

# HRC NEWS & VIEWS

Volume 8, Issue 12

December 2012

## EXAM ROOM GETS A NEW LOOK

With the arrival of Dr. Zoucha, came the renovation of the Exam Room on the first floor of Building 3.

First on the agenda was a fresh coat of blue paint by Steve.



This brightened up the walls and made the room look clean and fresh.

Next, was the installation of surplus cabinets, cupboards and carpet found by Dennis. Things looked good! Then Kelly and Pat stepped in and organized the supplies creating more space. To make documentation more efficient, a computer was installed by Linda.

In addition to the cosmetic changes, several new medical tools and instruments have been updat-



ed or are soon to be received. A new refrigerator with separate freezer and refrigeration sections was installed. The new macro view otoscope delivers almost twice the field of view at higher magnification, making it easier to visualize the auditory canal and tympanic membrane.

The most recent addition to the exam room is the exam table with abil-



ity to extend to 72 inches and has a secure step. This is a major improvement! In addition, a new exam light will be installed upon its arrival.

Recently, the Exam Room was updated to accommodate the processing of new admissions. Ordered, but not delivered at the time of this writing, are two vital signs monitors. The monitors will

provide accurate temperature readings, pulse oximetry and blood pressure taken at the time of admission. The monitors are portable on stands, so one will be used between the two units.



To complete the room, a mechanical measuring rod and digital scale will be available for recording weight and height.



Everything will soon be in place to make our services more efficient, modern and comfortable for the young men we serve.

### December is . . . . .

- World Wide Food
- Service Safety Month
- 2 - 8 Ntl. Handwashing Awareness Week
- 4th Ntl. Cookie Day
- 7th Ntl. Pearl Harbor Remembrance Day
- 10th Human Rights Day
- 21st White Solstice
- 21st World Peace Day
- 21st Ntl. Homeless Person's Remembrance Day
- 22nd First Day of Winter
- 24th Christmas Eve
- 25th Christmas Day
- 12/26 Ntl. Candy Cane Day
- 12/31 New Year's Eve



## ON SANTA'S TEAM AUTHOR UNKNOWN

SUBMITTED BY MARJ COLBURN FROM WWW.WANTTOKNOW.INFO



My grandma taught me everything about Christmas. I was just a kid. I remember tearing across town on my bike to visit her on the day my big sister dropped the bomb: "There is no Santa Claus," jeered my sister. "Even dummies know that!"

My grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth, and I knew that the truth always went down a whole lot easier when swallowed with one of her world-famous cinnamon buns.

Grandma was home, and the buns were still warm. Between bites, I told her everything. She was ready for me.

"No Santa Claus!" she snorted. "Ridiculous! Don't believe it. That rumor has been going around for years, and it makes me mad, plain mad. Now, put on your coat, and let's go."

"Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything. As we walked through its doors, Grandma handed me ten dollars. That was a bundle in those days.

"Take this money," she said, "and buy something for someone who needs it. I'll wait for you in the car." Then she turned and walked out of Kerby's.

I was only eight years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping. For a few moments I just stood there, confused, clutching that ten-dollar bill, wondering what to buy, and who on

earth to buy it for. I thought of everybody I knew: my family, my friends, my neighbors, the kids at school, the people who went to my church.

I was just about thought out, when I suddenly thought of Bobbie Decker. He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class. Bobbie Decker didn't have a coat. I knew that because he never went out for recess during the winter. His mother always wrote a note, telling the teacher that he had a cough; but all we kids knew that Bobbie Decker didn't have a cough, and he didn't have a coat.

I fingered the ten-dollar bill with growing excitement. I would buy Bobbie Decker a coat. I settled on a red corduroy one that had a hood to it. It looked real warm, and he would like that. I didn't see a price tag, but ten dollars ought to buy anything. I put the coat and my ten-dollar bill on the counter and pushed them toward the lady behind it.

She looked at the coat, the money, and me. "Is this a Christmas present for someone?" she asked kindly. "Yes," I replied shyly. "It's . . . for Bobbie. He's in my class, and he doesn't have a coat." The nice lady smiled at me. I didn't get any change, but she put the coat in a bag and wished me a Merry Christmas.

That evening, Grandma helped me wrap the coat in Christmas paper and ribbons, and write, "To Bobbie, From Santa Claus" on it . . . Grandma said that Santa always insisted on secrecy.

Then she drove me over to Bobbie Decker's house, explaining as we

went that I was now and forever officially one of Santa's helpers. Grandma parked down the street from Bobbie's house, and she and I crept noiselessly and hid in the bushes by his front walk.

Suddenly, Grandma gave me a nudge. "All right, Santa Claus," she whispered, "get going."

I took a deep breath, dashed for his front door, threw the present down on his step, pounded his doorbell twice and flew back to the safety of the bushes and Grandma. Together we waited breathlessly in the darkness for the front door to open. Finally it did, and there stood Bobbie. He looked down, looked around, picked up his present, took it inside and closed the door.

Forty years haven't dimmed the thrill of those moments spent shivering, beside my grandma, in Bobbie Decker's bushes. That night, I realized that those awful rumors about Santa Claus were just what Grandma said they were: Ridiculous!

Santa was alive and well . . . AND WE WERE ON HIS TEAM!

**Holiday Blessings to everyone on "our" team!**



## TIPS FOR THE HOLIDAYS BY SCOT ADAMS, DIRECTOR

Work at the Regional Centers can be stressful enough for some of us. Shopping for groceries, cleaning house for company, baking and cooking—these are the things we do to get ready for the holidays and which can add some stress to our lives. Family get-togethers can sometimes be overwhelming or don't always go so smoothly or family members are unable to get together.

Because of these things, some people feel sadness, loneliness and anxiety. These feelings may be the result of stress, fatigue, and unrealistic expectations. Those who can't be with family and friends may be lonely. We can't control everything, but there are some simple things we can do to influence the way we feel.

Tips for a better holiday:

**Manage stress.** If you feel stressed, take a break. Give yourself time to

regroup. Don't let the pressure build until steam comes out of your ears.

**Have realistic expectations for the holiday season.** Don't expect everything to be perfect. The brother-in-law that you didn't like last year you probably won't like this year either. But you can get through the day.

**Set realistic goals for yourself.** Just try to have a pleasant time, if possible. Don't expect euphoria. You'll get through this, too.

**Make a to-do list and prioritize activities.** If you prioritize, you can probably at least get to the most important things. If you don't get everything done, you don't get everything done. That's the way it goes.

**Don't take on more than you can handle.** Let others help you with your holiday duties. There's no reason you have to do it all when there are others willing to help you. Give

your young children tasks they can do, like setting the table, or vacuuming, or keeping their siblings occupied. Give adult kids responsibilities, like bringing a dessert or other dish, seeing after granny or cleaning up after dinner.

**Volunteer some of your time to help others, or spend time with supportive and caring people.** This will make you feel less lonely. You might even have fun.

**Limit your consumption of alcohol.** Although we may not think so, excessive drinking can increase feelings of depression. Holidays can be celebrated without spirits.

**Spread some holiday cheer.** Reach out to a friend or family member you haven't talked to recently. It might make their day (and yours, too).

**Live in the moment and enjoy the present.** This is good advice all year long.

## MAINTENANCE NEWS BY GARY PEISIGER & CHERI DELAY

A couple of the maintenance projects are on a "hold" pattern right now. We are waiting for the removal of the greenhouse to begin and for the concrete to be poured by Building 3 where the State vans

will be parked. General maintenance is on-going in Building 3 along with the wiring in the newly remodeled offices. The youth in our program continue to assist us with grounds cleanup which is much

appreciated. We have also been doing some stump grinding of the stumps remaining from the tree removal project that happened this summer.

## WELCOME NEW EMPLOYEES



HRC welcomes two new Youth Security Specialists II's to HJCDP. Bryce Blecha (left) and

Allison Drescher (right) will both be working on the afternoon shift.

Welcome to HRC!



## THANK YOU!

Thanks to all the folks that bought honey for the ARC Honey Sunday event. All the money stays in Nebraska and helps many folks in need. Even though my daughter didn't win the top sales position, she did come in second and would like to thank you all for your donations. Your kindness is appreciated.  
*Phillip Parker*

## THE HOLIDAYS! THEY'RE NOT ONLY STRESSFUL, THEY CAN BE DOWNRIGHT DANGEROUS!!

SUBMITTED BY JEAN LUTHER

The CDC analyzed data collected by the Consumer Product Safety Commission for three winter holiday seasons from November 1, 2000 to January 31, 2003 when decorating or related activities (e.g., stringing and removing outdoor lights) usually occur. An estimated average of 5,822 persons per year were treated in U.S. hospital emergency departments for holiday-decorating-related falls in that time period. Approximately 62% of those injured were aged 20–49 years; approximately 43% of injuries were caused by falls from ladders; and males were 40% more likely than females to be injured.

The majority of injuries (62%) occurred to persons aged 20–49 years. Persons over 49 years sustained 24%, and persons aged 0 to 19 years sustained 15% of fall-related injuries.

Males sustained more injuries than females (58% versus 42%, respec-

tively). The majority of falls were from ladders (e.g., while hanging holiday lights), followed by roofs (e.g., while mounting an artificial Christmas tree on the roof), furniture (e.g., while standing on a table decorating a Christmas tree, standing on a chair hanging holiday decorations, or standing on a step stool when hanging a tree topper), stairs, and porches. Other falls were caused by tripping over or slipping on holiday-related objects (e.g., tree skirts or ornaments). Among 46% of injured persons, injuries occurred to the extremities (i.e., arm/hand and leg/foot); most persons (88%) examined in EDs were treated and released, and 12% were hospitalized. Fractures were the most commonly reported injury (34%); approximately half (51%) of the fractures were caused by falls from ladders.

In November and December 2010, more than 13,000 people were treated in U.S. emergency departments for injuries (not just falls) in-

volving holiday decorations, up from 10,000 in 2007, and 12,000 in 2008 and 2009, according to the U.S. Consumer Product Safety Commission (CPSC).

Here are some interesting, but not unexpected, statistics from Britain:

- From 1996 to 2003 there were 31 people who died while watering their trees while the lights were plugged in.
- 142 injuries reported in 1999 caused by people not removing all the pins in their new shirts.
- 58 injuries each year using knives instead of a screwdriver.
- 101 people from 1999 to 2003 had broken parts of plastic toys pulled out of the soles of their feet.
- In 2000, 8 people cracked their skull while puking in the toilet... (too much partying???)

## HOUSEKEEPING UPDATE

BY MARY ANN KOCH

I received an odd email yesterday with a word for the day. ARTICLE. Cheri is very good at reminding me every month that my time is almost up. It is hard to believe that December is here already, the weather has been very nice and we

will enjoy it for as long as it lasts. We have been shampooing walk off mats, getting ready to switch them out for winter weather. We are doing some upholstery cleaning and have a few rooms to clean carpets in next week. After the first of

the year our projects will include waxing the copy/mail room and the first floor break room. We are looking forward to the Christmas party and the chili cook off. We wish you all A HAPPY AND JOYOUS HOLIDAY SEASON!

## NEWS FROM THE KITCHEN

BY MINDY BLAIR

Tis the season for celebration with family, friends, and co-workers. The Nutrition Services department has been celebrating in several different ways already during this holiday season. I had my first health inspection conducted as being a manager, and we passed with flying colors. Hats off to my amazing staff for keeping things up to code and nice

and clean! We have officially started new menus and are very excited to be making new food items for the youth to try. How about one day out of the weekend we had 105 degree heat down in the kitchen...not sure we were celebrating that but thanks to Gary Peisiger things were back to normal quickly. Our Charlie Brown Christmas tree,

Christmas music playing on the radio, a holiday party with co-workers, and a chili cook-off are a few other ways we are going to deck the halls for the season. We would like to wish everyone a safe, happy, and healthy holiday season and Merry Christmas to all!

## IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS! BY JEAN LUTHER

Let the Christmas decorating begin! We can make the building and the units look great, but we do have to follow some guidelines to comply with Life Safety and fire codes. We can be creative and still fall within regulations.

Following are the guidelines.

- \* Decorative materials in corridors must not cover more than 20% of the wall surface.
- \* Client doors can cover a 20 inch by 20 inch area
- \* Do not obstruct exit signs, fire alarms, detectors or sprinkler heads
- \* Decorations cannot obstruct an exit or path of egress
- \* Decorations must not extend more than 6 inches from wall into the corridor
- \* All trees must come from the original box declaring it fire retardant and stored in this box that identifies it as flame retardant.
- \* Only UL listed light sets can be used and only in non-client care areas. These lights must be turned off at the end of the day.

Happy decorating!

## WHAT SMELLS SO GOOD BY SHERRY BLOCK

That's often the question asked as people pass by the Prevocational Center. If it's summer, it could be the fresh picked produce or maybe rhubarb crisp. In August, it was pickling spices and by the start of football, it was salsa. If it's Friday, the smell of the popcorn might draw you to the concessions area. The aroma of pumpkin bread

filled the halls before Thanksgiving and now it's all the other holiday breads. The PVC youth have baked more than 100 loaves to fill your orders, the banana nut, cinnamon apple, oatmeal, and cranberry apple are going fast. The PVC staff and youth thank you and the DHHS staff in Hastings for your support all year. We're glad you like our

brownies and snack mixes and dog treats! Our total sales for 2012 will top \$11,000. The net income will be about \$5,000, a nice amount to go into the Activity Fund. During the school/PVC break, maintenance is going to paint the kitchen, so we look forward to having the walls all the same color. We hope you enjoy the holidays.

## HEALTHY RESOLUTIONS CLUB BY TONY MARTIN

Well, here we are at the close of another year, and it's that time when we all look at what will be our New Year's Resolution.

Will you want to eat healthier? Get more exercise or quit smoking? Whatever it may be, let's all get together and see what we can do to help one another.

During the summer we had a group that were showing great

efforts with exercising. Perhaps we could start another group with that goal in mind, or maybe we could develop a healthy recipe exchange where we could share recipe's and give one another cooking tips. Several of our strong willed coworkers have really stepped up for themselves and got involved with Weight Watchers and have been able to loose weight with fantastic results. Maybe we could convince

them to step in and give the rest of us some advice and direction. If you are interested in getting involved with us and want to make some positive changes in your health and life, send me your ideas and let's get this club rolling. We always need team mates, coaches and cheerleaders.

## YOU'RE A WINNER SUBMITTED BY EMPLOYEES

- \* Thanks to LaDene and Randy Willey for helping with salary stats for the 24 bed program proposal. *Marj*
- \* Thanks Terry for managing the State Office Building parking garage card. *Marj*
- \* All employees who contributed to the Employee Holiday Party with snacks, setup, cleanup and anything else — thank you so much! *Corinne*
- \* The carpet in Room 191 was saved with a good cleaning by Mary Ann. It looks great and saved \$\$\$. *Corinne*

# TURNING TUMBLEWEEDS INTO CHRISTMAS TREES

BY JOE TYE, CEO, VALUES COACH INC.

Yesterday I spoke at a medical staff retreat, and on the way out passed by this Christmas tree in the hotel lobby. My cell phone snapshot doesn't do it justice, but it is an exquisite bone-white tree made completely of old tumbleweeds.



It's a beautiful metaphor, isn't it?

Anything - or anyone - can be beautiful and functional with the application of a little bit of loving attention.

The challenge is for someone to look at the tumbleweed - or the person - and to see what could be, not just what is.

And then to do the work to help that which is only potential become real.

In his book *The Road Less Traveled*, Dr. M. Scott Peck wrote that real love is not a mushy emotion, it's hard work.

Conversely, in his beautiful poem

*The Prophet*, Kahlil Gibran wrote that work is love made visible. The way the love that went into the making of this tumbleweed Christmas tree is visible.

Here's a challenge for this weekend: find something - or someone - that is ugly or broken or hurting and see what beauty you might create by the application of a little love.

Like The Beatles told us long ago - there's nothing you can do that can't be done; all you need is love.

## TOP NOTCH PROFESSIONAL SUBMITTED BY CONNIE JOHNSON

I had the pleasure of visiting with Lynn Folcik on November 18. She immediately praised the team involved in I. G.'s treatment planning and said something to the effect she can't remember, in all her travels, when she's seen such cooperation and thoroughness to provide services to a client. I told her I

would be sure to pass that along as it is a tremendous compliment to the team, but also very encouraging as we dutifully try our best with sometimes no idea if we've got it all "covered."

Of course, her effort in getting the ball rolling is a major reason why

the rest of us were able to get on board. With that, I will stop before I use one more "catch phrase" (oops, there's another one.)

I am so thankful for the privilege of working with top notch professionals.

*Katherine McGowan, Therapist*



### SEND SOME CHEER TO OUR TROOPS BY Kay Evans

Once again, my son, Adam, finds himself on the frontlines in a hospital as an ER doctor) over the holidays. It is a little more depressing in Afghanistan because of the green on blue attacks and the type of wounds to hands and limbs that are a constant because of small explosives. A small care package to our troops with a few candy bars, paperbacks, deck of cards, mechanical pencils or Christmas cards addressed to a soldier with a "thank you" would be very thoughtful and well received. Donated items may be dropped off in the special box in the mail room of Building 3, before December 18th. If Adam is too busy to distribute the gifts he will get them to the Chaplain. The guys and gals really appreciated your gifts last time. Thanks!

### ACCEPTING DONATIONS FOR FOOD PANTRY

Donations of food items for the Adams County Food Pantry can be dropped off in the boxes located in the copy rooms of Building 3 and 5 until Dec. 26.

Popular items needed are: peanut butter, spaghetti sauce, spaghetti, pancake mix, jelly or any non-perishable items and paper products. Thank you!

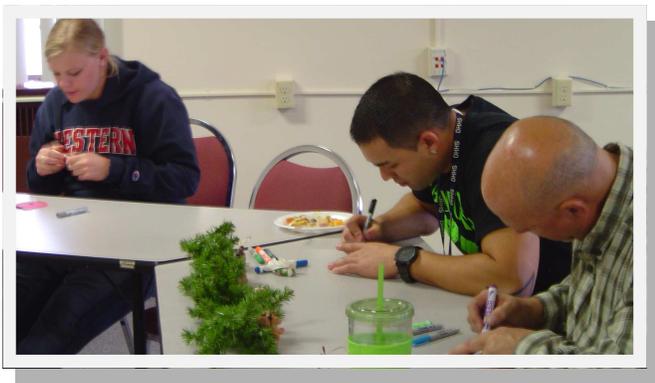
# HIRC CELEBRATIONS



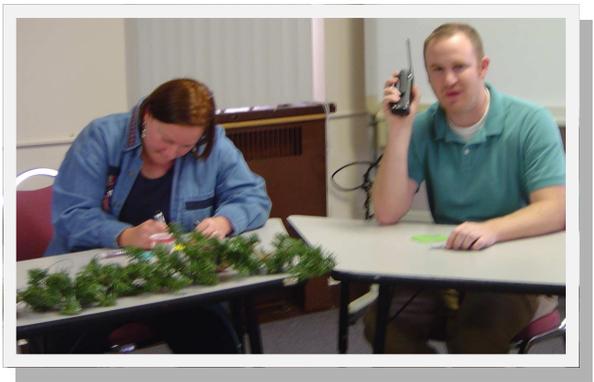
Pam's healthy birthday cake!



Santa (a.k.a. Terry) and Mrs. Claus (a.k.a. Sandra) make a visit at the Employee Holiday Party to check who's been good or bad.



(Top and Bottom) Employees work diligently to create their personalized ornaments. (Left) The ornaments added to the garland makes a festive decoration for the Mail Room.



## HOLIDAY TRIVIA CREATED BY CAROLYN BROWN

Put on your thinking caps and answer the questions below. Submit your answers to Corinne Jensen by December 27. and if you have all the questions answered correctly, your name will go in a drawing for a prize. Good luck!

1. "Jingle Bell Rock" tells us it's a bright time, the right time to\_\_\_\_\_
  - a. Have a figgy pudding
  - b. Sing a sleighing song
  - c. Rock the night away
  - d. Fall on our knees
2. What is the chemical formula of snow?
3. Pine needles are said to be a good source of which vitamin?
4. What was the title of the first Christmas TV special Peanuts cartoon?
5. What two states in the US have towns called Christmas?
6. What Christmas-time song did James Pierpont compose in 1857?
7. What is the title of biggest selling Christmas single, globally?
8. Which US President banned Christmas trees from the White House?
9. In the song the Twelve Days of Christmas, how many pipers are there?
10. How many gifts would you receive if you received all of the gifts in the song "The Twelve Days of Christmas"?
11. According to the song, "Frosty The Snowman" what kind of soul does Frosty have?
12. What does Alvin want for Christmas in "The Chipmunk Song"?
13. In the Christmas Classic, "It's A Wonderful Life", what happened every time a bell rang?
14. In "The Red Nosed Reindeer" TV show, what was Rudolph's father's name?
15. In "Frosty The Snowman" TV show, what action causes Frosty to come to life?
16. In "Frosty The Snowman" TV show, in an effort to keep from melting, where did Frosty travel to?
17. Which charity in 1949 was the first to produce a Christmas card?
18. What is the last day of the final pay period for the HRC employees for 2012? (Everybody at HRC should know this answer)



Bill Gibson, CEO, Marj Colburn, FOO and Scot Adams, Director share a smile after delivering optimistic news on the plans for HRC during a Staff Meeting, December 6.

Wishing you an  
abundance of friends,  
happiness, and fun  
this holiday season.  
**The News & Views**  
**Editorial Board**

Carolyn, Cheri, Corinne, Jean, Linda, Marj & Sherry

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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



## WANTED

Christmas wrapping paper for the youth's presents. Drop off donations at Sherry's office in Bldg. 3 ASAP! Thank you!



December 9, 2012

Hope your birthday was great, Marsha!

Mindy Blair

### WHAT IS THIS?



'S no man, just this week's recycling! The PVC youth collect plastic from the cans in Buildings 3 and 5 each week and take it to the recycling center on South Highway 281. Thanks for your contributions!

### KIDS SAY THE DARNDDEST THINGS

My 6 year old granddaughter was asking me about my family, and the names of my brothers and sisters. Since there are 10 brothers and sisters, the list of names seemed quite long to her. When I finished she said, "That's a lot! Is that kind of like an orphanage?" *Submitted by Jean Luther*

## BENEFIT A SUCCESS BY ROBIN ADAMS

A benefit for Rochelle Dixon was held at the Masonic Temple on November 18th to help her and her family with medical and other expenses incurred due to her illness and treatment.

The benefit was organized by her sister-in-law, Rose Marie Richter who lives in Kearney; she contacted me to help with the preparations since the benefit was held in Hastings. Without the help of all of the great people who we work with - this would not have been possible. I, being a dyed in the wool type of introvert, was assisted by my good friend and fellow introvert, Micki Schamens - who once commented at the HRC Health Fair to one of the vendors, "We will not look you in the eye because then we would have to talk to you." We were the two people given the task to go around Hastings and ask if we could put up a flyer and then ask them for donations. Micki was really good at asking for donations, I know I was impressed! Carolyn

Johnson was our "supervisor" in this endeavor as I really had no idea what I should be doing or how to do it. Thank you, Carolyn, or Micki and I would still be trying to avoid eye contact.

The evening of 10/17/12 was the set up at the Masonic Temple. Wow! The number of co-workers there to help with the set up was truly impressive. Besides HRC folks there were a lot of her friends and family that came in from Kearney to help with this too. The place was



Chris, Pam, Rochelle and Micki pause for a photo at the benefit.

set up and decorated in a matter of hours.

Silent auction items were donated by family, friends and community businesses. There were also hundreds of baked good items that were baked and donated by friends, family and businesses. Big G, Eileen's Cookies, Herberger's, Amigo's, and Tractor Supply Store were among some of the businesses that contributed to the cause. Over \$10,000.00 was raised to help defray costs incurred due to her illness.

Rochelle is truly grateful and wants to thank everyone for all we have done to help her and her family in their time of need.

Pink Hope bracelets are still available at the switchboard for \$2.00 and braided cancer bracelets available in white, pink and black. There is a sample one at the switchboard that can be ordered - the cost for those are \$10.00.