

# HRC NEWS & VIEWS

Volume 7 Issue 7

July 2011

## EMPLOYEE OF THE QUARTER IS....

Congratulations to Peg Weseman, Staff Assistant, for her recognition as Employee of the Quarter, July, August, September 2011!

Peg was surprised as members of the Employee Appreciation Committee interrupted the Youth Security Supervisor's Meeting to present her the award.

The nomination form contained the following to support the honor, "Peg is always willing to help when asked. Helps with staff issues, client issues, making forms for

the computer, and to help my job to be more efficient. Peg is easy to work with, always upbeat and friendly. No matter how busy she is, she drops what she is doing to help with any situation when asked. Peg is a valuable team player that is much appreciated."

For this honor, Peg received a framed certificate, the parking spot of her choice during the quarter and Chamber Bucks.

Keep up the good work, Peg!



## SUMMER BREAK THANK YOU! FROM SHERRY BLOCK

To:

**The Housekeepers** for stripping the floor in the youth Kitchen and Pre Vocational Center during summer break. Those shiny tiles look great!

**Maintenance** for mowing the playing fields, spray-

ing for bugs before our outdoor events and moving tables and chairs.

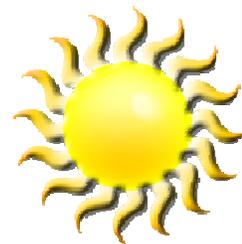
**Jean & Corinne** for hosting the Minute To Win It games.

**Cheri, Marj, Jean & Corinne** for judging the decorating contest.

**Josh** for organizing and leading all the recreation activities.

**The Coaches & YSS's** for their participation and keeping things running smoothly.

**The Teachers** for coming back!





## HOT TOPICS AT HRC BY MARJ COLBURN

- The Business Office closed as of July 1<sup>st</sup>. This was due to a decision made in Financial Responsibility. Norfolk Regional Center has not had a Business Office for quite some time due to retirements/resignations. At that time the NRC processes were transitioned to Lincoln Regional Center without much difficulty. The same will be happening here. HRC staff will follow the same procedures and processes for submitting special purchase requests, bills, and other documents as we have in the past. Some things will be handled locally – for example Nancy Kinyoun will be managing petty cash fund and allowances for the youth. Things like paying the “big bills” will be coming out of Lincoln. This is not the first time something like this has happened on our campus, but we will adjust. There may be some bumps in the road as we learn the new processes, but we will forge ahead and get them smoothed out.
- We are busy interviewing for the Food Service Manager position and a cook position for the Kitchen. These two positions will replace Lisa Sedlak and Kurt Weseman. Lisa has agreed to continue to work for us completing nutritional screenings on the youth, making sure our diets meet guidelines, and managing the school lunch program. It is hoped that both of these positions will be filled by the end of July.
- Repairs to our sidewalks and front steps have begun! The crew on campus seems to really move quickly in leveling areas and building forms. Once the sidewalks are done they will start on the front steps, working on one side at a time so we can still manage visitors through the front entrance. Please be careful and cautious walking around the sections where concrete repair is going on. Several staff have told me they have trouble walking and chewing gum at the same time, and now this! Just pay attention to what you and the clients are doing and where you are walking - we should all be fine!
- All of our Youth Security Supervisors (the former YCs) participated in MRT (Moral Reconciliation Training). This is a new-to-us program that has been used in the Correctional arena for quite some time. The YSSs will be responsible for working with the youth in this training. They are excited about the opportunity and have lots of plans on how to make this a positive addition to the program.
- HRC submitted information to Medicaid and Magellan in order to comply with changes being made in both of those programs. At this time, we have been conditionally approved to continue to provide services to our youth. Nebraska Medicaid regulations are currently in draft form as they are being changed to comply with Federal Medicaid regulations. Once the draft regulations are finalized, HRC documentation will be reviewed again to be sure we are still in compliance. We anticipate slight changes in the way we have done business with some shifting of funding, but nothing that should be noticeable to the operation of the program. We did have to make changes to the Restraint/Seclusion policy, and Grant provided training to all staff.
- Heather and others are working on a new system to assist staff in keeping track of youth in the program. From time to time, youth are left unsupervised in areas which requires a call to the Abuse Hotline and doesn't reflect well on the services we provide. The new system will provide verbal, visual and tactile reminders of the youth – a good thing as we all learn and remember things differently.
- As of today, the air conditioner and freezer(s) in the Kitchen are fixed and working. Thanks to the Kitchen staff for managing some strange and uncomfortable surroundings along with being short staff members! We really appreciate your work and the smiley faces you wore in spite of the conditions.
- The youth have been out of school for their summer break recently. Once again staff have stepped up to help with activities and projects to keep the youth focused and occupied during this time. Thanks to all of you who have helped out in any way to make the summer break (all nine days of it!) a success for the youth.

I hope I have remembered all of the events taking place on campus. There has been so much going on it is hard for all of us to keep up. Here's hoping that we can move into a quieter period and let the dust settle!

## PROCEDURES CHANGES IN WEATHER WATCHES & WARNINGS

BY JEAN LUTHER

Several responses were received after the severe weather warning on May 11<sup>th</sup>, 2011. This has prompted some procedure changes and the need for staff review of the emergency procedures for storms. The changes and concerns are as follows:

⇒ When a watch is issued, one of the Youth Security Specialists will assume the role of the Incident Commander for the weather alert during their shift and hand off the role if necessary to the next shift. As the Incident Commander, they will carry one of the new portable weather

radios so they are aware at all times of any warnings that may be issued. The Incident Commander will be responsible for directing staff and youth on and off campus.

- ⇒ **All staff** are to go to the ground floor away from doors and windows.
- ⇒ The corridor north of the weight room can also be used for youth and staff as a safe refuge.
- ⇒ A blood spill kit was added to the storm cart and playing

cards were replaced.

Staff from the Bridges program were also concerned about where they would go for safe refuge if a warning was issued while they were in the cafeteria. If that happens, they will proceed to the corridor where the housekeeping department is located. Dietary staff or Youth Security Specialists will be able to access the area for them.

If you have any questions, please feel free to contact me at 3383.

## SKYPE AT HRC BY WANDA YOACHUM AND LINDA WEBER

The Human Resource Department is really moving into the 21<sup>st</sup> Century and taking HRC, and maybe other DHHS areas with us.



SKYPE is a video conferencing software used to communicate with people outside of DHHS. (Inside DHHS, we use Live Meet-

ing and Communicator.) There are different versions of SKYPE and we are using a free version. This technology will allow us to interview applicants who live out of state and are unable to make it to a live interview. You can see them and they can see you.

Equipment required is a PC with

an internet connection and a webcam. Linda Weber has been working on setting this up for Wanda Yoachim to operate at HRC.

If you have a need to use this equipment, contact Linda at ext. 3255.

## KIDS SAY THE DARNDEST THINGS BY PEG WESEMAN

My mom and I used to take my nephew, Chris, to Mormon Island quite often when he was younger. We usually took a picnic lunch which included a munchie tray of carrot sticks, celery, olives and pickles. One Sunday when we arrived at the park, I put the table cloth on the

picnic table and unloaded the car, then sat down for some peace and quiet. Chris, who was about 5 at the time, went over to the table and started looking for something, going through our picnic box then on to the cooler. After about five minutes I asked him, "What are

you looking for?" He turned around and looked at me with a frown on his face and his hands on his hips and asked, "Where's the salad bar?"

## ***LIFE LESSONS***

**Rule 1** :Life is not fair - get used to it!

**Rule 2** :The world doesn't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

**Rule 3** :You will NOT make \$60,000 a year right out of high school and You won't be a vice-president until you earn it.

**Rule 4** :If you think your teacher is tough, wait till you get a boss

**Rule 5** :Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: They called it opportunity.

**Rule 6** :If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

**Rule 7** :Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were: So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room..

**Rule 8** :Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. \*This doesn't bear the slightest resemblance to ANYTHING in real life.

**Rule 9** :Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. \*Do that on your own time.

**Rule 10** :Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

**Rule 11** : Be nice to nerds. Chances are you'll end up working for one..



## Focus on Flooding – What You Need to Know Now

### Hotline Available to Help

Have flooding questions/concerns? Nebraska Emergency Management Agency's public information hotline can help. Call toll-free 855-211-2453 or 855-211-2454 daily from 8 a.m. - 8 p.m. Central.

### Flood Waters Are Dangerous

Besides bacteria, floodwaters can contain dangerous contaminants including farm chemicals like fertilizers, manure from feedlot runoff, sewage, and gas and other fuels. It's important to stay out of the floodwaters. And definitely don't let your children play in them. If you have to deal with floodwater, wear tall, watertight boots and rubber or leather gloves to protect yourself. Wash your hands frequently with soap and uncontaminated water, especially after participating in flood clean-up activities.

### Flooding Equals Stress

Stress is a normal response to natural disasters like floods. If you or someone you know is suffering from stress due to flooding call 855-211-2453 or 855-211-2454 for information on counseling and available services. Resources can also be found on the DHHS Network of Care site – [www.dhhs.ne.gov/NetworkofCare](http://www.dhhs.ne.gov/NetworkofCare) or by calling the Nebraska Family Helpline at 888-866-8660.

### What to do if You're a Well Owner in or Near a Flooded Area

If you're a well owner expecting flooding in your area, take these steps to help protect your water - [www.nema.ne.gov/pdf/water-chief-water-protection-flooding.pdf](http://www.nema.ne.gov/pdf/water-chief-water-protection-flooding.pdf). If your well is near a flooded region, it may need to be tested to make sure water is safe. If your water tastes different or looks cloudy, don't drink it. Get it tested. To have your water tested, you can order kits from the Nebraska Public Health Environmental Lab by calling (402)471-3935. Kits are \$10.

### Evacuating? Don't Leave Critical Papers Behind

Take important documents like birth certificates, marriage licenses, social security cards and insurance policies with you.

### Do I Need a Tetanus Shot if I'm in a Flooded Area?

Tetanus immunization is recommended for all adults every 10 years. Exposure to floodwaters doesn't increase the risk of tetanus according to the Centers for Disease Control and Prevention. However, if you get a severe wound or deep cut, check with your health care provider to see if you need a booster.

### Returning Home After a Flood?

Here's what you need to know about recovery, everything from household clean-up and structural damage to general sanitation and hygiene - [www.dhhs.ne.gov/puh/enh/PlanRecoverDisaster.pdf](http://www.dhhs.ne.gov/puh/enh/PlanRecoverDisaster.pdf)  
Here's what you need to know about mold - [www.dhhs.ne.gov/puh/enh/moldaffect.pdf](http://www.dhhs.ne.gov/puh/enh/moldaffect.pdf)

### Watch the Roads

Need to know what roads are closed? Call 511 or go to [www.511nebraska.gov](http://www.511nebraska.gov).

### Flooding Updates

For the latest flooding updates, go to [www.nema.gov](http://www.nema.gov).  
DHHS flood-related information – [www.dhhs.ne.gov](http://www.dhhs.ne.gov). Look under "Hot Topics."  
Listing of local health departments – [www.dhhs.ne.gov/puh/oph/lhd.htm](http://www.dhhs.ne.gov/puh/oph/lhd.htm).



June 27, 2011



K-9 Friends visited the youth.



The Pre Vocational Center garden is looking good. They'll have fresh produce to sell soon!



Josh helped the youth hone their putting skills.



Kennetha helped youth de-weed the basketball court.

## SUMMER BREAK 2011



Congratulations to 81 East, winners of the Independence Day decorating contest!



Jake shares his diving skills with the youth at the Kenesaw pool.



Grant demonstrates his technique in the Minute to Win It Game, Jingle in the Trunk!



Jean demonstrates her Minute to Win It techniques.



Pam and Greg help measure at the track meet held at the Middle School.

### SUMMER SALAD from the kitchen of Sherry Block

Dissolve 2 small pkgs. of lemon Jello in 1½ cups of boiling water.  
 Add 8 oz. pkg. of cream cheese, cut into chunks.  
 Allow cream cheese to soften for a few minutes. Put mixture in blender and add 1 large can (about 20 oz) crushed pineapple with juice. Blend well.  
 You may add chopped pecans before pouring into mold or bowl. If you are not going to put salad into a mold, ½ cup of water may be added.



**Vegetables!** Variety of hybrid and heirloom tomatoes, peppers, onions, carrots, radishes, pumpkins, cantaloupe, cucumbers and yellow, orange and red watermelon as the season progresses. Items are at the Highland Park Farmers Market or contact Shannon at 402-519-0079.

**Congratulations to Carolyn Johnson, winner of Flag Trivia in the June issue!**



Flower pot in bloom in front of Building 5 thanks to the green thumb of Cheri Delay!

**Summer Picnic A Success!**

Approximately 65 employees participated in the 1st Day of Summer Picnic on June 21st. There was a variety of salads and desserts to complement the hamburgers grilled by Tracy Polage and Marv Colburn. Thanks to the generous donations, there was enough to pay for the hamburger and buns! Thanks for joining in this TEAM event and look forward to more fun in the future!

### JULY OBSERVANCES BY LINDA WEBER

- |                                |  |
|--------------------------------|--|
| <b>MONTHLY:</b>                | 7-6 National Fried Chicken Day         |
| Anti-Boredom Month             | 7-7 Macaroni Day                       |
| National Hotdog Month          | 7-8 Video Games Day                    |
| National Blueberry Month       | 7-9 National Sugar Cookie Day          |
| National Baked Beans Month     | 7-11 Cheer Up the Lonely Day           |
| National Ice Cream Month       | 7/13 National French Fry Day           |
| National Picnic Month          | 7-18 Cow Appreciation Day              |
| National Recreation Month      | 7/19 Stick Your Tongue Out Day         |
| <b>SPECIAL DAYS:</b>           | 7-20 Ice Cream Soda Day                |
| 7-1 Build a Scarecrow Day      | 7-21 National Junk Food Day            |
| International Joke Day         | 7-23 Ice Cream Cone Introduced in 1904 |
| 7-3 Dog Days Begin             |  |
| 7-4 Independence Day           |  |
| 7-4 National Country Music Day |  |

- Mosquito Day
- 7-29 National Lasagna Day
- 7-30 National Cheesecake Day

**WANTED**

Glass microwave bottom for a microwave – 9 inches. Call Marj, 3166.

**GIVE AWAY**

Free to good home—**money plant**. Has not been producing. Call Marj at 3166.

## SUMMER WORD MERGE

Words in each line are merged together. Find the original words.

TRrdp      □Oa□      □□i□  
 stSlaned      □□□□      Ca□□□□  
 Vuaamtmiom      S□□□e□      □□c□□□□□  
 Buaititng      □□□h□□□      S□□□□  
 FJuyrth      □u□□□      □o□□□□□  
 Crceem      □□□□      □□□a□  
 Waarer      □□t□□□      P□□□k□  
 BasebGlel      □□□□□a□□      □a□m□  
 oCanfgisre      □□m□p□□□□□      S□□□□□□

**Hint: The letters that make up each word are still in their original order.**

Submit your answers to Corinne Jensen by July 21st and responses with all correct answers will be eligible for a prize drawing!

### ROOT BEER FLOATS

JULY 26

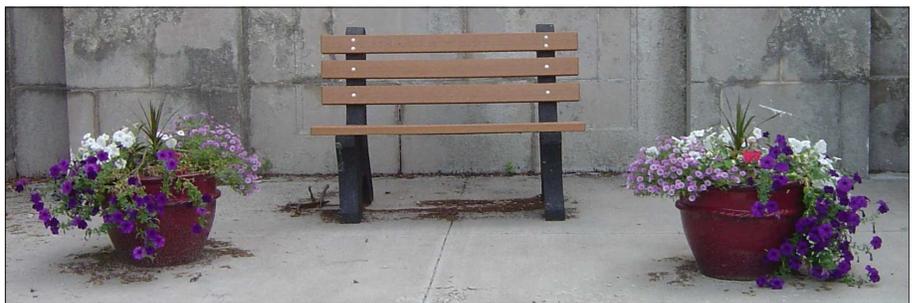
1:00pm - 3:30pm

Building 3 West Cafeteria



Provided by Employee  
Health and Wellness

Committee



These two flower pots add color to the entrance of Building 3 thanks to the green thumb of Jean Luther!

The heavy rain the first week in July slowed the progress on the sidewalk repair work on the west side of Building 3. The crew is back and moving forward!



Photo taken July 7, 2011 outside southwest entrance, Bldg. 3