

HRC NEWS & VIEWS

Volume 8, Issue 5

May 2012



ter. Kenny was recognized by her co-worker with the following remarks, "Kenny will go above and beyond her job description. No matter what a youth asks her to do, she will always try to help, answer or find the answer if at all possible. Any time I ask her to help with a youth, she is always willing to help."

For this honor, Kenny received Chamber Bucks, a framed certificate, the parking spot of her choice for the quarter and her photo displayed in Buildings 3 and 5.

What an accomplishment!



Please join us in congratulating Kennetha Morehouse, HRC's Employee of the Quarter!

Kenny is a Youth Security Specialist assigned to the Pre Vocation Cen-

MAY OBSERVANCES

- National Bike Month
- National Egg Month
- National Physical Fitness and Sports
- Mental Health Awareness Month
- Healthy Vision Month
- Arthritis Awareness Month
- Ultraviolet Awareness Month

- 5/1 May Day
- 5/5 Cinco De Mayo
- 5/8 National Teacher Day
- 5/13 Mother's Day
- 5/14 Chicken Dance Day
- 5/19 Armed Forces Day
- 5/28 Memorial Day
- 5/31 World No Tobacco Day

NEW BOOKS FOR HRC LIBRARY BY DAVE B.

We just ordered and received nearly one hundred books for our HRC Library. Remember, the library is open to anyone who works here so feel free to check out any of the books. All we ask is that you return them within a reasonable

amount of time.

Below are just a few of the 90 titles that just came in.

- 12 Things to do Before You Crash and Burn
- The Six Most Important Decisions You'll Ever Make: a guide for teens

- And Still We Rise: the trials and triumphs of twelve gifted inner city students
- Diary of a Wimpy Kid

There's more to choose from, so come check it out!



BY MARJ COLBURN



This month I thought I would put together some bullet points of things happening in and around HRC that you may or may not be aware are happening.

- ⇒ Because of a citizen's concern, HRC has had an environmental specialist look at the dead and dying trees on our campus. There are approximately 55 trees that need to come down due to diseases or infestations that might spread to other trees. We have a contract to have that tree removal completed in the near future.
- ⇒ The Bridges Program is moving forward with construction of their new facility south of the HRC campus. Rogge Construction has been awarded the contract to build, so we should start seeing more activity to the south of us.
- ⇒ A meeting was held on May 1st with Magellan to clarify some of the processes in applications to HJCDP from YRTC. The application itself has been condensed and made more user-friendly.
- ⇒ Last fall HRC submitted suggested revisions to the proposed Medicaid Nebraska guidelines regarding PRTFs. In looking at the latest version of those regulations (still not out for public comment or implemented), one of our suggestions related to nurses being available on-call 24/7 as opposed to on-site 24/7 was included. The number of hours of programming was decreased from 42 hours to 40 hours.
- ⇒ The HRC Cemetery is being addressed. The Governing Body approved providing a space for families and visitors to sit while out at the Cemetery. The footings for a small enclosed fenced area were installed during April. Work will continue with benches and plants going into the fenced area during May. Comparable work has been completed at LRC and will also take place at NRC.
- ⇒ Dr. Judson has been spending more time at YRTC- Kearney working on applications for HJCDP. We have been successful in getting more youth into the program due to his efforts.
- ⇒ Dialogue continues with Magellan, Medicaid, Dr. Adams and others about opening up the HJCDP program to youth other than those from YRTC-Kearney. It is anticipated that sometime in the near future we may try to bring in youth and see how the process will work for us.
- ⇒ HRC Leadership has decided not to fill vacant positions at this time due to our low census. It is not anticipated that we will have a sudden rush of admissions. As the admission numbers go up, we will work on recruiting for positions and getting staff through orientation and training as needed. We are meeting all required ratios at this time.
- ⇒ Wendy Walgrave was on the HRC campus to provide training for the supervisors in the Employee Development Center LINK program. This will help supervisors track and monitor training requirements for employees.
- ⇒ The Nebraska State Patrol will again be using Building #7 May 14th through the 18th for a training. Once again we will not be allowed access to the building during this time. They will be using soap ammunition and flash-bangs as they work on hostage negotiations and other police interventions.
- ⇒ Scot Adams provided two videos that complement the Values Training overview presented by John Roberts. These are not mandatory, but staff attending the sessions have enjoyed the content and the photography in them.

LINDA GRAHAM RETIRES AFTER 39 YEARS



May 4, 2012 marked the end of a 39 year career for Linda Graham, Youth Security Specialist. It has been a career and lifetime of helping people live better lives one person at a time.

During the 39 years, Linda provided services

in Housekeeping, adult mental health, adolescent mental health and adolescent substance abuse. Her kindness and empathetic leadership on the day shift was admired by her co-workers. She led by example demonstrating professionalism, care and understand-

ing to everyone she came into contact with. Her years of "people experience" made her a great role model. Linda used her kindness and skills to help youth be honest and positive.

Linda was loyal and committed to not only the people she continued to serve over the years, but also to her fellow co-workers. Linda called HRC home for almost 39 years. Her attitude helped new and current co-workers put forth their best effort every day. Even though Linda had years of experience, she was open to change and receptive to new ideas implemented with the goal to make things better one day at a time!

A retirement tea was held for Linda with many of her current and former co-workers attending along with special guests, her son and two grandchildren. Linda was pleasantly surprised to receive a certificate acknowledging her as an Admiral in The Great Navy of the State of Nebraska signed by Governor Dave Heineman. The afternoon included reminiscing, well wishes and a few tears mixed in with laughter.

Best wishes to Linda!

ANNOYING . . . OR POSSIBLY LIFESAVING? BY JEAN LUTHER

After the last tornado drill, we added the Youth Security Supervisor phones to the Adams County Emergency Notification system. This feature allows staff to know when there is an emergency of some sort in the area including severe storms. Prior to this, we were reliant on a staff member being in the vicinity of a weather alert radio which wasn't always the case. One of our part-time employees also happens to be the Adams County Emergency Manager, and he suggested that we add this notification feature to the phones. He also offered the service to any employee who wished to sign up.

Well...I signed up since we do not have a weather alert radio at home. My first real notification was received when there was a fatal accident on Highway 6 that involved the clean-up from a truck carrying batteries. This was helpful since I use that highway to

travel home every afternoon and could now take an alternate route.

I didn't just sign up to have my cell phone receive these notifications but my home phone too. Then . . . last Wednesday night's severe storms broke out in the area all night long. At 11p.m. (or earlier; I was seriously sleeping by 10), at 1 a.m. and about 4 a.m. both of my phones were going off. I finally turned the cell phone off and had only one phone to contend with and thankfully, that happened to be the last notice.

The next morning I heard that several areas had received some large hail. We were lucky and ended up with only a lot of water and debris in our yard. Guess I'll keep the notification service as it may save a life or divert some other disaster. After all what's saving a life compared to losing a little sleep?

HEALTHY RESOLUTIONS CLUB UPDATE BY TONY MARTIN

We want to congratulate the staff members who have made a commitment to joining us in our effort to develop a healthy lifestyle through exercise. We were fortunate to have 14 staff join the team for the exercise goal of at least 2.5 hours per week. These staff were placed in two teams of seven. Team One: Tony, 3.5 hours; Mickie, 4.0 hours; Grant, 4.0 hours; Mary Lou, 4.0 hours; Jessica, 6.0 hours; Paula, 3.5 hours and Joann, 3.5 hours for a total team commitment of 28.0 hours. Team two: Jean, 3.5 hours; Heather, 4.0 hours; Travis, 5.0 hours; Josh, 7.0 hours; Sherry, 4.0 hours; Betty, 3.5 hours; and Chris 4.0 hours with a total team commitment of 31.0 hours.

There is a chart in the copy room of building three for the teammates to log their exercise hours on. Come check out our progress! We welcome your support and encouragement over the next 18 weeks. I have people ask if this is a contest as if there could be a winner and a loser. For all of these people who have committed to work for a healthier life by exercising, there

can be no first or second place because they are all already winners by showing their commitment to a better lifestyle. All staff are invited to join in on the campus walks that are still being done every day. Bring your walking shoes and contact Chris Martin for times so you will be able to plan your break and join the team. Look for your options to exercise; there are many opportunities for increased physical activity at work.

These tips come from Iowa Department of Public Health (IDPH) Physical Activity Coordinator Sarah Taylor Watts.

- Taking brief walk breaks throughout the day.
- Taking the stairs instead of the elevator; you burn nearly five times more calories while avoiding the wait by the elevator doors.
- Using bathrooms on different floors (use the stairs to get there).
- Hosting walking meetings or chats by dedicating a portion of your meeting or break to take place

while walking.

- Taking out your own trash.
- Planning for daily activity; recruit co-workers to join in.

While many vending machines now offer healthy choices, depending on these machines for energy through the workday can be a nutritional nightmare. Ways to keep your healthy eating plan on track at work include:

- Taking turns at the office providing healthy snacks - set criteria, such as less than 200 calories per serving.
- Organizing a workplace potluck featuring healthy food choices.
- Celebrating special events like birthdays with fruit salad, veggies with dip, or whole wheat crackers and hummus. Even moving from large slices of cake to mini-muffins is a positive improvement.
- When lunches or drinks are provided at meeting, offering healthy choices like water or 100 percent juice.

“The most remarkable thing about my mother is that for 30 years, she served the family nothing but leftovers. The original meal has never been found.” *Calvin Trillin*

NEWS FROM THE KITCHEN BY MINDY BLAIR

It's that time again for a new set of menus for Spring & Summer which will begin on May 7, 2012. May 11th is a special day for Chris Keebler because it happens to be her birthday. Wish her a Happy Birthday if you see her! We also celebrate May as National Salad Month. This encourages people to be crea-

tive when incorporating salads into their healthy diet. For a lettuce salad, try including fresh berries, nuts, and using a light vinaigrette. Since summer is on its way, you could mix a variety of fresh fruit together for an easy and healthy salad. You always have the picnic salads such as potato salad, coleslaw, or macaroni

salad. But don't forget about the dessert salads. Add whipped topping to chopped apples, vanilla pudding, and Snickers for a delicious dessert salad. Help celebrate National Salad Month by choosing a variety of salads and preparing them for you and your families to enjoy!

KIDS SAY THE DARNDDEST THINGS

My girls were playing dress-up (as they often do). My 3-year-old picked up her tutu and said, "Mommy, I want to wear this tattoo!" Tutus, tattoos; they're all the same, right?! :) *Jennifer Bangs*



Window air conditioner 110; used one year, like new. Contact Vickie 402-469-2309.

Computer desk, 48" long x 7" wide wood shelf and a smaller shelf. Call Jane at 402-771-2492 or at work 3217 or 3216.



5 point infant car seat with base to use in Parenting Class. Call Chris Martin or 3260.

Annual plants for containers in front of buildings 3 and 5. Deliver to Jean or Corinne.

HOUSEKEEPING UPDATE BY MARY ANN KOCH

The Housekeepers have been asked to pick a large project that needs done in their assigned work areas. They will be planning and implementing the entire project from start to finish meeting the goals in the evaluation process. Please be flexible and if you have any major concerns about any of these plans, call me, and we will do our best to work with you all.

We have completed the south dining room, and plans will start soon to get started on the west. We have also gotten two offices waxed and

have a few more on the list to complete.

81 and 82 have been getting some extra work done on the vacant ends on the units. Curtains are getting washed and some floors are being waxed. We look forward to the month ahead to see what we can get accomplished!

MAINTENANCE NEWS BY CHERI DELAY

Those of us with allergies know that allergy season is here, and maintenance staff are doing their part to "stir up the dust" with weekly mowing that will be on-going all summer long. Spraying for weeds and crab grass preventative measures have also started. If you have been in Building 3 recently, you might have noticed that a few more offices have been painted.

We recently had visitors from the Adams County Extension Office and an Arborist with the State of Nebraska to look at our trees. Approximately 55 trees have been designated for removal because they have "pine wilt." Bids were taken and a bid was awarded for this project. It is scheduled to begin this month.

WHO AM I?

Correctly identify all these employees and your name will be entered in a drawing for a prize. Submit your guess with the photo number above the photo to Corinne by May 22. Good luck!



Luscious Lemon Dessert from the kitchen of Peg Weseman (shared at Italian theme carry-in dinner)

Ingredients:

- 1 ½ cups flour
- 1 ½ sticks margarine (softened)
- 2 (8 oz. each) pkg. cream cheese (softened)
- 2 cups powdered sugar
- 3 cups whipped topping
- 3 boxes (small, 4 serving size) instant lemon pudding
- 5 cups milk

Preparation: Set oven for 375°

Crumble flour and margarine together. Blend together and press in bottom of a 9x13x2- inch pan.

Bake 15 minutes; let cool.

Cream powdered sugar and cream cheese together. Add 2 cups whipped topping. Whip together and spread on cooled crust.

Mix 3 boxes of lemon instant pudding with 5 cups milk (do not follow the directions on pudding box). Carefully pour over cream cheese layer and top with additional whipped topping. Chill thoroughly before serving. Serves 12 to 18.

MINDFULNESS TIP

Remember the “non-judgmental” component of Mindfulness? This month’s tip is a reflection on judgment. One mindfulness practice is to pay attention to your distressing thought(s) and/or feeling(s). Distress commonly occurs when we are “shoulding on ourselves or others”. That is to say, when I expect myself or others to think or behave in a certain way (the way **I think** they or I “should”). In fact, this is a very common form of judgmentalism.

In order to reduce distress and increase inner peacefulness/happiness, it can be helpful to ask yourself: “am I shoulding on myself or others?” If you find yourself with this kind of “shoulding”, an antidote is to STOP, ACCEPT your experience and CHOOSE whether or not to keep “shoulding on yourself or others”. An effective replacement might be, “it would be better if...”. OR, “I prefer....”. What other replacement thoughts might work when you or others are distressed by your “should (s)”?

YOU'RE A WINNER

- Thanks to Travis Harms for assisting me in contraband searches this past month. He’s done an awesome job finding contraband, filling out the proper paperwork, and training staff on searches. He’s really stepped it up!
Grant Johnson

THANKS A BUNCH!

Thank you to everybody at HRC who brought the delicious food for the pot luck on April 24. I enjoyed every bite! Thank you for the gift certificate to Back Alley Bakery – a favorite place of mine and I have already enjoyed the flavored water. I do enjoy my time volunteering and hope you’ll allow me to keep doing it for a long time.

Karen Baisinger, Librarian



National Nurses Week

May 6 to May 12

Thanks to Kelly, Marj & Pat for the care you provide!

National Medical Transcription Week

May 16 to May 22

Thanks to Nancy, Pam & Ruth for all your support!

Teacher Appreciation Week

May 7 to May 11

We appreciate our NYA Teachers: Dave, Karen, Kay, Kelsey, Kris, Lynne, Phil, Richard and Teresa

MATCH THE MOTHER

Draw a line from the mother animal to the baby animal and submit your answers to Pam Schwabauer by 5/22 to be entered in drawing for prize!

Alligator	Baby
Ape	Hatchling
Bat—female	Gosling
Camel—cow	Fawn
Cat—queen	Kit
Crow—hen	Chick
Deer—doe	Duckling
Donkey—jenny	Squab
Dove—hen	Stot
Duck	Kitten
Fox—vixen	Pinkie
Goat—doe, nanny	Colt
Goose	Kid

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