

HRC NEWS & VIEWS

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April 2012

VALUES FOR TODAY

BY MARJ COLBURN

On Tuesday, March 27th, Nebraska Collaborative Values Coach Trainer John Roberts was on the HRC campus to provide two in-services to all staff on Values Coach Training. John talked to staff about defining and improving the values that we all already possess. John gave examples of the beliefs we hold and how we sometimes act in spite of our beliefs. He had some interesting video clips that he shared with the groups also.

Heather and I plan to start rolling out the values training of the 12 Core Values in the near future. Audience participation will be a must to make this project successful. I think everyone who attended the presentation got a good idea of what future training will look like. We are asking staff who are interested if they would like to assist with training others – we will keep requests in mind as we move forward.

I am again referencing for my News and Views article an article written by Joe Tye, founder of the Values Coaching program. This is one of the many little “tricks” Joe talks about frequently during his presentations and in his articles. I hope you thoughtfully enjoy his article.

From Joe Tye:

Psychologists tell us that the human mind is, for evolutionary reasons, hardwired for negative self-talk. In fact, for most of us it is the default mode that the conscious mind automatically gravitates toward if you are not consciously structuring your thoughts in a positive direction.

If you're like me and most other people, you will on occasion hear that toxic inner voice talking to you with the sort of abusive tone and language that you would never tolerate from another person.

John Roberts, Values Coach Trainer



If you really pay attention to that toxic inner voice, you'll notice something striking. It will *always* be in the second person. You will never hear that voice say "I'm an idiot, I'm fat, I'm unlovable." It will always be "*You're* an idiot, *you're* fat, *you're* unlovable."

Why is that? It's because it's not you talking! What you are hearing is the malignant echo of something someone else said to you a long time ago. It hurt, it stuck, and now it is pasted up there in your

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APRIL

OBSERVANCES

- Alcohol Awareness Month
- Keep America Beautiful Month
- National Child Abuse Prevention Month
- National Frog Month
- National Garden Month
- National Humor Month
- National Volunteer Month
- Stress Awareness Month
- Laugh at Work Week 1-7
- Health Information Privacy and Security Week 10-16
- 4/7 No Housework Day
- 4/8 Easter
- 4/11 National Pet Day
- 4/15 Income Taxes Due
- 4/16 National Stress Awareness Day
- 4/17 Blah Blah Blah Day
- 4/19 Humorous Day
- 4/22 Earth Day
- 4/26 Hug a Friend Day
- 4/25 Administrative Professional's Day
- 4/27 Arbor Day Holiday**
- 4/30 National Honesty Day

VALUES FOR TODAY CONTINUED

(Continued from page 1)

mind - toxic mental graffiti. And the longer it stays up there, the more pervasive it seems to become.

That's why you need *The Janitor in Your Attic!* Every time you hear that nagging voice of negative self-talk, visualize it for what it is - mental graffiti. Then visualize a little janitor up there in the attic of your mind painting it out and replacing it with something that is positive and affirming - and no doubt more likely to be true.

Several years ago I spoke with one of the nation's leading authorities on the science of brain plasticity. I told him about this little game I teach people for using *The Janitor in Your Attic* to erase the graffiti of negative self-talk, and asked if it was possible that someone making a consistent effort at this could actually rewire their brain to actually lock out that toxic mental graffiti artist.

He said that it was not only possible, it was inevitable. The human mind, he told me, treats vivid imagination and reality as equal phenom-

ena - and if you vividly imagine a janitor erasing the graffiti of negative self-talk, your conscious mind will accept that as accomplished fact.

In the years since that conversation, I have been much more diligent about employing *The Janitor in My Attic* to erase negative self-talk, and I am convinced that the doctor was right. I've heard similar stories from others who have made the commitment.

I'm sure I'd hear the same story from you. In fact, I hope I do!

FROM THE KITCHEN BY MINDY BLAIR

Do you ever feel rushed to get out of the house in the morning and you end up skipping breakfast? Well, here's a quick and easy recipe for a healthy smoothie that you can take with you and enjoy on your way to work or while at work.

Yummy Wake Up Smoothies

By: Emeril Lagasse

Ingredients:

1 large banana, peeled & sliced	1 cup plain yogurt
1 cup strawberries (can be fresh or frozen)	¼ cup orange juice
½ cup raspberries (can be fresh or frozen)	2 Tbsp honey

Directions:

Put all ingredients in blender and process on high until smooth. Pour into glasses and enjoy! Feel free to substitute other fruits such as blueberries, blackberries, mangos, peaches, etc. or a specific kind of yogurt. You can make it to your liking.

We would like to wish Vickie Maulucci a Happy Birthday on April 27th and hope that you enjoy your special day!

KIDS SAY THE DARNDDEST THINGS

When my granddaughter, Emily, was 3, I took her to watch the Hastings High School Marching Band's field performance at half time at Wilson Field. I put her on my shoulders so she could see better since we were standing just outside the fence. It was a cool evening. She was talking as she pointed to differ-

ent things. I thought I heard her voice changing and was concerned she might be getting a cold, so we returned to the car right away. When she was strapped in her car seat she asked why we couldn't stay. I told her I thought it sounded like she had a frog in her throat and I didn't want her getting sick. Emily

gave me a quizzical look and said, "I don't have a frog in my throat!" Explaining further, "No, you're right. I just thought it sounded like you were a little hoarse." "GRANDMA, I'm NOT a little horse, I'm a little KID!"

Submitted by Sherry Block

YOU'RE A WINNER

! The vans were cleaned and look so nice thanks to Sandra, Shelly and Terry! *MaryLou*

! A big thanks goes out to the YSS team, Grant Johnson, Mandt Instructors, Marj Colburn and Dr. Judson for all the hard work in March on training! This will continue into April. *Heather*

! A high five to the YSS Team for everyone coming out on Tuesday, March 20th, to work together as a team to come up with plans to address issues from recent CIR's and a Case Conference. Janet and Scott came out on little sleep so we could all be together and be on the same page to address some critical issues! Thanks! *Heather*

! When I returned to work after 3

days' vacation and opened the door to my office, I could hardly believe it was the same room! The chipped up tan walls were patched and are now light blue. The brown and tan asbestos tiles are covered with blue flecked carpet and there are real curtains covering the windows (no more cardboard taped up to block the sun.) Thanks to Steve Fielder, Dennis Stromer and Mary Ann Koch for the office make-over. If you haven't seen it, stop by soon! *Sherry*

! We made it through another Spring Break! To the staff that helped with special activities, thank you. (Welcome back teachers!) *Sherry*

! "This place helped me graduate and get my college started! Big thanks to Dr. Judson and the teach-

ers at Nebraska Youth Academy." *HJCDP Youth*

! A Big Thanks to Steve and Mary Ann for all the hard work with painting and waxing the floors, washing blinds/curtains from the nurses. We really enjoy it! So if you haven't seen the new blue room (Nurses office), please stop by and see it. *Kelly*

! Thanks to Terry Blum for giving me a tour of a couple of the buildings out here. It's interesting to see what other buildings look like and what they were used for in the past. *Mindy*

! Thank you Nutrition Services staff for working so hard and going above and beyond with the cleaning in the kitchen! They are awesome! **You are awesome!** *Mindy*

ANOTHER TORNADO DRILL? REALLY? BY JEAN LUTHER

We have drills every spring in preparation for the upcoming tornado season. This year seems particularly fitting to perform a drill since there have been so many destructive tornado events throughout the country.

The question that arises most often is how will staff know about warnings and when it has ended since there is not always a switchboard operator to announce the information to staff.

We do have several desktop weather alert radios but staff are not usually in the vicinity to hear the warnings announced. We purchased two hand held weather radios that the Youth Security Supervisors can carry when the weather looks ominous or a weather watch has been announced. The cell phones carried by the Youth Security Supervisors are also programmed now to receive any weather alerts.

A weather alert radio is now stored

in a locked box on the wall in the center of the ground corridor near the water storage and the fire zone panel. The box requires a 620 cupboard key and should be accessible by all unit staff. There is an electrical outlet close to the locked box to accommodate the AC adapter for the radio. This radio will inform staff when the warning has expired.

Five Simple Rules to Happiness:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Building 3 has a new copy machine! We can actually make copies now without having to have a degree in machinery to get our stuck paper out! *Heather*

H.R.C.: HEALTHY RESOLUTIONS CLUB UPDATE

BY TONY MARTIN

Since last month, we have had some staff express interest in the club. You may have seen them out walking the campus. Thanks to all who are taking part, and we welcome other staff to join in. One bit of advice is to make sure you have some walking shoes with you. Chris Martin is organizing campus walks, so if you are interested you should contact her.

Did you know that a commitment to exercise of just two and a half hours a week, will help you lose weight, increase your stamina and improve your heart health? We are looking for people who will be interested in committing to doing

two and a half hours of exercise weekly. It can be any type of exercise you want and any place you want to do it. We will be placing a sign up and log sheet in the copy room of building 3. Once we have a count of the number of people who are willing to sign up, we will work out a goal that will be based on the total number of hours exercised by the team. For example, 10 people would do 25 hours a week or more. Once the goal hours are set and posted, you will be able to log your exercise hours in the copy room of building 3. Some of our staff have really made some tremendous effort in changing their lives for the better. I think that between Micki, Pam

and Chris, they have lost what could be a whole person. If you see them around campus, make sure you congratulate them on their effort and ask them how they did it. Take the opportunity to sign up, your health and family will thank you for it.

Food tip: Berries are a must-eat food. Dense with antioxidants, and other powerful nutrients that defend against everything from cancer to memory loss. Eat by the handful, in a smoothie or toss a pint of your favorite berries with a bag of mixed greens, toasted walnuts and crumbled goat cheese.

Blueberry Squares *from the kitchen of Chris Martin*

- 1 package angel food cake mix, about 14 1/2 ounces
- 22 oz. light blueberry pie filling

Preheat oven to 350 degrees. Combine cake mix with blueberry filling (do not add any other ingredients). Pour batter into an ungreased 9x13 baking dish and bake for 30 minutes. Cool and cut into 24 pieces.

Makes 24 servings.

For those on Weight Watchers, 2 points per serving

HEALTHY RECIPE

MAINTENANCE NEWS *by Cheri Delay*

Spring has sprung and maintenance staff are on the move. Mowing has begun on campus and special clean-up projects were accomplished in March with the beautiful weather we had. A special thank you to staff and youth who helped with the yard cleanup of branches and other debris that had accumulated over the winter months. The campus is looking good!!! Some of the offices were painted in March and others have been scheduled in the next few weeks.

HOUSEKEEPING UPDATE *BY MARY ANN KOCH*

March was a busy month for us even though MOST of you didn't see much going on. We are getting ready to wax the south dining room. We had time to wash the walls and windows, inside and out. Dean was kind enough to move the

screens up to the windows that you can actually open to get some air flow. We were also able to get the Nurses office waxed with help from Steve, Dave, and Kelly. I know that Kelly really missed her office, but it looks so nice now. Sounds like we

will have April showers soon. Remember that when it rains outside it rains in the tunnel. Be careful in your travels! Have a great month!



**APRIL IS
NATIONAL VOLUNTEER MONTH**

To thank our volunteers and
celebrate cultural diversity, join
us for a

**CARRY IN MEAL WITH
AN ITALIAN THEME**

**TUESDAY, APRIL 24TH
10:45 TO 1:00
ROOM 007**



RAVIOLI CACCIATORE GELATO LINGUINI
ALFREDO FOCACCIA BREAD CAPPUCCINO
PANNA COTTA PIZZA BREAD STICKS LASAGNA
TIRAMISU CANNOLI PESTO CAFFELATTE BISCOTTI
SPAGHETTI MACARONI POLENTA
ITALIAN SAUSAGE PASTA SALADS MEAT BALLS

**IF YOU PUT "INI" IN THE END, DOES THAT MAKE IT
ITALIAN? CAKEINI? JOIN US!**



Coleman Air Mattress, Full Quick Bed uses standard full size sheets, equipped with 4D Pump Combo. Only been used indoors, but able to be used outdoors. Used - \$10.00. Call Wanda Yoachim 3161 or 308-380-4720

Used girl bikes. One is pink and the other is lavender. \$20 a piece. Contact Heather, ext. 3249

King sized water bed frame with mirrored headboard and padded side/foot rails. Price is very negotiable - as in make an offer. Kris Sorensen @ 402-469-2385

14" Girls Pink Bike. \$25. Contact Sue @ 751-2331



Will trade Vinca for any **perennials** such as Bearded Iris, Daylilies and/ or Buffalo Grass plugs. Are you thinning out shade loving **ground covers** or **hens & chicks**? Have any **garden rocks/stones**? Will pick items up! - Call Mary Lou @ 3479

Looking for **Black Bamboo & Russian Sage** - any ideas? Want to share? Call Mary Lou @ 3479

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

SOCIAL SECURITY NUMBERS TRIVIA BY CAROLYN

BROWN

1. The Social Security Numbers are re-used upon the death of a cardholder.

- A. True B. False

2. What year did Social Security Begin?

- A. 1933 C. 1936
B. 1938 D. 1945

3. What does the middle two digits of a social security number mean?

- A. Group Number
B. Identifies the person's race
C. Sub-groups to make SS Admin. filing cabinets more manageable
D. Person's Area Locator

4. What does the last 4 digits mean?

- A. Serial Numbers within a group
B. Area Numbers
C. Different sections of the US
D. No specific meaning

5. What causes would you have to have to object to certain digits in your Social Security Number assigned to you?

- A. Religious Beliefs C. A and B
B. Cultural traditions D. None at all

Submit your answers to Cheri Delay by April 13 and responses with all correct answers will be entered in a drawing for a prize! Good luck!

Mindfulness Tip #2

By Mary Lou Haberman

Breathe

***MINDFULNESS** is Paying Attention in a Particular Way on Purpose In the Present Moment and Non-Judgmentally.*

***** (April's **PARTICULAR WAY** is **PAYING ATTENTION** to your

BREATHING

on **PURPOSE** in the **PRESENT MOMENT** and **NON-JUDGMENTALLY**)*****

If you become aware of nervousness, anxiety, tension or worry:

1. **INHALE SLOWLY**
2. Pay attention to the air as it moves into and through your nostrils.
3. **EXHALE SLOWLY**
4. Pay attention to the air as it moves through and out of your nostrils.

REMEMBER TO NOT JUDGE YOUR EXPERIENCE.

IT IS WHAT IT IS!

NO WINNER!

We failed to have a winner in the President's Trivia game in the March issue. If you would like to know the answers, contact Corinne. Keep trying!

SPRING SPROUTS BY SHERRY BLOCK

The PVC youth have been working in their garden plot, tilling in compost and planting onions. They're making tomato cages and have cattle panels ready for the climbing vegetables. This year they've started some plants from seed to sell. They're trying herbs, too, and if they produce well, there will be a nice variety, including cilantro and oregano for their customers. Youth will complete their power equipment safety training soon and be ready to mow and trim around the flower and vegetable gardens. We're already hungry for those ripe, juicy tomatoes!



The first row of onions is marked. (old mini blinds make good garden stakes, but spell check didn't work!)



The cucumbers and squash have sprouted.



Yeah, the rhubarb came back!