: Pat Weber

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Vincent Moreno
Developmental Disabilities, Scottsbluff

Vincent is dependable, genuine, and dedicated to his work. Vincent often helps others to better

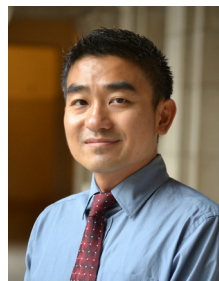
understand how to look at things from an individual's perspective. Vincent is always willing to share in the successes of the individuals with whom he works. He wants the Department of Health and Human Services and the Division of Developmental Disabilities to be looked at as a model where others can see how we make lives better.



Byron Myers
Behavioral Health, Norfolk Regional Center

Byron is a pleasure to work with, a team player, a great teacher and is always willing to help when

asked. Byron's efforts are appreciated by his fellow co-workers. Byron shows his dedication by coming in early to transport patients when staffing is short. Byron has been able to ensure safety for the patients and staff with his Mandt skills. He gives 120% of himself to help make sure we are as successful as possible.



Choo Ng
Public Health, Lincoln

Choo is a huge part of the successful operation of the DHHS WIC Program. Choo played a key role in

the final implementation of the new WIC computer system - Journey. He is a member of the steering committee, he participates in training, and in contract procurement activities. Choo is an expert in the requirements and functions of the WIC program and knows the technical details of the computer systems. He keeps his sense of humor no matter what project he is working on. He is truly deserving of this recognition.



Joy Walkowiak
Children and Family Services, Central Service Area, Grand Island

Joy lives up to her name. She is upbeat and goes about her work of licensing

foster homes, conducting home studies with that same joy. Joy is always willing to listen, offer support to co-workers, contractors and foster parents no matter her work load. She gives 100% to her job daily. She does an excellent job of serving the people. She demonstrates what it means to "help people live better lives."



Liz Warburton
Children and Family Services, Western Service Area, Gering

Liz exemplifies great leadership skills by leading her team in many different ways. Liz brings

such energy, enthusiasm, flexibility and emphasis on excellence every day. Liz is the most productive, accurate and timely Social Services Worker I have ever met. Liz's strong policy knowledge, attention to details and procedures allows her to do her work with great accuracy. She exhibits behaviors that inspire those around her to be the best versions of themselves.



Megan Welton
Children and Family Services, Northern Service Area, Fremont

Megan is unceasingly dedicated to accuracy and service,

not only in her own work but in her attempts to assist the workers around her. Megan gives her team great support and knowledge. Megan is our point of contact when our supervisor or lead is away. She is an invaluable asset, because of the way she professes acceptance and encouragement. Megan is always happy and brings a smile to the team.



Patrick Werner,
Operations, Lincoln

Patrick has exemplified the DHHS Core Values and Competencies with his hard work, professionalism and positive attitude.

Patrick was integral in working with all Divisions to assist DHHS in submitting all past due Cost Allocation Plans by developing a professional relationship with internal and external stakeholders to get this done. Patrick has single handedly developed processes to improve the Indirect Cost Rate Proposal calculation and submission to the federal government.

Supervisors of the Year 2016



Tami Badertscher,
Developmental Disabilities,
Beatrice State Developmental Center

Tami has so much knowledge that people seek her out

for assistance on difficult projects. Tami has made remarkable contributions to BSDC with her ability for attention to details. Tami promotes a warm, cheerful attitude, and encourages and enables her staff/individuals to take part in training and development. Tami demonstrates a positive, constructive attitude and actions which are part of the DHHS Values and Core Competencies.



Shirley Barlow,
Veterans' Homes,
WNVH, Scottsbluff

Shirley has been serving as the Director of Nursing for Western Nebraska Veterans Home since March

2010. Shirley has been involved with many nursing systems improvement projects. Shirley's knowledge and experience is invaluable in seeing through the complexities of new processes. She never loses sight that taking care of people is the main priority. Shirley has the ability to make whomever she talks with feel important and that their opinion truly matters. She has a keen sense of leadership which contributes greatly to the success of the Western Nebraska Veterans' Home.



Kari Calvillo,
Veterans' Homes,
NVH, Norfolk

Kari started as a dietary aide and has switched career paths by working her way up the ranks. Kari is currently

an Assistant Director of Nursing. Kari understands and recognizes the importance of all nursing staff. Kari displays compassion while providing quality care for all members. Kari recognizes that at the end of the day, her only purpose for existing is to serve our veterans and members.



Kelly Case,
Children and Family Services,
Western Service Area,
Scottsbluff

Kelly goes above what is expected to help our clients as well as her employees. Kelly

works hard to ensure her team knows what a great job they are doing. Kelly's great attitude helps her team accept change better when new procedures are presented to them. Kelly is a great manager and she is a great asset to the State of Nebraska.



Kris Chiles,
Public Health,
Lincoln

Kris goes above and beyond to create harmony among her team and takes the time to show care and concern. She is detail

oriented and dedicated to projects set before her. She is patient with customers and takes the time to answer their questions. Kris always encourages her team to educate and embrace change as a learning experience. She is admired by all for her positive attitude and persistence. She leads by example showing us how to "help people live better lives."



Marj Colburn,
Behavioral Health,
Hastings Regional Center

Marj makes the HJCDP (Hastings Juvenile Chemical Dependency Program) run

smoothly due to her positive and supportive attitude. Marj makes herself available to her leadership team as well as the front line staff daily. Marj is dedicated to the program and the youth that we serve, she gets involved with the local community to make a difference. Marj exemplifies what our DHHS Values and Core Competencies are all about.



Chad Cooke,
Children and Family Services,
Youth Rehabilitation and Treatment Center,
Kearney

Chad always responds kindly

and has the right answer for his staff. Chad is willing to teach and takes the time necessary to make sure staff knows how to go about dealing with a situation. Chad has shown his dedication and commitment to service by how prepared he is all the time. He has the ability to stay focused, to listen to what others have to say which is one of his greatest traits. He is resilient, driven, a team player and will continuously step up to the plate. Chad is one of a kind, one that many respect.



Lacey Deterding,
Behavioral Health,
Lincoln Regional
Center

Lacey has worked hard to make a difference not only in the pharmacy but with the

working relationship with the nursing staff and the overall patient care. Lacy has implemented ideas that help towards reducing mistakes and increasing workflow production. She continues to make sure the staff have input into daily tasks by having weekly meetings. Lacey is one of the most caring, understanding, and flexible people. She makes it enjoyable to come to work each day.



Mikayla Johnson,
Behavioral Health,
Lincoln

Mikayla has a positive attitude and her work ethic is outstanding. Mikayla serves as a liaison for two behavioral

health regions, comprising 65% of the population, by providing technical assistance and support in Lincoln and Omaha. She responds to multiple requests from legislators on emergency system issues and individual consumer needs. Mikayla has done many assignments as requested with poise and grace. She provides positive outcomes for the people she serves in DHHS.



Curtis Nielsen,
Developmental
Disabilities, Omaha

Curtis is thoughtful, kind, helpful, and supportive of his team. Curtis is very knowledgeable

and doesn't mind sharing that knowledge with his staff. Curtis makes himself available to his staff so they can express any concerns on areas in which the team can improve. He truly deserves to be acknowledged for his great service and contributions to his team!



Renee Savidge
Medicaid and
Long-Term Care,
Lincoln

Renee is a wonderful person to work with. She organized the financial management of

the State Unit on Aging across the state. Her expertise in this area has allowed the reporting of funding to the Administration on Aging to be accurate and submitted in a timely manner. Renee is a great "go-to-person." Her program knowledge is a tremendous resource to the entire team.



Treasa Hunt,
Children and
Family Services,
Western Service
Area, Chadron

Treasa (Tre as we call her) creates a good, encouraging environment for

her staff to work in. She goes above and beyond as a supervisor. She is a great example for us all. Treasa makes sure her team is successful in what they do by understanding all processes and procedures. She strives to do her best and pushes us to do the same. She is the type of person who takes every opportunity to learn from a situation and remains open-minded to new ideas. She is the epitome of a "go getter."



Sheila Kadoi,
Children and
Family Services,
Lincoln

Shelia has developed a small, inexperienced Children & Family Services Quality Assurance group into

an innovative, results-driven 30-person team which has helped CFS reach milestones. She is an invaluable mentor for all of the QA Program Coordinators. She has helped develop strategies to work with and improve our performance as managers. She is a leader, innovator, teacher and intrinsically motivated individual whose focus is on what she can do to help others.



Patty Runge
Operations, Lincoln

Patty has taken on the task of managing Human Resources support and recruiting efforts for ACCESSNebraska. She has provided insightful guidance

and fresh ideas to both management and to those of us she supervises. Patty demonstrates great communication to her team which helps us to be informed about changes. Patty's efforts have helped to enable the success seen by ACCESSNebraska in recent months and in the future. Patty is truly "helping people live better lives!"



Roxie Skidmore,
Medicaid and
Long-Term Care,
Chadron

Roxie exemplifies the leadership that has propelled improvement within the Division of Medicaid and Long-

Term Care. Roxie leads by example by teaching workers skills needed to meet and exceed standard of service. Roxie is very knowledgeable of the Former Foster Care cases for Medicaid and Long-Term Care. Roxie's team is important to her and that keeps her team together throughout any staffing issues. Roxie courteously responds to customers and provides efficient and accurate information. Roxie is an individual with much dedication and commitment to the agency. Roxie is a true asset!



Message from Courtney Phillips, CEO

lives outside of DHHS, it is a wonderful thing to see.

I also see how employees have embraced Governor Ricketts' priorities that focus on efficiency and effectiveness, customer service, growth, public safety, and reduced regulatory burden. His vision to Grow Nebraska through a more effective, more efficient, and customer-focused state government aligns with our mission and the initiatives in the [Department's business plan](#).

This month, we celebrate some of our team members for their dedication to our mission, and the people we serve.

In this issue of Connections, you'll learn more about your teammates who were selected as Employees and Supervisors of the Year and your coworkers who are being honored for their years of service to DHHS. Some members of #TeamDHHS have worked here for more than 40 years! What an accomplishment!

We all know that what we do every day isn't always easy, but it is always worth it. The employees honored this month are some of the best examples of what we can do if we all work hard and try our best every day.

What we do here matters to hundreds of thousands of people across the state, and we should celebrate the accomplishments of individuals and the team every day. That's one of the reasons we have our Employee Bulletin Board on our homepage, where you can give your teammates a shout-out on a daily basis for a job well done.

The back page of Connections is also a great place to see your fellow coworkers being appreciated by those we serve. When someone has such a great customer service experience with one of our team members that they feel the need to write a letter or email to that person's supervisor telling them about it, we publish those on our "In Gratitude" page. Look for those in this issue.

So many great things are happening here at DHHS. I'm excited for our future as a team, and as an agency. We are all working toward a goal and mission that is much bigger than one person can accomplish on their own. We do that work well because of people like you.

Thank you for all that you do, it is truly an honor and privilege to work with you all.

Keep up the good work #TeamDHHS!

Greetings #TeamDHHS

October is State Employee Recognition Month. Every day I am reminded how lucky I am to work with such an amazing group of talented individuals. Y'all are our most important asset and are what make this agency great.

#TeamDHHS is filled with people who live our mission statement every day. As we all strive to help people live better lives, I see how that manifests in each one of you every day. From the enthusiasm with which you do your jobs to the passion that fills your



October is State Employee Recognition Month. Every day I am reminded how lucky I am to work with such an amazing group of talented individuals...



Recognition for Years of Service 2016

DHHS employees help people live better lives every day. Each October we recognize DHHS employees who have reached years of service anniversaries. Here is a listing of those employees and their years of service. Employees are broken down by their division. We hope everything is spelled and listed correctly. If it isn't, please let us know and we will pass that information along to Human Resources. Congratulations to all of these employees and thank you for your dedication to DHHS!

45 Years of Service

Behavioral Health

David Hallberg

Children & Family Services

Sharon Deepe

Developmental Disabilities

Debra Heist
Charlet Nichols

Public Health

Carla Hartl
Marsha Wandersee
Katherine Olmsted-Backhus

Veterans' Homes

Kathleen Renter

40 Years of Service

Behavioral Health

Susan Callan
Shelley O'Connor
Joann Stromer
Dennis Stromer
Linda Hansen
John Kroll
Diane Ellis

Children & Family Services

Geri Kean
Mary Batenhorst
Peggy Borrell
Dan Scarborough
John Kwiatek
Ruth Wilke

Developmental Disabilities

William Clark
Russell Fralin
Joan Schmidt
Ronald Vocele

Ellen Moeller
Cynthia Novotny
Timothy Mick

Medicaid & Long-Term Care

Janice Meints
Marlys Schmidt
Kathy Kinkade
Mary Birkel
Wesley Flott

Operations

Vicki McAhren
Candice Avery
Sharon Egger
Nancy Staley
Daniel Albrecht

Veterans' Homes

Roxy Shuman

35 Years of Service

Behavioral Health

Carmen Novak
Marc Ostrander
Glen Thummel
Steven Urban
Sandra Waldron

Children & Family Services

Robert Dworak
Mary Gingrich
Katherine Rosenthal
Margaret Fleming
Janet Mulligan
Jeanette Koncaba
Pamela Haas
Roxann McCormick
Jean Nolte
Steven Wilson
Vickie Carr

Kim Mackenzie

Developmental Disabilities

Sara Keuten
Rodney Koch
Allen Lantz
Linda McConnell
Dwight Parde
Peggy Emmons
Joni Gebhard

Medicaid & Long-Term Care

Cathlene Callahan
Susan Spitzer

Operations

Dianna Knoop
Mitchell Schwichtenberg
Jeffrey Casper
Cindy Johnson
Michelle Otto
Elizabeth Robertson
Deborah Smith

Public Health

Kris Chiles
Barbara Packett
Terry Philippi

Veterans' Homes

Julie Burkhardt
Daniel Muehlbauer
Catherine Fillingner
Thomas Blacketer
Diane Blacketer

30 Years of Service

Behavioral Health

Ruth Jeremias
John Curran
Adrianna Hildebrand

Rick Kluender
Leah Becker
Barry Berumen
Brenda Jones
Randal Pester
Jana Stoner
Herman Yeager

Children & Family Services

Connie Felt
Ladonna Halbmaier
John Osenbaugh
Janis Schmieding
Rodger Stofer
Mary Becker
Terri Farrell
Joy Loschen
Lori Price
Darci Wittler
Denise Brill
Nancy Marsh
Debra Malousek
Joni Oliver
Jana Peterson
Stephanie Anderson
Dennis Jackson
Nancy Leinen
Sheryl McCright
Benita Steffes
James Tolbert

Developmental Disabilities

Michael Dorn
Gary Lovitt
Kellie Thomas
Jolien Thompson
Janet Trout
Barbara Daro-Ingwersen
Lelia Razey

Medicaid & Long-Term Care

Colleen Fiegner

Lori Domeier
Donna Case
Cindy Hasty
Kathryn Schulte
Pamela Cade
Janis Theiler

Operations

Amir Azimi
Sheila Bluford
Teresa Hampton

Public Health

Ann Long
Pamela Wicht
Becky Hill
Anita Jackson
Christine Noren
Monica Pribil
Patricia Wolfe
Thomas Cox

Veterans' Homes

Dellphine Briseno
Barbara Buck
Connie Dembowski
Julie Dvorak
Teri Engleman
Kelly Hoelting
Joan Hult
Joann Spence
Jaci Dean
Dorene Kirkpatrick
Karen Cooley

25 Years of Service

Behavioral Health

Neil Heese
Terry Ward
Luann Zerbe

Kimberly Brown
Patricia Byrd
Steven Carter
Joann Fisher
Marvin Jiskra
Yolanda Medina
Patricia Osterhaus
Jon Torkelsen

Children & Family Services

Sheila Baird
Marie Lafferty
Judy O'Brien
Edward Price
David Schoonhoven
Susan Taylor
Brenda Brooks
Joan Alexander
Janet Reigle
Lisa Bell
Kathleen Shambaugh
Jodine Allen
Deanna Brakhage
Randy Cramer
Patti Reddick
Deborah Schriener
Theresa Casson
Jim Jorn

Developmental Disabilities

Charles Burgess
Glenda Naaf
Karen Rehm
Steven Robertson
Jeff Sedlacek
Bradley Wilson
Sheryl Curtight
Connie Cohen-Nelson
Karen Poindexter
Pam Nuttleman
Michelle Smith
Debra Wotipka

Medicaid & Long-Term Care

Kathleen Scott
Kathleen Hladky
Colleen Boltjes
Cynthia Kreiling
Frances Evans-Kreifels
Anne Harvey

Operations

Ladene Madson
Kevin Burke
Barbara Nieveen
Sandra Rodriguez
Mary Young

Public Health

Pamela Findlay
Douglas Gillespie
Monica Gillespie
Monica Gissler
Shelley Konopasek
Roxanne Rediger
Julie Reno
Howard Shuman
Peggy Trouba
Kay Reeves

Veterans' Homes

Joe Ballou
Dottie Meyers-Zirrig
Yvonne Hill
Thomas Nider
Kyla Ramirez
Victoria Fricke

20 Years of Service

Behavioral Health

Jacque Orvis
Kandy Eisenbarth
Abigail Hawthorne

Jean Ramsey
Lyle Schmidt
Lori Wieneke

Children & Family Services

Diana Blythe
Jody Schultz
Cathy Eberhardt
Brian Farrar
Sue Gelster
Donna Hoffman
Jeff Hubl
Rex Kennel
Christopher Mendoza
Janae Phillips
Jennifer Wolford
Kayla Hawthorne-Roberts
Kee-Sha Adams-Parks
Julie Lavicky
William Varicak
Catherine Wiles
Tracy Miller
Millicent Myres
Amanda Nawrocki
Brenda Steinheider
Lisa Thoene

Developmental Disabilities

Ernie Drent
Roger Geery
Gregory Guenther, Jr.
Joshua Parde
Ray Suchan
Donita Weyer
Cindy Brown
Leo Jary
Pam Koziel-Thomas
Carrie Leffler

Medicaid & Long-Term Care

Renee Miller
Sharilyn Rayburn

Tracy Schmidt
Jenny Prentice
Maria Gomez
Connie Gaskill
Marlys Parish
Kerri Schuerman

Operations

Merna Jackson
Bryson Bartels
Robert Benson
Chad Dailey
Amy Harms
Greg Hood
John McMahan
Harold Schilling
Dee-Dee Staack
Rudy Avila II
Stacey Klimek

Public Health

Angie Lewis
Karen Berry
Tracey Bonneau
Douglas Fuller
Cynthia Harmon
Sharyl Holthus
Jill Krause
Teresa Neal
Valmen Ryckman

Veterans' Homes

Mary Cumming
Kathy Jones
Amy Mulford
Diane Ramaekers
Paula Gutierrez
Kenneth Dupell

15 Years of Service

Behavioral Health

Scott Stickels
Sue Bain
Timothy Cleary
Sheri Dawson
Karen Friday
David Lane
Gary McNeil
Jason Swedlund

Children & Family Services

Mary Calkins
Matt Christiancy
Jack Cooley
Donna Ellis
Justin Henne
Jo Jackson
Paul Palazzola
Kenneth Robinson
Rey Rodriguez
Mary Scott
Joann Skalka
Gloria Garza
Anthony Mitzel
Jennifer Osweiler
Elizabeth Noble
Tammy Allison
Tami Hassebroek
Jeff Tassemeier
Barbara Abraham
Barbara Anderson
Nora Chavez
Stephen Poppe
Sally Ryan
Alene Smith

Developmental Disabilities

Stacy Claassen
Richard Cramer

Brenda Guenther
Norma Hamilton
Wade Hopkins
Anita Olberding
Gregory Penner
Jessica Pribyl
James Robinson
Deborah Smith
Rahchell Steele
James Kozisek
Kelly Lugenbeel

Medicaid & Long-Term Care

Rachel Wentz
Claudia Hernandez-Ibarra
Kristine Silhacek
Margene Boyce
Evelyn Desilets
Darrell Gressley
Virginia Haecker
Janette McCabe
Brenda Kincanon

Operations

Karey Roberts
Lindsey Eads
Stephen Havelka
Angelina Krotz
Michael McCormick
Kalinath Nisankarao
Eric Swyers

Public Health

Jeffrey Armitage
Marci Athey-Graham
Cathy Dillon
Kimberly Divis
Chad Frank
Cathy Geiser
Brenda Jackson
Steven Jillson
Shelley Locke

Peggy Persell
Jenifer Roberts-Johnson
Lois Versaw
Carol Neneman

Veterans' Homes

Michelle Hellbusch
Shelly Malmstrom
Becky Peterson
Karen Bain
Kimberly Davis
Kathryn Hastreiter
Mary Swensen
Lynette Wells
John Hilgert
Loretta McCrimon

10 Years of Service

Behavioral Health

Kay Evans
William Hamik
Catherine Beckman
Sherri Browning

Craig Cooper
Ryan Crilly
Barbara Daniels
Steven Demers
Renee Faber
Diane Heithoff
Jeffrey Henning
S. Perry Holmgren
Mikayla Johnson
Peggy O'Toole
Linda Paulson

Children & Family Services

Arron Adams
James Franzen
Scott Gregory
Nichole Hersh-Eilenstine
Chris Nemetz
Shelly Wiles
Amy Winter
Monica Young
Joelle Huhman
Stacy Schenk
Kelli Smith

Holly Mesely
Benjamin Villalobos, Jr.
Mary Binder
Roger Anderson
Olivia Biggs
Ronald Buskirk
Richard Clarence
Denise Drake
Lori Goracke
Stephanie Lofton
Joyce Spidell
Tracy Jablonsky-Lage
Stacy Krieger
Dawn McDuffee
Tiffany Pace
Tammy Pedrick
Loretta Redding
Patricia Sandoval
Trampis Wrice

Developmental Disabilities

Sandra Brandt
Jill Glynn
Ernie Kerr

Debra Kolman
Monica Niemand
Aaron Parde
Eric Perkins
Josie Riepenkroger
Lisa Schultis
Patricia Trimble
Frederic Graves
Deborah Johnsen
Eva Ramirez
Staci Ellermeier
Kristie Christianson
Lyndee Haertel
Patrick Davey

Medicaid & Long-Term Care

Beatriz Hernandez
Coleen Reiley
Patricia Carnes
Amy Edwards
Karen James
Sarah Lacey
Debra Lenter
Verlene Owens

Sharron Scott
Teresa Styskal

Operations

Hailey Rogers
Megan Spilker
Yancey Cortner
Garet Buller
Heidi Crabtree-Hastings
Suzanna Glover-Ettrich
Johanna Goettsche
Sharon Magruder
David McManaman
Shelley Suellwold
Sonia Diaz
Linda Short

Public Health

Jianping Daniels
Karen Eveans
Kristin Gall
Louayne Hoback
Kathy Karsting
Uyen Le

Gary Miller
Andrea Riley
Scott Sprague
Megan Vernon
Jeri Weberg-Bryce
Andrea Wenke
Diana Yeager
Rebecca Young

Veterans' Homes

George Burgess
Cheryl Johnson
William Noer
Carol Porter
Carrie Urwiller
Candice Batenhorst
Michelle Bohlken
Karen Wachter
Tammie Brackett
Steve Buffington
Lisa Tabe
Jeanie Leander

Congratulations to All!

Health and Safety Tips

Source: Health Enhancement Systems

Basic Training

Military training strategies for shaping physical and mental toughness can be modified to meet anyone's lifestyle, whether you're trying to boost fitness or develop personal discipline. So take a cue from the cadets by deploying these tactics on your home turf:

- **Strength.** Boot camp workouts, which are gaining popularity among civilians, incorporate traditional body-weight exercises — like push-ups, sit-ups, and squats — into their arsenal. While free weights and other objects are used for lifts and lunges, you can drop and do 20 needing nothing more than floor space.
- **Endurance.** Charging through an obstacle course will leave you huffing and puffing. While you can seek out an indoor or outdoor course with military-style run-throughs, many parks and trails have their own stations along walking paths — such as pull-up bars, climbers, and raised platforms. But you can just use ramps or hills to amp up intensity, and park benches for tricep dips or incline push-ups.
- **Camaraderie.** While a drill sergeant can demand performance, nothing motivates like team spirit. Survivors of “beast” training at military academies often credit peer solidarity as a driving factor in completion. Find fellowship in gym classes where upbeat music and troop dynamics help push you to your next level. For a more intense approach, join a local group fitness boot camp .



Fabulous Fall Walks

As the days shorten and temperatures cool, the medley of summer greens shifts to a breathtaking palette. The colors of autumn can be found where deciduous trees such as oaks, dogwoods, and maples burst with reds, oranges, and yellows. Changing tints and temperatures create the perfect opportunity for a walk:

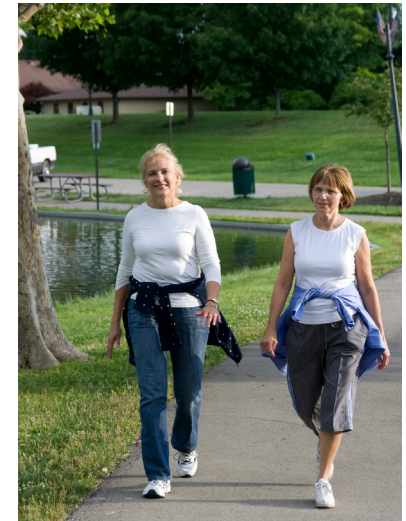
- **Walking color tours.** From the varied shades of the northeast to the solid golden landscape of Rocky Mountain aspens, color tours are a great way to walk. Most are guided and on well paved areas so you'll be sure to capture the best of fall's majesty.
- **Hiking.** Trails through forests in the midst of their autumn farewell are an ideal hiking destination. With the canopy of changing leaves above, and the crunch of fallen leaves at your feet, you'll view the season's marvels up close.
- **Blazing your own trail.** There may be undiscovered beauty in an area near you. Keeping safety in mind, find a location of foliage and explore. There are wondrous sights off the beaten path. Take advantage of fall splendor with a brisk walk to enjoy the many activities of autumn.



Staying Safe

Remembering a few safety rules will help you get the most from your walk, especially as the days shorten:

- **Think bright and shiny.** Find reflective gear that slips over your clothes — such as bibs, belts, or bands to wear on your arms or legs. They're so lightweight you won't notice them, but oncoming motorists will. Even pulling a white T-shirt over your outfit will make you more noticeable.
- **Keep a high profile.** Walk in well lit public parks that host a lot of activity, such as those with sports facilities, pet areas, or playgrounds.
- **Go against traffic.** It's best to use sidewalks and paths; but if you must go on the road, be sure to face oncoming traffic to see what's headed your way.
- **Assume drivers don't see you.** As a pedestrian you may have the right-of-way, but many drivers don't know this or aren't paying attention. Waiting a few seconds to cross a street isn't a big deal when you consider the consequences.
- **Walk with someone.** Beside the other benefits of pairing up, having a walking companion means safety in numbers for both of you. If you don't have a partner, tell someone where you'll be walking and what time you expect to return.



Way to Go!

Statewide and National Recognitions, Honors and Awards

2016 Charitable Giving Campaign

By *Melissa Lindell*

The 2016 Charitable Giving Recognition Picnic was held in late September at the Governor's Mansion. Several team leaders and coordinators were recognized for their outstanding innovation, enthusiasm, and creativity for this year's charitable giving campaign.

There were several awards handed out, including Outstanding Coordinators, Team MVP's, Agency Awards, Team Trophies, and Coach of the Year.

DHHS had ten people recognized for their hard work during the campaign: **Kris Chiles, Robin Curry, Jessica Dean, Grant Johnson, Pepper Meyer, Carrie Nielsen, Holli Penner, James Schulte, Linda Sparr, and Carrie Urwiller.** Not all could make it to the ceremony, but those were able to, accepted their awards in person.

We also had four MVP's: **Jennifer Bennetts; Envy, the LRC Therapy Dog; Kristi Holmes; and Kelly Ostrander.**

The **Division of Veterans' Homes and Behavioral Health** were recognized for the Champion of Dollars Award. Veterans' Homes increased their giving by 9% over 2015. Behavioral Health increased theirs by 13%.

The **Hastings Regional Center** won a Creativity Award for their 5k Color Run to raise funds for the campaign. #TeamDHHS also won the "Pulling Together to Give the Good Life" Award as the only team to have our boat reach the goal and cross the finish line! #TeamDHHS raised more than \$105,762.00 during the campaign!

Team co-Captain **Sheri Dawson** also won the 2016 Coach of the Year! Congrats Sheri! (Sheri could not attend the picnic so DHHS CEO Courtney Phillips attended and accepted in her place.)

Thanks to everyone who participated. So far this year, over \$451,000 has been raised. Since 2003, \$5.7 (M) has been raised in the Charitable Giving Campaign.



Pictured: DAS Director Byron Diamond, Kristi Holmes, Kelly Ostrander and Lieutenant Governor Mike Foley



Pictured: DAS Director Byron Diamond, DHHS CEO Courtney Phillips and Lieutenant Governor Mike Foley



Pictured: DAS Director Byron Diamond, Grant Johnson, James Schulte, Pepper Meyer, Carrie Nielsen, Jessica Dean, Kris Chiles and Lieutenant Governor Mike Foley



Pictured left to right: DHHS CEO Courtney Phillips, DAS Director Byron Diamond, Kelly Ostrander and Lieutenant Governor Mike Foley

Way to Go!

Statewide and National Recognitions, Honors and Awards (continued)

DHHS nurse recognized at "40 under 40" event

At the 40 under 40 ceremony that honors Nebraska's emerging Nurse leaders in September, **Andrea Riley, RN BSN**, a Community Health Nurse Sr. in the Women's and Men's Health Programs was one of two that received special recognition from Susan Hassmiller, the VP of Nursing at the Robert Wood Johnson Foundation and a member of the Institute of Medicine.

She was the keynote speaker at the conference and the emcee of the awards ceremony.

She talked about Andrea's work with Shot@Life (the program provides vaccines to children in developing countries) and used a quote from her application in her speech (and is going to use it in future speeches as well.) Nebraska started doing the 40 under 40 event in 2012 along with many (but not all) other states and does them every other year. The purpose of the 40 under 40 Award is to recognize 40 nurse leaders in the state who are under 40 years of age. The award is co-sponsored by the Nebraska Action Coalition (NAC).

She was nominated for this award by **Kristen Gall, RN**. She is a DHHS nurse who works in Infectious Disease Prevention.

Congrats Andrea!



Pictured left to right: Kristen Gall and Andrea Riley



Pictured: Andrea Riley receiving her award from Marilyn Valerio



"40 under 40" Event

In Gratitude



Source: ThinkStock



The Nebraska Department of Health and Human Services' mission: **Helping people live better lives.**

Here are some letters & notes DHHS employees have received thanking us for the work we do every day to help people live better lives.

A member of the Public Health DD Community-Based Survey Team

received the following after conducting a certification review:

Thank you very much. We really appreciate everything that you did to help prepare us for this last survey. We have tried to go above and beyond on your recommendations and it paid off.

Thank you again

Provider Administrators

Nila Irwin (Nebraska Birth Defects Registry, PH, Office of Statistics)

I just wanted to let you know how much I appreciate the resources you gathered for the 2017 NBDPN packet. I am planning to use several of them in NBDPN (National Birth Defects Prevention Network) Facebook posts during January. Great work.

Carolyn

To the ladies that man the certificate windows

Thank you for your kindness and efficiency in taking our request for birth, death, and marriage certificates. I wished I had had a box of chocolates for them, they were great.

Please keep up the good work you do to help those in need. We were looking for a child born and died in 1925. We've been looking for her for years. Now she is officially found and in our Family History records.

Thank you sincerely,

Phyllis

Mr. Jerry Eisenhauer (NVH Administrator)

One giant "good on ya" to you and all concerned at the Norfolk Veterans' Home for the care you gave my late father Eugene. He died in the palliative care pod this past September 11.

From the time you greeted Eugene as he was wheeled through the front door until you did our family the honor of attending dad's wake, the Norfolk Veterans' Home did a FIRST RATE job. (For starters I visited the facility about fifty times over 23 days and every time the place appeared to have opened a couple of months ago.)

In particular I would like to single out nurse Roxie in wing G. I'm not a bad writer and I'm struggling for words to describe just how well she served my mother and father and me. Put it this way, I don't think it's possible for a person to be more professional; I don't think it's possible for a person to be more likeable. The combination of her technical competence and personableness often left me shaking my head—but in a good way. I don't know how she performs at the level in such a challenging environment.

Sincerely, **A thankful son**

Matt Mogensen (Social Services Trainee)

Was very helpful and spent time talking with me and helping me get the benefits and everything in Iowa figured out, he was a great help.

A Grateful Client