

HRC NEWS & VIEWS

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SISTER ACT III BY SHERRY BLOCK

Pam Sawicki, Youth Security Specialist II, says she doesn't have a shut off switch when it comes to eating. Some people do. They quit eating when they're no longer hungry. A lot of us don't and have eaten our way to unhealthy body weights. Pam has lost weight many times, but has gained it back. She wants to get to a healthy weight and maintain it. "If I really want different results, I have to try something different. I want this to be the last time I have to lose weight. I don't want to get to the place where I have to take a bunch of pills because I can't control what I put in my mouth. I have a 12 year old son who is going to need me for awhile yet."

In March, Pam and her sisters, Micki Schamens, Youth Counselor, and Kathy Eley decided to do something about their eating habits. Pam and Kathy joined Weight Watchers. Micki doesn't attend the meetings, but they all follow the diet

using a point system to set their menus. Something they had not done before, and say it's making a difference, is to write down everything they eat every day. "We do a lot of mindless eating when we're bored, we need to pay attention, to be more mindful," Pam says.

They started walking and swimming. Kathy's daughter, Amy, joined them and in July they began riding bikes five days a week. It takes them about an hour to cover eight miles on the bike trail. For that they can add "activity points" back into their menus. They eat a lot of fresh fruits and vegetables now. Micki says she feels better, sleeps better and likes the new clothes. She's lost over 40 pounds and Pam is closing in on 50. They say together they have lost a whole person, at least a kindergarten! The support they give each other has meant a lot.



Micki helps Rochelle Dixon lead HJCDP's Corrective Thinking group. Pam says she's learned along with the youth as they attend groups. She's trying to correct her thinking errors and talks about the circle of control, radical acceptance and making it one day at a time. It's working. Congratulations to the shrinking sisters! We wish you continued success and the best of health.

HJCDP STAFF APPARELL

Be sure and check out the staff apparel order sheets located in the employee break rooms in Buildings 3, 5, Kitchen and Maintenance. Polo shirts, t-shirts and sweatshirts are available to order.

Order deadline is October 3rd!





VALUES COACH TRAINING BY MARJ COLBURN

In August, Heather and I were asked by Scot Adams to attend a three day Values Coach training in Omaha. I assumed that the training would address values within the organization and achieving success by practicing positive values. What I found was a training that dealt with addressing your own values, working to recognize the positives in your life, and focusing your attitude on becoming what you want to be as a person.

Each day we started the morning with a positive affirmation statement. These were called, "The Self Empowerment Pledge: Seven Simple Promises That Will Change Your Life." For example, Monday's Promise is Responsibility – "I will take complete responsibility for my health, my happiness, my success, and my life, and will not blame others for my problems or predicaments." As we stated the pledge as a group each morning and noon, it helped focus on the positive things we can take control of and manage. Just as Mandt talks about managing yourself first, the pledges placed the responsibility for your mood, actions, and beliefs with you, not on some external force.

There are twelve Core Action Values that we also spent time discussing. The first six are geared towards personal awareness and development. Those six are:

- Authenticity
- Integrity
- Awareness
- Courage
- Perseverance
- Faith



The second six values are those that keep us active and inspire contributions and collaboration with others. Those six are:

- Purpose
- Vision
- Focus
- Enthusiasm
- Service
- Leadership

You may have noticed the Youth Security Supervisors, Heather and Sherry wearing buttons identifying some of the Core Action Values. Heather has started to roll out some of the concepts of training with her staff. There were a total of seven DHHS employees certified as Values Trainers in the class of 50. Scot Adams plans to have all seven of us work together and develop a plan for getting this information out to other staff within the system.

There were parts of the training that were WAY too touchy feely for me! I see this training being provided for our staff (and maybe even the youth) as a more factual presentation. One of my favorite parts is "The Pickle Pledge", so called because chronic complainers look like they were born with a dill pickle stuck in their mouths.

"By taking the Pickle Pledge, I am promising myself that I will no longer waste my time and energy on blaming, complaining, and gossiping, nor will I commiserate with those who steal my energy with their blaming, complaining, and gossiping." For me, I know there are times I need to just stop whining about something, get it done and get it off my plate. I feel so much better when it's over with – kind of like going to the dentist! So often we bring ourselves and others down when we become pickles! We work with youth who have become master blamers and who complain about so many things. The rest of the pledge is "I will turn every complaint into either a blessing or a constructive suggestion." Many of the other agencies at the training have already done some creative work with the pickle pledge.

The nice part about the training is that it already dove-tails with the new section of the employee performance evaluation that talks about values. Each of us has a lot of control over the values and attitudes we have. I am looking forward to working with Heather and others in developing a meaningful training that can address values and how they impact each one of us.

**EMPLOYEE
TAILGATE PARTY**

SEPTEMBER 27
2:00pm — 3:30pm
ROOM 007



STAFF DEVELOPMENT

Bring your favorite tailgate snack or munchie and share it with your co-workers! Paper products and drink provided.

Show your spirit and wear your team apparel!

HOUSEKEEPING WEEK—SEPTEMBER 11—17, 2011



HRC Housekeeping Crew: Back: Charlene Gentert, Donna Hartzell and Kay Hoshaw. Front: Carmen Novak, Mary Ann Koch and Shelley O'Connor.

MASCOT TRIVIA BY SHERRY BLOCK

American high schools and colleges have some unique and unusual sports team names. Believe it or not, all but one of these are actual mascots or icons. Can you find that one? Email Corinne Jensen with your answer by September 23 to have your name entered in a drawing for a prize. Good luck!

- Artichokes—Scottsdale (AZ) Community College
- Banana Slugs—University of California
- Crabbers—Crisfield (MD) High School
- Donkeys—Bray-Doyle (OK) High School

- Eels—Clay City High School (IN)
- Fire Ants—University of South Carolina
- Grape Pickers—North East (PA) High School
- Hot Dogs—Frankfort (IN) High School
- Irrigators—Newell High School (SD)
- Jug Rox—Shoals High School (IN)
- Kavemen—Kuna High School (ID)
- Lawyers—John Marshall High School (OH)
- Mean Moose—Alamosa High School (CO)

- Nimrods—Watersmeet High School (MI)
- Orphans—Centralia High School (IL)
- Pearls—Portland High School (WA)
- Quips—Aliquippa High School (PA)
- Russets—Shelley High School (ID)
- Sparkplugs—Speedway High School (IN)
- Teddies—Roosevelt High School (MN)
- Unicorns—New Braunfels High School (TX)
- Vandals—University of Idaho
- Witches—Salem High School (MA)

A COLORFUL CROP

The Prevocational Center youth have learned a lot as they've tended their garden this summer. If you enjoy fresh produce, stop by the concession stand on Fridays or call 3433.

Your support is greatly appreciated!



THANK YOU!

Housekeeping week is September 11-17, 2011. I would like to thank all of my employees for their hard work throughout the year. Feel free to spoil them!

Mary Ann Koch
Housekeeping Supervisor





Your old **dish towels** and **dish cloths** for the youth kitchen. Call PVC staff at 3433

Cell phone carrying cases (style in photo below) to hold the TV remote control on the units. Please send to Sherry Block if you have any.



HRC EDITORIAL BOARD

Corinne Jensen, Editor – 3127
 Marj Colburn, 3166 Sherry Block, 3260
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 Linda Weber, 3255 Jean Luther, 3383

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



27" Color RCA TV: There's nothing wrong with it. It's too old to be able to hook it up to DVR, DVD and VCR at the same time. It can do two things, not three. Asking \$70.00. Contact Lynne at 3332

Dance Apparel: All items are from T'Dance Studio, Herberger's and Brown's shoes.

5 pairs Tap and Ballet Shoes, Size 9 Med.

Tights: Pink and Tan

9 Tutus and dance outfits size: 10-12, 12-14, and 14-16

New Black Jazz pants size: MA

Jeans: Riders and Z-Cavaricci size: 14M, 16M and 31 waist

Several pairs of Shoes: dress and casual 11 M

Dresses,: size 14 and 16 Navy Blue and Purple (velour material)

Priced to sell!

Contact Carolyn J. @ 3287

SEPTEMBER IS..

- Baby Safety Month
- Better Breakfast Month
- Chicken Month
- Courtesy Month
- Honey Month
- School Success Month
- Read-A-New-Book Month
- * * * * *
- 2nd Week –
- Housekeepers Week
- 4th Week – Dog Week
- * * * * *
- 9/11 Grandparents Day
- Patriot Day – World Trade Center Remembrance Day
- 9/12 Chocolate Milk Shake Day
- 9/13 Peanut Day
- Positive Thinking Day
- 9/16 POW/MIA Recognition Day
- National Working Parents Day
- 9/17 Citizenship Day
- 9/21 International Day of Peace
- Word Gratitude Day
- 9/23 First Day of Autumn
- 9/24 Bluebird of Happiness Day
- Good Neighbor Day

HRC EMPLOYEE HEALTH FAIR

Plans for the HRC Employee Health and Wellness Fair are well under way. The Committee has lined up numerous community vendors to display and share their health information.

Vendors scheduled to be present are:

- *Mary Lanning Memorial Hospital (Cardio Pulmonary)*
- *MLMH (Becky Sullivan)*
- *MLMH (Deanne Carpenter - Diabetic Educator)*
- *Hastings Family YMCA*
- *SASA*
- *CCC – Dental Clinic*

- *Therapeutic Kneads*
- *Hastings Area Council on Alcoholism*
- *Murray Natural Health & Chiropractic*
- *HyVee (Dietician)*
- *EAP (Kelly Ethridge)*
- *Voc Rehab (Terry Wegner)*
- *Barb Munroe (Wellness Specialist – State of Ne)*

Be sure and stop in the South Dining Room on September 20 from 1:30pm – 3:30pm to visit with these vendors and enjoy a treat!