

# HRC NEWS & VIEWS

Volume 11, Issue 5

MAY 2015

## DR. ZOUCHA HONORED

We are extremely proud to share the accomplishments of Dr. Ken Zoucha, Medical Director/Supervising Physician, here at Hastings Juvenile Chemical Dependency Program. On April 25th, Dr. Zoucha was one of 66 physicians who were presented with their Diplomat of the American Board of Addiction Medicine diplomas at the American Society of Addiction Medicine Annual Awards Luncheon in Austin, Texas. Many hours of studying transpired for these individuals.

Congratulations on attaining Board Certification in Addiction Medicine, Dr. Zoucha!

During the 2015 Nebraska Juvenile Justice Association's Awards Luncheon on May 7 in Kearney, Dr. Zoucha was presented the Commitment to Excellence in Leadership Award. This award recognizes individuals who possess the following



Presentation of Diploma for Board Certification in Addiction Medicine.

characteristics: leadership, initiative, creativity, dedication, integrity and inspiration. It also recognizes someone who is recognized by others for his or her commitment to the success of the program. I think we would all agree that Dr. Zoucha models these qualities in his work each and every day. HRC is proud to have Dr. Zoucha leading the program and applauds him for these well

deserved recognitions. It is through his tireless efforts to stay on top of medical advances in addiction medicine that HJCDP provides quality services to the youth we serve.

Again, congratulations to Dr. Zoucha on this recognition, and for all his hard work and dedication to the youth we serve.

### May is . . . . .

Barbeque Month

Military Appreciation Month

Salad Month

Smile Month

Family Month

Pet Month

Mental Health Month

4-8 Teacher Appreciation Week

18 - 24 Medical Transcription Week

1st - School Principal's Day

5th - Cinco de Mayo

6th - Nurses Day

13th - Third Shift Workers Day

25th - Memorial Day

31st - World No Tobacco Day



## HELLO MAY! BY MARJ COLBURN, FACILITY OPERATING OFFICER

Spring is greening up the campus, along with a full-fledged crop of dandelions. Gary and Dennis are working on keeping them under control. A new sprayer has been ordered for the back of one of the pick-ups that will make managing the dandelions and weeds easier. Hopefully the sprayer will be here soon and the weather will cooperate with getting rid of the pesky things.

Our renovation architectural team was here on April 21<sup>st</sup> to hold a contractors bidding meeting. There were several individuals here representing a variety of interests in the project. The group did go out en masse to see the areas that will be renovated. There was a smaller turnout than expected. We later learned that Mary Lanning was holding the same type of meeting at the same time regarding their expansion to the Morrison Cancer Center. Another meeting is scheduled for May 19<sup>th</sup> to have additional contractors on campus.

The other day it occurred to me that we are coming up on the 2 year mark of when the Legislative bill to renovate Building #3 was passed. The wheels of state projects can turn slowly. We need to be patient as the process works. One of my favorite sayings is – “Don’t push the river, it flows by itself”. I’m hopeful that over the upcoming year we will see some movement in getting the renovations completed.

HRC was successful in recruiting a

Principal for the Nebraska Youth Academy. Ms. Leanne Wiemer will start on June 22<sup>nd</sup>. As the Whitehall principal at LRC had also retired, the decision was made that Ms. Weimer will be the principal for both programs. This will bring some consistency to what happens at each school. The plan is for her to spend 3 days a week at HRC as we have a higher youth and teacher census. The other two days, she will be at LRC/Whitehall. We will be providing her with camera communications in order to manage both facilities. Dan Ullman at Whitehall and I will jointly supervise Ms. Weimer. I look forward to her joining our teaching team and the program.

A group from Probation and Sheri Dawson, Acting Director of Behavioral Health, were on campus May 11<sup>th</sup> from 9 – 11. Both groups wanted to hear more about the HJCDP program and the services we provide. They toured in Building #3 to see the youth’s areas for living and school. Dr. Zoucha and Dr. Buchta will take the lead in providing information to this group. There were questions asked on both sides about the admission process and how it is working, as well as payment concerns.

There has been a lot of interest in getting more HJCDP t-shirts and sweatshirts ordered. Corinne is working with a company to get some prices and make them available to staff. She is also looking at an HJCDP hoodie sweatshirt. We also learned that we are no longer able to order the black substance abuse

t-shirts that a lot of staff wear on special jeans and t-shirt days. The plan is to create our own version of a substance abuse t-shirt and make that available to all staff as well. Corinne will be placing order sheets in the break rooms and copy room when she gets costs and other details worked out.

With spring, we get more visitors to the campus who are interested in going out to the cemetery and finding graves. There have been several groups of families here in the past month. They usually have some history about the patient who was here and their perceptions of treatment at HRC back in the day. The Lincoln Journal Star ran an article on April 26<sup>th</sup> about “Ingleside, Nebraska an early mental hospital”. If you are interested in HRC history, it’s a good article. We will be making sure the cemetery looks good for Memorial Day should families be on campus to visit.

Ruth and Pam are continuing to assist LRC with transcription due to the sudden resignation of their transcriptionists. LRC has the positions posted, and hopefully will have them filled soon so Pam and Ruth can go back to their usual work and processes. Peg W. has also been assisting with typing the HRC dictation.

We have been filling positions in the program to get our staff numbers back up. We are anxious for our newcomers to be actively involved with the youth.

**OPEN ENROLLMENT ENDS MAY 20TH, 5:00 PM, CST**

## NEWS FROM HUMAN RESOURCES BY RANDY COIL

The Department of Health and Human Services is launching a new process which is the Request to Fill (RTF). The RTF is an automated process to capture the initial request and levels of approvals needed (based on your Division direction) to initiate the recruiting process to

fill a position. This program is ready for use Department wide now and is listed in the Forms section of On-Base. Detailed instruction on how to use the form can be found in the [Supervisor's Tool Box](#), under User Guides for Personnel Action, Request to Fill Guide - Supervisor.

I will be working with supervisors as this process moves along and more than happy to assist in this process.

## MORE VIDEO SURVEILLANCE CAMERAS COMING SOON

BY JEAN LUTHER

We have been approved to mount cameras in the corridors near the school entrance, each unit and near the exit on the south end of the ground floor. These locations have

been determined as beneficial for viewing video footage after incidents.

The chapel cameras will be replaced as the present system is old, and the

camera quality is very poor. The cameras there will be wireless, and we will be able to view them on the present system where other footage is viewed.

## WHO DO YOU THINK WE ARE

Seventeen employees submitted photos of themselves from their younger days for co-workers to guess their identity.

Winning the competition with 15 out of 17 guessed correctly was Jean. Second place was a three way tie between Robin, Micki and Brooke who got 14 correct. Finishing out in third place were Taylor and Kris with 13 correct.

Thanks to everyone who participated and to Kris who provided the prizes featured at right. Photos can be checked out in the Copy/Mail Room until May 22nd.



## WHEN ALL HAIL BREAKS LOOSE BY JEAN LUTHER

How do we plan to keep the hail off the vans and why? Last year, when we had severe weather, and it hailed on the vans, it cost the State \$500 per van to have the damage repaired. We've moved the vans to sheltered places twice already this spring, and we added information about moving them inside to the Snow Plan policy and the Inclement

Weather policy.

When hail and severe weather is predicted, the vans and state cars will be moved inside a building on the south end of campus. Two of the vans will be parked behind building 3 under the ambulance entrance to be available for transport after hours or on the

weekend. Vehicles will be moved by State Store personnel and others as necessary. They will remain in the shelter area until the next business day unless needed. The Youth Security Supervisors have access to extra vans if necessary. Our intent is to keep down the cost of hail damage repair to the vehicles.

## TRANSITIONS—THE LAST RIDE BY RON CULBERSON, MSW, CSP, CPAE

Tuesday was a beautiful, almost spring day. It was sunny, the temperature was 65, and a new crop of bugs was hitting me in the face. You see, I was on my last motorcycle ride where, at the end of the ride, I would sell my bike to Classic Iron, one of the largest used motorcycle dealers on the east coast.

Over my most recent 14 years of motorcycling experience, I've had two accidents. One in 2009. Another in 2014. The first accident wasn't my fault. A guy pulled out in front of me. The second accident may have been my fault—I just don't remember. I suffered a concussion that led to five hours of lost memory. After the alleged ambulance ride, and subsequent visit to the ER, which I do not recall, I reluctantly concluded that I wanted to hang onto my future memory, and that it was time to sell the bike.

Once again, I found myself facing a life transition.

Now, I don't pretend that this life transition was as significant as retiring from a job or moving to a new town. But symbolically, it represented much more than just the sale of a motorcycle. Here's why.

First, I will no longer experience, well, the *experience* of riding. When I think about what it's like, I'm reminded of my favorite quote from *Zen and the Art of Motorcycle Maintenance* by Robert Pirsig. *In a car you're always in a compartment, and because you're used to it, you don't realize that through that car window, everything you see is just more TV. You're a passive observer, and it is all moving by you boringly in a frame. On a cycle, the frame is gone. You're completely in contact with it all. You're in the scene, not just watching it anymore, and the sense of presence is overwhelming.*

While many of my non-motorcyclist friends don't really understand the

attraction of motorcycling, it is an extraordinary experience. The sun is on your back, the wind is in your face, and the smells are constantly changing. It's a multi-sensory experience. In fact, on my last ride, I passed a dairy farm, and the smell of manure enveloped me. This might be unappealing to most people, but if you grew up near a farm, as I did, you understand the appeal of this familiar pungent odor. It was a fond nasal memory, and once again thrust me into the surrounding scene.

Second, I will no longer experience the exhilaration of risk. Let's be clear. I'm not a frequent risk taker. In fact, I've avoided snowboarding over the past few years for fear that I'll break a hip. But, I loved the rush I got from accelerating down a highway or leaning into the turn of a twisty mountain road. The exhilaration made me feel alive. When I compare that experience to reading a book, one of my other loves, I realize that quickly turning a page is just not as exhilarating.

Lastly, I am no longer in the "club". Every time another motorcycle rider passed me, we exchanged "the wave". It wasn't a rebellious raised fist nor was it a complicated series of hand signals. Instead, it was a subtle extension of the left hand that simply meant, "I see you and I'm acknowledging that we're both in the two-wheeler club."

Everywhere in the world I traveled, motorcyclists shared this bond. We understood the boring nature of riding in a car, and embraced the excitement of riding on two wheels. And best of all, every rider belonged to this group regardless of his or her cultural, racial, or socioeconomic background. The loss of this belonging will be the hardest transition of all.

If we're being honest, we must understand that transitions are part of

our life experience. In fact, our lives started with one of the most traumatic transitions one could imagine—when we came out of the womb. And after that, the transitions come with amazing regularity. Some are very positive, such as the transition from diapers to underpants or from high school to college. Others are more challenging, such as being fired from a job or experiencing the death of a loved one. But, regardless of the life context, transitions are part of the journey.

I believe that the people who are most successful at managing transitions are the ones who see them for what they are—mileposts on the road of our existence. They neither obsess about them nor do they deny them because they know that transitions make up the totality of where we've been and who we are.

My motorcycling days are now in the rearview mirror. And while I regret that I will no longer pick bugs from my teeth, I also realize that I had a wonderful time while it lasted—and I lived through two accidents. That's significant. And it's part of who I am.

If you can embrace your particular transitions for what they are, a chapter in your book of life, then I suspect you'll be able to ride on to your new destinations with a bit more ease.

Because, even on the last ride, we're going somewhere.



## CELEBRATING YOU!

### MAY 1<sup>ST</sup> - SCHOOL PRINCIPAL'S DAY



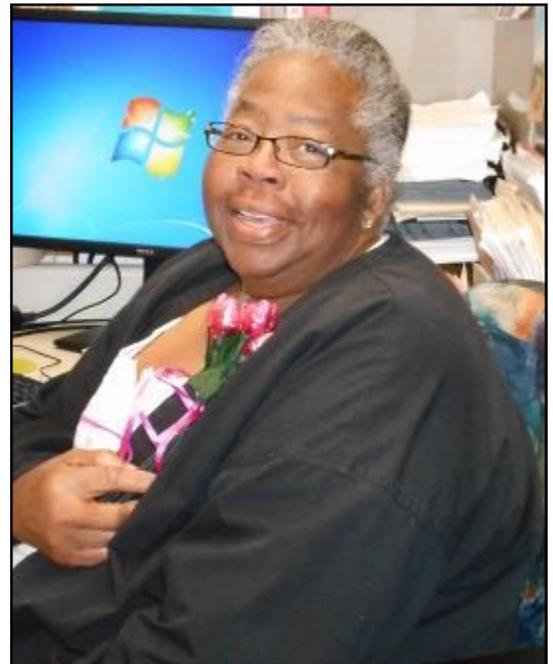
Thank you, Dave Baisinger, for your leadership!

### NATIONAL NURSES DAY - MAY 6<sup>TH</sup>



Nurses Pat Adrian, Carol Vian and Marj Colburn are valuable members of the Medical Team. Thank you ladies for your service!

### RECEPTIONIST DAY MAY 13<sup>TH</sup>



Carolyn Johnson provides a warm greeting to all who enter our doors or call. Thank you, Carolyn!

### MAY 5<sup>TH</sup> - NATIONAL TEACHER'S DAY



Nebraska Youth Academy classroom teachers Karen Newcomb, Phil Johnson, Kelsey Johnson, Kris Johnson and Teresa Kennedy (not pictured) help youth achieve their educational goals. Thanks for all you do!

# CELEBRATING YOU!

## OCCUPATIONAL SAFETY DAY—MAY 7<sup>TH</sup>



Jean Luther, Safety Officer, prepares staff and youth for all emergencies. Thanks, Jean!

## THIRD SHIFT WORKER'S DAY MAY 13<sup>TH</sup>



Judy Kussman, Randy Torske, Joann Stromer, Kathy Johnston, Paula Thompson, Betty Hert, Scott Stickels, Janet Schueler and Terri Wynn (not pictured) keep things running smooth during the night. Thanks for everything you do!

## MAY IS MENTAL HEALTH MONTH



Members of the therapy team include: Taylor Kindig, Sam Minne, Kris Horton, Peg Mohlman, Dr. Lisa Buchta, Brooke Wright and Jonathan Plohocky (not pictured). Thanks for everything you do!

## MEDICAL TRANSCRIPTIONIST WEEK

MAY 18—24



Pam Schwabauer, Ruth Jeremias and Peg Weseman (not pictured ) transcribe and keep our records in order. Thanks for all you do!

## WATCHING THE PHONE WON'T MAKE IT RING

BY JOE TYE, VALUES COACH

*Three frogs are sitting on a tree branch and one of them decides to jump off. How many frogs are left on the branch? Still three. Just deciding you want to do something doesn't get it done.*

In my workshops, I'll ask how many people would like to write a book. Depending upon the nature of the group and the setting, at least ten percent and sometimes as many as nine out of ten participants will raise their hands.

Sometimes I'll have people draw a book cover including title, subtitle, celebrity testimonial, back cover blurb, and a simple illustration. The

book represents an important goal—the book they would write if they achieved their goal. It is meant to be an inspiration—something they can prominently post as ongoing motivation to do the work to achieve that goal (at least metaphorically, to write their book).

Some of those book concepts are amazing! I would buy the book myself if it were written, and would recommend it to others. Having written their book would give the author the pride of accomplishment, help to burnish their professional credentials, and possibly earn them a bit of cash from book sales.

I know from experience that— as wonderful as many of these book ideas are, and as proud as the would-be author would be to have written them—not one in one hundred will be written.

Positive thinking is expecting something and doing the work to make it happen.

Wishful thinking is hoping for something and waiting for someone else to make it happen.

Watching the phone won't make it ring. Wishing for a dream won't make it come true.

## EMPLOYEE IN THE SPOTLIGHT BY GRANT JOHNSON



Well, it's that time again! This month's spotlight employee is Charlene Shay from Housekeeping. Charlene is

leaving us at HRC after 42 years of service. Charlene has been in housekeeping since day one, and has worked in multiple buildings during her employment. I asked Charlene to give me a typical overview of her day in the housekeeping department, and she told me that on Monday, Wednesday, and Friday they start cleaning on the ground floor then move up to her "home" floor on 2<sup>nd</sup> Floor. She, along with Donna, is responsible for keeping Unit 82

sparkling and the offices in top shape! During the evening shifts, she works in the Administration Building and Chapel to keep them clean as well. I asked Charlene to tell me one thing she does that not everyone knows about, and she replied that the housekeepers do a lot of traveling across campus to the kitchen and other buildings to make sure they are kept clean and presentable (I had no idea they went over to the kitchen!).

Charlene told me that she really has enjoyed working with all the people at HRC, and enjoyed working with some of the psych patients when they were still residents here. I asked Charlene what she planned on doing once she retires, and she explained she is going to do some travelling, fishing, spend time with her grandchildren and great granddaughter, and watch her son's daughter when the regular babysit-

ter can't so he doesn't have to miss any work, and will actually be able to use his vacation time to go on vacation! Charlene's advice to our new employees is to hang in there, everything gets better with time, and it's all a learning experience working at HRC. She would also like to say it's been good working here, and she's made a lot of good friends, but she's ready to quit cleaning! Well said, Charlene! Charlene has most likely retired since this article has been posted but if you see her out in the community be sure to thank her for her dedication to HRC and commitment to keeping the facility looking great for 42 years!

Happy Retirement, Charlene!

## APRIL GOOD CATCH AWARD BY JOSH ABLRECHT

The April Good Catch Award was an opportunity for staff to nominate co-workers who volunteer. The following recognitions were made:

- Jean helps at her church and school where her grandchildren are enrolled. This is done voluntarily and as requested.
- Marj voluntarily provides prizes for various games on campus and for fun events.
- Brenda volunteered to cover the Switchboard for her Supervisor to allow her more time to prepare for a meeting.
- Pam and Ruth volunteered to bring records over to the doctor's office on numerous occasions.
- Carolyn J. does lots of work for the African American Awareness Committee of Hastings voluntarily. This includes baking, cooking and organizing speakers and entertainment for the Committee's Annual Banquet.
- Corinne volunteers for many duties in her church with worship services and other activities.
- She also plays Mrs. Claus each year for the students at Sandy Creek where her daughter teaches. She purchases items used at the facility for prizes for contests and activities. She also helped with the Minute To Win It games when youth were out of school.
- Peg W. volunteered on several occasions to cover the switchboard during Carolyn's vacation and for her to partake in the carry-in luncheons.

## BEST WISHES CHARLENE BY MARY ANN KOCH

After 42 years as a Housekeeper at HRC, Charlene Shay is retiring. Charlene started at HRC in March of 1973 shortly after graduating high school, so think of the changes she has seen here. She has worked in every building on campus and many that don't even exist anymore. Charlene has always had a

great work ethic and the quiet, efficient way she did her work made her very well liked. I speak for myself when I say I've enjoyed working side by side with her, and being her supervisor. Charlene has a great sense of humor and we have had many laughs through the years. Charlene and her husband, Gary,

plan on doing some traveling, and I know she is looking forward to spending more time with family. I also think it's safe to say that there will be lots of fishing in her future. Please join me in wishing her the very best in whatever her future holds. Enjoy, Charlene, you have earned it! You will BE MISSED!

## MAY IS MILITARY APPRECIATION MONTH



Thank you, Drew Scott, for your service to our country!

## YOU'RE A WINNER

- A **HUGE THANK YOU** to Pam Schwabauer for working hard and taking care of everything in HIM while I was on vacation.  
*Ruth*
- A **BIG THANK YOU** for the awesome job Steve and Dean did when we had a pipe break in our office. The Housekeeping ladies did an **AWESOME** job of cleaning up the mess so that I could get back into my office the very next work day and be productive. **MAINTENANCE AND HOUSEKEEPING ROCK!!!!**

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AA/EOE/ADA



## HISTORY ON CINCO DE MAYO BY CHRIS MARTIN

Cinco de Mayo commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican war (1861-1867). Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

Within Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where General Ignacio Zaragoza's unlikely triumph occurred. It is not a federal holiday.

In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican American populations. Some of the food served includes tacos and mole poblano. Some of the largest festivals are held in Los Angeles, Chicago, and Huston.

Many people outside Mexico mistakenly believe that Cinco de Mayo is a celebration of Mexican independence, which was declared 50 years before the battle of Puebla. This event is commemorated on September 16, the anniversary of the revolutionary priest Miguel Hidalgo y Costilla's famous, "Grito de Dolores" ("Cry of Dolores"), a call to arms that amounted to a declaration of war against the Spanish colonial government in 1810.

### ARBOR DAY IN STYLE



Therapists Kris, Brooke, Sam and Taylor accepted the opportunity to wear jeans and t-shirts depicting trees to commemorate Arbor Day.

### A DAY TO REMEMBER



The memorial area at the Regional Center Cemetery provides a place to remember those who have gone before us.

### IT'S A GIRL!

Congratulations to Jonathan Plohocky on the birth of his daughter, Hadassah Grace born on 4/30/15 at 6:05pm at home, weighing 8 lbs. 10 oz. and 20".



### NEW NAME FOR SANDWICH IS?

Garnering five votes, Funza was the top vote recipient for the name the sandwich that closely resembles the one at the chain restaurant contest. A total of 20 votes were submitted with the winning name submitted by Travis Harms. Travis will receive a Gift Certificate to Runza for his prize. Congratulations, Travis! Other name submissions receiving votes were Aznur with four and Cow In a Quilt

Featured at right is Marsha Utecht, Cook, taking a fresh baked pan of Funza's out of the warmer to be served. It's been a popular entrée for youth and staff. Good job, Marshal!

