



LRC REALITY CHECK

Zeb Moseman is the June 2011 Employee Of the Month



Congratulations to Zeb Moseman, Training Specialist, for being chosen as the LRC Employee of the Month for June 2011. Zeb has been employed at LRC since August 22, 2002. Zeb is responsible for orienting all new Security Specialists. His co-workers who nominated him stated that he does an outstanding job of ensuring that new employees know and understand their roles in the work areas. This is a vital component for the provision of quality patient care as staff must understand why they are here and what is expected of them.

Zeb demonstrates a vast knowledge of training information that he provides to new employees as well as to long time staff. He is very willing to share this knowledge with others and he creates new methods of delivering the information. This keeps everyone motivated and excited to learn. Zeb is motivated and enthusiastic, and he gets others involved in their commitment to LRC.

Zeb is always willing to help out. He volunteers to do additional Mandt training. He has developed new training agendas for staff working in the patient care areas. He promotes teamwork and always has a positive, open and friendly attitude. He sincerely appears to enjoy his job and to care about LRC staff and patients.

In appreciation of his hard work, Zeb is receiving a gift card to Scheel's. Congratulations, once again, Zeb, and thank you for all that you do!

Kudos—Now That's PCC!

- ◆ **Kudos to Kim Kilgore, Phil Jefferson, and Zeb Moseman** who took Dale Kenny, Ralston teacher and his students around LRC on a tour. Mr. Kenny called to say that the people who led the tour were very professional and did a great job talking about LRC!
- ◆ **Kudos to Building #5 11-7 staff** for doing a great job when flooding occurred in the building the night of May 19. Employees put buckets in place to catch the rainwater coming in and did so with a smile on their face. They assisted Maintenance staff and contractors by letting them in and out of the building several times. This team's ADON, Craig, says that Building #5 has great Security Specialists and nurses who do not always get all of the kudos they deserve. They did a great job working with Maintenance and minimizing the problem as much as possible.
- ◆ And speaking of rain, **Kudos to Building #14 3-11 and 11-7 shift** who helped monitor offices and clean up when the rain came through the roof in Building #14 on June 20. Team Leader Suzanne Hart did a great job of contacting the necessary people to keep supervisors informed. Staff worked to minimize the damage and harm to staff offices, and maintained the mayhem! **Kudos also to Mark Craft, Maintenance Manager, all Maintenance Staff and Terri Harmon, Housekeeper**, for all their help in fixing the problem and cleaning.
- ◆ **Kudos to Building #3 staff** for having their disaster equipment and radios ready and on alert for possible storms on Monday, June 20.
- ◆ **Kudos to Becky Roberts** for helping out when LRC needed a beautician for our patients.
- ◆ **Kudos to Fernando Sotelo** in Housekeeping for assisting staff during patient interventions by getting furniture out of the way. He does a great job. He also tries to console and comfort patients by patting them on the back.
- ◆ **Kudos to Building #3 staff, Lori Ditson, Amanda Laurenceau, and Justin Major** for the PCC they showed in a recent intervention in Building #3.
- ◆ **Kudos to Sheryl Oberheu** for helping a Dietary staff member push a cart to the front of Bldg. #14 in the torn up parking area (construction woes). Sheryl was on the way to her car but changed direction and took time to help her co-worker.
- ◆ **Kudos to Caitlin Sabatka** for managing Building #14 1st floor Therapeutic Recreation needs during a co-worker's maternity leave.
- ◆ **Kudos to Building #5 Team Leaders and staff** for coming up with a plan to kick off a PCC campaign in their building. Monday Madness Days will be held once a month to hold fun activities to involve staff in PCC!

Are You Tired of the Construction Yet?

It's been a couple of months since we had our last newsletter as our publisher, Linda Jiskra, was out of the country visiting the Czech Republic at the end of May. Look for Linda's story about her trip in this edition. And then, June flew past and here we are at the 4th of July and 2011 is already half over. It seems like we were just dealing with snow. What we are all dealing with right now, in every building, is construction. So, I want to give you an update so that you will know what's going on in the other buildings and that you are not alone in dealing with the miseries of renovation work.

If you work in Building 5, you probably think the construction is never going to end. The ADA renovations to Building 5 which include the installation of an elevator to the second floor, renovations to the patient living units and renovation of the front entrance to make the building ADA handicap accessible are still nearing completion. I say "still" because this project was supposed to be done in January, and then June, and now it looks like it will be October. The front entrance is complete. The elevator is complete and operational and the outside yard is again useable. Most of the entranceways are done. Two units are complete to include the renovations to the bathrooms and an ADA ramp in one of the units. As each of the living units is completed, we have had to move patients in a hop scotch fashion in order to keep one unit open for renovation. When all of the units are complete, we will have to decide what our total bed capacity will be in Building 5 and across campus.

To say that the contractor has run into some unanticipated complications with Building 5 is an understatement. However, when you have a building like Building 5 which is around 60 years old, you're going to have surprises with changes that have been made through the years. But, with the replacement of the windows last year and these upgrades, the appearance of Building 5 is looking much better.

Also, if you have been displaced from the annex that was behind Building 5, you probably think some mean joke has been played on you and we tore down the old annex and are not going to build a new one. Fear not, construction of the new annex should start soon and will be complete by October which is not even close to the 4th of July date I gave you earlier this year.

We have finished the renovations to the security center in Building 5 and are almost finished with the installation of the last several sets of cameras and digital upgrades. Again, these improvements are being made with funding from operations which

we are able to do because we have made changes to the way we do things over the years.

Meanwhile, over in Building 3, we are dealing with another major renovation project in the replacement of the windows throughout the building. This project is about 50% complete and should be done in a couple of months. The new windows are the same type that we installed in Building 5 last year. Not only are the new windows safer but they are also much more energy efficient which will help us save on fuel costs to heat and cool the building.

In Building 10, we are nearing completion to an upgrade to the heating and ventilation system. This project has not been as disruptive as the ones in Building 3 and 5 where we have had to manage patient care around the construction work. However, having construction workers moving about the building is distracting. I know that this has been difficult in every building and I appreciate all of your extra work while these projects are underway.

And finally, if you work in Building 14, you must be getting used to, or sick of, the smell of tar. Last month, we began a roof replacement project which will take another month or so to complete. Again, we have had some surprises with this project as some of the employees on the third floor have found out when their office ceilings started leaking. When this project is complete, the contractor is responsible for the repair of the driveway in front of the building which got torn up by heavy equipment lifting the materials onto the roof.

So, you can see that there is a lot of activity going on all around campus. These projects will make our operations more efficient and safer. I know it is a hassle while all of this is happening, however, the fact that we are able to make these improvements speaks to the value of our facility to the State and the quality of the work we do here.

All of this construction is kind of like the joys of home ownership. There is always something that needs to be fixed or repaired. My wife reminds me to just be happy that I have a house to worry about unlike so many other people across the country who have lost theirs to tornados or flooding or fire. I hope all of you are having an enjoyable summer because before you know it, we'll be dealing with snow again.

Travel Log.....by Linda Jiskra

Some of you may have heard that I took a recent trip to Europe, to the Czech Republic, to see the land of my ancestors, with Dan and with my parents. My parents had been there before but wanted to go again, and as my father now has limited mobility, Dan and I went along to help. The trip was very adventurous for us, and I'd like to share some of the highlights with all of you.

First of all, let me say that Prague and some of the other cities we visited were not very accessible to people with mobility problems. We rented a wheelchair as we knew the trip would involve much sight-seeing with a lot of walking. Now the historic old town squares in most of the cities we saw are made up of cobblestone streets and sidewalks, and we quickly found out that wheelchair tires are not a good fit for cobblestones. On the fourth night of our stay in Prague, we were pushing my father in the wheelchair back to the hotel after dinner, and the front left wheelchair tire got stuck in a rut between the cobbles. The tire partially came off of the rim and Dan and I had to together steer the wheelchair three blocks back to the hotel in the rain. The hotel Maintenance staff pried the tire back onto the rim the next morning and we were back in business. Isn't that something? I go halfway around the globe, and gain an even greater appreciation for Maintenance folks of the world! They truly make operations run smoothly.

Wheelchair accessibility options for us included entering back doors to museums and using utility or staff elevators. Some museums had a rail lift that moved a platform holding my dad in the wheelchair up the staircases. Some places just put makeshift wooden ramps on small flights of 3 to 4 stairs. Very curious! And then there was the bathroom with the wheelchair accessibility sign that was located in a castle courtyard atop a very steep hill of course. If you can get up the hill, there's an accessible bathroom for you! Oh, and by the way, public bathrooms are not free in Europe. Be prepared with the right currency.

Each day brought new puzzles to solve, such as calculating the currency exchange rate, navigating foreign airports, learning the public transportation system, interpreting foreign road signs, figuring out complicated parking meters, and mainly just finding our way around in a country where English-speaking folks are few and street name signs are posted on the corners of buildings.

Throughout the 10 days that I was there, I ate plenty of traditional Czech food, visited historic places in Prague and nearby cities, poked around cemeteries looking for ancestral stones, and learned more about the history of the Czech Republic prior to and after WWII. The Land of the Bohemian Crowns was ruled by Austria and Hungary until 1918 when it briefly became its own country, Czechoslovakia, until being taken over by Nazi Germany prior to WWII. After WWII, Czechoslovakia was ruled by Communists from 1946 until December

29, 1989. From November 16, 1989 to December 29, 1989, a month-long peaceful demonstration involving thousands of Czech people was held in Wenceslaus Square until Russian President Gorbachev agreed to end Communism in this country. Czechoslovakia separated peacefully into two democratic countries in 1993, the Czech Republic and Slovakia.

My trip overseas reinforced my belief that people are basically the same everywhere you go. The Czech people have lived through multiple changes in their government in the last 70 years, and more than a century of oppression. The country is now a very young country and one with more hope and prosperity than its people has seen in generations. But the people in Prague are the same as us – very busy working hard to make a living. There are helpful service employees and not so helpful service employees. There are those with smiles on their faces and those with rude demeanors (particularly at Tesco, the European version of our Wal-Mart!). The hotel staff I will remember the most was an older man, a porter, who lived through very hard times in his country under Communism. This man always smiled and took special care when opening the accessible back door for my father. This man always took time to ask my parents how they were doing, and what kind of fun they had on each day. This man was the "PCC" employee who I'm sure has never even heard of PCC. I am very grateful to have had the opportunity to take this trip and also very thankful for people along the way who helped make some of our many challenges a little easier and our stay very comfortable, which I believe is the goal of PCC and the goal of all people working in the service industry, anywhere on the globe.

The LRC Reality Check is starting a new feature for the summer, Travel Log, where employees can submit their travel stories!





People Dealing with Flooding are Experiencing Stress

The flooding in the eastern and western parts of the state is causing disruption and turmoil for many Nebraskans. In times like these, it is understandable that people experience stress.

Stress is a normal response to events like floods and other natural disasters. People don't know what to expect, and that uncertainty adds to the stress.

Stress can cause physical symptoms, like upset stomach, headaches, and muscle tension. But everyone experiences stress differently. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

Stress warning signs and symptoms include moodiness, anxiety, irritability, constant worrying, the inability to relax, feeling overwhelmed, a sense of loneliness or isolation, and feelings of depression.

Resilience is the ability to respond positively to difficult situations, to cope with change, and to endure. It involves maintaining flexibility and balance in life during stressful circumstances and traumatic events.

Resilient people eventually recover from severe stress and loss, and return to what is normal for them.

Signs of resilience include optimism, flexibility, self-confidence, a sense of competence, perseverance, feelings of social connectedness, and hopefulness.

Individuals become resilient by developing a capacity to adapt and by reaching out to others for support. Families can be resilient by providing a sense of belonging to one another. It's important for members of a family to feel that when their world is unstable, they have each other.

If you are stressed, try to relax by talking with others or by taking some time away from the flood scene to regroup and to rest. Eat balanced meals on a regular basis and, if possible, get some exercise to unwind.

Getting help when it's needed is crucial to strengthening resilience. If stress is interfering with your day-to-day life or you feel like giving up, get help. Stay in touch with family and friends, find a support network, or talk with a counselor.

If you or someone you know is suffering from stress due to flooding, call the NEMA Public Information Hotline at (855) 211-2453 or (855) 211-2454. The operators can provide you with information on mental health crisis counseling, rebuilding resilience, and available services.

Resources can also be found on the DHHS Network of Care site at <http://www.dhhs.ne.gov/NetworkofCare> or by calling the Nebraska Family Helpline at 1-888-866-8660.

Let's all work on building resilience so that we can meet life's challenges and, with the support of our families and friends, still thrive.

IN MEMORY

The LRC Reality Check Editorial Board would like to extend our sympathy to the family and friends of Michael Pickett, Sr and Wanda Dierenfeld, LRC employees who recently passed away. Memorial trees for Michael and Wanda will be planted in the LRC Arboretum next spring.



Focus on Flooding

Submitted by Leah Bucco-White, DHHS Public Information Officer



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 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. 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

Here's what you need to know about mold - 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.

Flooding Updates

For the latest flooding updates, go to www.nema.gov.

DHHS flood-related information – www.dhhs.ne.gov. Look under "Hot Topics."

Listing of local health departments – www.dhhs.ne.gov/puh/oph/lhd.htm.

June 27, 2011



Please Welcome These New Employees.....By Susie Brown

- ◆ Scott Fosler, On-Call Security Officer
- ◆ Antonio Taylor, SSII, Building #3
- ◆ Wes Pinkston, SSII, Building #3
- ◆ Eric Howard, SSII, Building #3
- ◆ Tim Brown, Food Service Cook, K-Building
- ◆ Julie Hendricksen, Staff Assistant, Maintenance
 - ◆ Justin Waddell, SSII, Building #10
 - ◆ Amanda Sundenn, SSII, Building #5
- ◆ Jessica Scharffenberg, LMHP, Building #3
 - ◆ Jake Johnson, SSII, Building #3
 - ◆ Paul Lamb, SSII, Building #3
 - ◆ Annette Murrell, Patient Advocate
 - ◆ Amanda Owen-Doerr, Patient Advocate
 - ◆ Jennifer Reblin, Barber/Beautician
 - ◆ Mitchell Mansur, Food Service Cook
 - ◆ Lisa Hull, SSII, Building #10

Meet the New Patient Advocates.....By Linda Jiskra

MEET SCOTT, ANNETTE, AND AMANDA AS THEY JOIN SANDY O'MEARA AND MELISSA LEMMER ON OUR PATIENT ADVOCATE TEAM!



Scott Loder: “There are many things I like about LRC, including my friends and co-worker relationships that have stood the test of time, and our true spirit of community, teamwork and unified purpose, making a difference in the lives of those we serve. I like how “we get it a little more right,” everyday! I especially enjoy the Arboretum and all the creatures who make it their home. The groundskeeping guys who maintain it are fantastic! I look forward to the challenges in my new position and want to make a contribution by sharing my experience, strength, and hope. I believe that my former assortment of roles, i.e., Security Specialist I/II/III, Treatment Unit Manager, EOC Specialist/Safety Officer, and Compliance Specialist, have brought me full circle to my position as a Consumer Advocate. I still have a lot to learn after 32 years here at LRC! I value the time I spend with my family and friends, as well as my Sunday morning newspaper “scrunch” time with “Maxine Frances,” my Shih Tzu (I read the paper and she scrunches it!). Reading, cooking, landscaping, travel and golf round out the rest of my recreational past times.

I like how “we get it a little more right,” everyday! I especially enjoy the Arboretum and all the creatures who make it their home. The groundskeeping guys who maintain it are fantastic! I look forward to the challenges in my new position and want to make a contribution by sharing my experience, strength, and hope. I believe that my former assortment of roles, i.e., Security Specialist I/II/III, Treatment Unit Manager, EOC Specialist/Safety Officer, and Compliance Specialist, have brought me full circle to my position as a Consumer Advocate. I still have a lot to learn after 32 years here at LRC! I value the time I spend with my family and friends, as well as my Sunday morning newspaper “scrunch” time with “Maxine Frances,” my Shih Tzu (I read the paper and she scrunches it!). Reading, cooking, landscaping, travel and golf round out the rest of my recreational past times.



Annette Murrell: I have been impressed with how LRC is committed to making our mission and vision statements not abstract concepts, but the foundation upon which we create and carry out our day to day operations. As a person who lives with a mental health condition, it is gratifying to be part of a community where our common goal is to help the people we serve heal and rebuild their lives. Besides being a Patient Advocate, I am the weekend morning announcer for NET Radio, Nebraska’s National Public Radio station. I’m also a professional singer and a published poet. My hobbies include crochet and sewing. I live with my mother and my college student son.



Amanda Owen-Doerr: I feel fortunate to be a new employee at the Nebraska State Hospital. An interesting fact about me is that my paternal grandmother passed away here in the mid to late 1950s after she was diagnosed with mental and physical health disorders. My grandmother was committed to LRC by my grandfather and she was only 34 years old when she died. Considering this unique personal history, I find the strides that the Lincoln Regional Center has taken from the days of its inception to the present that encourage progressive treatments and also facilitate empowerment and hope for a healthy future truly inspiring. A few of the many things I enjoy are biking, traveling (local, within the U.S., and abroad), cooking, music, and art. I look forward to spending time out on the grounds of LRC, becoming familiar with the plants and trees that live here. I had no idea what a spectacular campus this was!

I feel fortunate to be a new employee at the Nebraska State Hospital. An interesting fact about me is that my paternal grandmother passed away here in the mid to late 1950s after she was diagnosed with mental and physical health disorders. My grandmother was committed to LRC by my grandfather and she was only 34 years old when she died. Considering this unique personal history, I find the strides that the Lincoln Regional Center has taken from the days of its inception to the present that encourage progressive treatments and also facilitate empowerment and hope for a healthy future truly inspiring. A few of the many things I enjoy are biking, traveling (local, within the U.S., and abroad), cooking, music, and art. I look forward to spending time out on the grounds of LRC, becoming familiar with the plants and trees that live here. I had no idea what a spectacular campus this was!

Kudos to All LRC Blood Donors

On June 8, LRC hosted a blood drive for the Community Blood Bank. The Nebraska Community Blood Bank sent the following thank you letter for all employees who donated. 15 employees donated, and 12 units of blood were collected! Kudos to everyone who participated, and to all who donate blood on a regular basis.



100 N. 84th Street • Lincoln, Nebraska 68505
Toll-Free 877.486.9414 • Ph 402.486.9414
Fax 402.486.9429 • www.don8bld.org

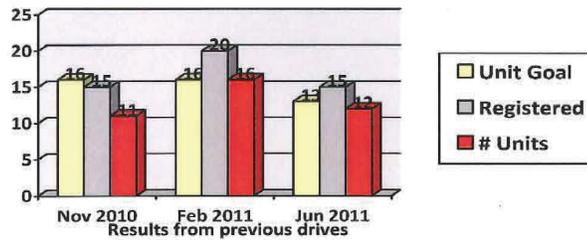
June 17, 2011

Mr. William Gibson
Lincoln Regional Center
P.O. Box 94949
Lincoln, NE 68509

Dear Mr. Gibson,

Thank you for hosting a blood drive June 8, 2011. The Nebraska Community Blood Bank relies on organizations such as Lincoln Regional Center to meet the demands for blood throughout the community. With sponsors like you, we are able to fulfill our mission:

Connecting People-Saving Lives.



With your help, we saw **15 donors** and collected **12 units** of blood, which represents **92%** of your collection goal. **Your organization helped patients in Lancaster, Saline, Seward, Polk, York and Jefferson Counties.** I especially appreciate the efforts of Courtney Hall in coordinating this drive.

Thank you again for allowing your staff to donate during business hours, enabling them to support their community. **Participation in this blood drive represents 15 hours of volunteer community service.**

Sincerely,

Phyllis Ericson
Chief Executive Officer



Theresa has been donating blood since she turned 18. However, May 30, 2007, in a matter of seconds, the generosity of volunteer blood donors became very real. That was the day the former science teacher's Ford Taurus was broadsided by a one-ton pick-up resulting in emergency surgery for life-threatening injuries. Damages included 12 broken ribs, a lacerated liver, a ruptured spleen and two broken neck vertebra. During the course of treatment, Teresa received 24 units of blood, more than twice her body's blood volume. Without a doubt, blood donors saved a life, the life of a fellow blood donor!



Nebraska Community Blood Bank is the registered trade name of the Community Blood Bank of the Lancaster County Medical Society
A FDA Licensed Facility • Member of the American Association of Blood Banks • Member of America's Blood Centers

Strut Your Stuff Winners for May and June..... by Anne Regelean

The Strut Your Wellness Stuff winner for May is the LRC team that participated in the Live Healthy Nebraska Challenge 2011. The LRC Wellness Committee would like to recognize Brian Olmer, Nina Anderson-Trumble, Emily Rokusek, Jodi de la Concha, and Anne Regelean. Each team member logged their total minutes of activity throughout the 100 Day Challenge. The teams from LRC were part of a larger State of Nebraska group. The goal of the challenge is to increase activity each day and get out now and move. Congratulations to these LRC employees for increasing their activity levels and for continuing to make healthy living choices!



The Wellness Committee would like to recognize Kevin Nelson as our June “Strut Your Wellness Stuff” winner! Kevin was nominated by Courtney Hall for his commitment to riding his bicycle. Kevin now rides three to four times per week, for one to two hours each ride. He decided to take up cycling to save on gas money and to get some exercise and he’s now enjoying the benefits from it! Kevin reports that one of his favorite things about riding his bike is that it is so lightweight and easy to ride. Congratulations to Kevin on making healthy lifestyle changes and sticking to it. Way to go!



Walk This Way.....by Nina Anderson-Trumble

Do you take walks on campus during your breaks? Why not join the Walk for Wellness Walking Program located on the LRC Campus? Get a group together and become each other’s motivation. You can also count any healthy exercise activity that you participate in in your home or community. When you sign up, you will receive a log book, an LRC map, and information on walking and staying active. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the newsletter. To sign up, contact Nina Trumble at 5279 or at Antonia.andersontrumble@nebraska.gov.

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Laurel Hadley	330 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Emily Rokusek	1221 miles
Susie Brown	1740 miles
Crystal Buhrmann	2975 miles



BLDG 5 KICKS OFF PCC SPIRIT WITH MAD MONDAYS



BUILDING 5 IS WHAT PCC IS ALL ABOUT!!!

To get in the spirit and show the other buildings that they are not playing around when it comes to PCC, they plan to set the tone for the campus. Building #5 is challenging the other buildings to step up their game and get in the spirit! To kick it up a notch, Monday Madness Days will be held in Building #5 (and any other building wanting to participate) with fun activities like this “Red Out Day” held on June 20! Upcoming activities will include Whacky Hair Day. Watch for the emails on this, get involved, and show your PCC spirit!

HR Corner.....by Sharon Ziers

Welcome to your new Benefits/Insurance Plan Year, which started on July 1, 2011 for all state employees that completed Open Enrollment in May. I would like to pass on the following reminders to all of you:

1. Be sure to review your July 13, 2011 paycheck closely to confirm that all of your deductions are correct.
2. Go to “Current Elections” in NIS/Employee Self Service to review your current elections.
3. No new Blue Cross/Blue Shield cards will be mailed to you unless during Open Enrollment you elected a different BC/BS plan than you had the year before OR if you had a change in dependents. Regardless, if you want new BC/BS cards, you can call BC/BS at 1-800-642-3022 to request new cards.
4. Stay well, and if you have additional questions regarding your benefits, you can call (402) 471-9141 and Pam Bretos will assist you.



Around the Web.....by Tom Schmitz

Father’s Day fell in the month of June as well as Men’s Health Week. June and July also mark a halfway point in the year, which means it is time to evaluate your progress on the health resolutions you made six months ago.

An excellent site for men to do this is at: Men: Take Charge of Your Health [[http://www.healthfinder.gov/prevention/Print Topic.aspx?topicID=74](http://www.healthfinder.gov/prevention/Print%20Topic.aspx?topicID=74)]. This is an easy to read article from the Office of Disease Prevention and Health Promotion.

The article has a short Men’s Health Quiz and many tips for improving your wellbeing. There are also links to mini screening tests and information on blood pressure, cholesterol and colorectal cancer. So please invest a few minutes in yourself and your family by reviewing your health needs at this site by the National Health Information Center.



Retirements.....by Linda Jiskra

The LRC Employee Recognition Committee would like to wish Judy Grabow, APRN, Lewis Prue, Food Service Worker, and Chris Lyford, Morton School Teacher, a happy retirement.

Judy retired from LRC on May 5, 2011. Lewis Prue retired from LRC on June 28, 2011, and Chris Lyford retired from LRC on June 30, 2011.

While Judy and Lewis decided to leave quietly without a retirement party, Chris chose to have one. A retirement party for Chris was held at the Whitehall campus on June 21, 2011 with Whitehall youth and employees attending to give Chris a great sendoff. Chris received several notes and cards from the Whitehall youth.



Off The Record.....by Audrey Kelly

Congratulations to Diana and Jarod Walker, new proud parents of Dakan Colt Walker. Dakan arrived on May 4, 2011 at 9:14 p.m. He weighed 7 lbs and was 19.5 inches long!

Congratulations to Rachel and Matthew Nygard on the birth of their son, Braylen Matthew Nygard. Braylen was born on June 9, 2011 at 1:53 p.m.. He weighed 7 lb. 7 oz, and was 20 3/4 inches long.

Congratulations to Melissa Doncheske, who married Cody and became Melissa Lemmer on June 11. A bridal shower was held for Melissa on Thursday, June 2 in the LRC Administration Conference room.



Check Out These New Books.....by Tom Schmitz

1. Magic Words by Howard Kaminsky
2. The Ultimate Weight Solution by Dr. Phil McGraw
3. Chicken Soup for the Golden Soul by Jack Canfield
4. There Are No Accidents by Roberts Hopcke
5. Dare to Repair by Julie Sussman
6. Pencil Drawings by Gene Franks
7. How Dogs Think by The Stanley Coren
8. How to Do What You Love for a Living by Nancy Anderson
9. Inkheart by Cornelia Funke
10. The Mists of Avalon by Marion Bradley

The Resource Center is open from 8:30 to Noon and 1:00 p.m. to 5:00 p.m., Monday through Friday



More Policies for Your Perusal.....by Linda Jiskra

It may be summer but the Policy Committee is taking no vacation from reviewing and updating the Policy Manual. Here are the policies that were revised in May and June:

- ◆ LD-10 (LRC) Conflict Resolution
- ◆ EC-Security-08 (LRC) Patient Body Search
- ◆ EC-Emergency-04 (LRC) Bomb Threat Response
- ◆ EC-Safety-12 (LRC): Lock-out/Tagout
- ◆ EC-Hazard (LRC) Preconstruction Risk Assessment
- ◆ EC-Security-07 (LRC) Room Search Policy Contraband List
- ◆ EC-Security-17 (LRC): Camera Surveillance
- ◆ HR-23 (LRC) Employee Dress Code
- ◆ HR-23a (Whitehall) Employee Dress Code
- ◆ HR-32 (LRC): Staff Sleeping During Work Time
- ◆ HR-46 (LRC) New Policy: Ensuring Safety and Security
- ◆ IC-01 (LRC) Infection Control Program
- ◆ IM-16 (LRC) Accounting of Disclosures of Protected Health Information
- ◆ IM-21 (LRC): Patients Requesting to View/Copy Protected Health Information
- ◆ IM-27 (LRC): Release of Information from Patients' Record
- ◆ IM-28 (LRC) Documentation Guidelines
- ◆ MS-03 (LRC) Disaster Credentialing
- ◆ MA-07 (LRC) Principles and Guidelines for Hospital Billing and Collection
- ◆ MA-08 (LRC) Reimbursement Procedures
- ◆ MM-05 (LRC) Pharmacist Review of Prescriptions and Medication Orders
- ◆ PC-10 (LRC) Riot Control Procedures
- ◆ PC-20 (LRC) Pet Visits
- ◆ PC-13a (LRC) Absent Without Authorization and Unauthorized Leave
- ◆ PC-13b (Whitehall) Absent Without Authorization
- ◆ PC-25 (LRC) Laboratory, Pathology, Critical Lab and Medical Services
- ◆ PC-27b (LRC) Ongrounds Privileges and Supervision of Patients
- ◆ PC-42 (Whitehall) Education Policy
- ◆ PC-63 (LRC) Fall Prevention Policy
- ◆ PC-69 (LRC) Hand Hygiene
- ◆ PC-70 (LRC) Standard Precautions
- ◆ R1-08 (LRC) Organ/Tissue Donation
- ◆ R1-14 (LRC) Visiting
- ◆ R1-14b (Building #14) Visiting Procedures
- ◆ R1-29 (LRC) Disposition of Patients' Personal Funds/Belongings after Death or Discharge
- ◆ R1-31 (LRC) Social Security Funds

A copy of monthly meeting minutes for Policy Committee will now be emailed to all employees so they will know what policy revisions were made!



Five Star Metric Drill Down.....by Linda Jiskra

Does everyone remember the second 5-Star Metric survey LRC employees took in February this year? Have you wondered what becomes of survey results? Have you thought to yourself, “oh it’s just another survey, nothing will come of it anyway and we’ll never hear anything about it?” Well, I’m here to tell you this is not the case. All LRC managers have been meeting monthly (every 3rd Thursday at 1:00 p.m. in the All Supervisor Meeting) to analyze the survey responses and brainstorm solutions to questions on the survey that received lower than desired responses. The supervisors are starting with the survey questions that generated the lowest response, reviewing these responses with employees, and taking the responses back to their All Supervisor Meeting. Look for the minutes of these meetings on the shared drive.

The first three survey responses the supervisors have reviewed are: “*At work, I get chances to understand why decisions are made the way they are,*” 2) “*At work, communication is open and honest,*” and 3) “*Things get done efficiently at work.*” The supervisors have taken feedback they obtained from meetings held with their employees on these three survey responses, and have shared them with the larger group of LRC supervisors. During the June All Supervisor Meeting, the supervisors realized that policy revisions were not being communicated to employees in a timely fashion, and employees often were not aware of why some policy changes occurred. In response to this, a decision was made to email the Policy Committee minutes to all LRC employees within one week of the Policy Committee meeting. The minutes will describe what changes are being made to the policies and the reason for the revisions.

The supervisors will continue to drill down on the Five Star Metric survey results until they have obtained feedback and brainstormed solutions for each survey response. It will be very important for everyone to share their feedback with their supervisors, and discuss ideas for how to improve communication, how to improve efficiency, and keep each other informed of how and why decisions are made. One thing the supervisors are learning in this process is that we (meaning all LRC employees) are all in this together, so please share the input that you have!



June/July Trivia Pursuit Questions.....by Jane Ahl

This month’s questions focus on Nebraska travel trivia!

- 1) Carhenge, the Stonehenge of Nebraska, is in Alliance. How many cars does it have in a circle? a) 102; b) 79; c) 38; d) 12.
- 2) My Antonia, Death Comes to the Archbishop, and My Mortal Enemies are all books written by author Willa Cather. Where can you find her childhood home? a) Red Cloud; b) Blue Hill; c) Alliance; d) Mitchell.
- 3) A 20-foot high granite monument to the Civil War soldiers of Nebraska is in what Nebraska town? a) Grand Island; b) Adams; c) Beaver; d) Superior
- 4) At 5,424 feet above sea level, it is the highest point in Nebraska. Where is it? a) Indian Caves Park; b) grounds of Fort Calhoun; c) Princess Blue Hill Grave; d) Panorama Point outside of Kimball
- 5) Happy Jack Salt Mine is always a cool 56 degrees! Where is it? a) Comstock; b) Davenport; c) Lebanon; d) Scotia
- 6) At the world’s largest rail yard, you have a 360 degree view from an enclosed 8th floor at the Golden Spike Tower. Where is it? a) Chadron; b) Valentine; c) North Platte; d) Republican City.
- 7) This National Historic monument on the Oregon Trail in Bayard is one of the wonders of the West. What is it? a) Ainsworth Courthouse cenotaph; b) Chadron State Park; c) Chimney Rock; d) Civil War Cannon in Gage County
- 8) Agate Fossil Beds is a National Monument on the Niobrara River. What town is it close to? a) Harvard; b) Harrison; c) Huntley; d) Holdrege
- 9) The Homestead Act of 1862 helped develop Nebraska. Homestead National Monument is four miles from which city? a) Lincoln; b) Kearney; c) Oakland; d) Beatrice.
- 10) The Gerald R. Ford Conservation Center in Omaha is located in what park? a) Zorinsky Lake Park; b) Hanscom Park; c) Harvey Oaks Park; d) Mandan Park



LRC Recipe Box.....by Theresa Hansen

Southern Fried Chicken: An American Recipe

Ingredients: 2 1/2 to 3 lb. chicken, cut up
 Salt
 1 cup flour
 1/2 tsp. cayenne pepper
 1 cup vegetable shortening

 3 cups buttermilk
 2 onions sliced thin
 3 tsp Kosher or sea salt
 1 tsp. cracked black pepper
 1/2 cup butter



Preparation: Step 1. Place chicken in bowl and sprinkle with salt and let set for two hours. Step 2. Remove salt by rinsing with water. Step 3. Place chicken back in the bowl and cover with onions and buttermilk. Step 4. Cover and refrigerate overnight. Step 5. Place flour, salt (3 tsp), cayenne and black pepper in a paper or plastic bag and shake to mix. Step 7. Drain chicken and place in bag one piece at a time. Shake to coat with flour mixture. Step 7. Repeat until all pieces are coated and leave to dry and come to room temperature. Step 8. Melt shortening and butter in large skillet over high heat. Add chicken and cover. Step 9: Lower heat to medium and cook for 10 minutes, then turn and cook for 8 minutes. Step 10: Pile on a serving platter and everyone, take a piece of this great fried chicken. Tip: take a quick peek at the chicken after 6 minutes to make sure your heat is right to get a golden brown chicken after 10 minutes on that first cooked side. Adjust the heat up or down as needed.

Classic Strawberry Shortcakes

Ingredients: 1 quart (4 cups) strawberries, sliced
 2 1/3 cups Bisquick mix
 3 Tbsp. sugar
 1/2 cup whipping cream

 1/4 cup sugar
 1/2 cup milk
 3 Tbsp butter or margarine, melted

Heat oven to 425 degrees F. In large bowl, mix strawberries and 1/4 cup sugar; set aside. In medium bowl, stir Bisquick mix, milk, 3 Tbsp. sugar and the butter until soft dough forms. On ungreased cookie sheet, drop dough by 6 spoonfuls. Bake 10 to 12 minutes or until golden brown. Meanwhile, in a small bowl, beat whipping cream with electric mixer on high speed until soft peaks form. Split warm shortcakes; fill and top with strawberries and whipped cream.



Pepperoni Pasta Salad Recipe

Ingredients: 2 cups uncooked tricolor spiral pasta
 1 cup coarsely chopped cucumber
 2 green onions, chopped
 1/2 cup zesty Italian salad dressing

 1 cup cubed cheddar cheese
 1 small tomato, chopped
 28 pepperoni slices



Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, cheese, cucumber, tomato, onions and pepperoni. Add salad dressing and toss to coat. Cover and refrigerate until serving. Yield: 4-6 servings.



LRC Reality Check Editorial Board

Linda Jiskra—Editor—479-5388

Audrey Kelly—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

Susie Brown— 479-5432

LINCOLN REGIONAL CENTER DHHS

Lincoln Regional Center
PO Box 94949
Lincoln NE 68509-4949
linda.jiskra@nebraska.gov
(402) 479-5388

Reality Check Mission Statement:
Publish an employee-generated newsletter that is interesting,
entertaining, and promotes open communication at LRC.



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 and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month's contributions go to: Director Scot Adams, Leah Bucco-White, DHHS Public Information Officer, Sharon Ziers, Diana Walker, Rachel Nygard, Scott Collier, Marilyn Olsen (Red Day photographer) Anne Regelean, Susie Brown, Tom Schmitz, Theresa Hansen, Melissa Lemmer, Scott Loder, Annette Murrell, and Amanda Owen-Doerr.

May Trivia Pursuit Answers.....by Jane Ahl

Last months' trivia questions were related to Cinco de Mayo!

1. *Ecuador* does not border Mexico.
2. *Mexico City* is the capital of Mexico.
3. If you were going snorkeling at Cancun, you would snorkel at the *Mesoamerican Reef*.
4. Mexico celebrates May 5th to *commemorate the Battle of Puebla against the French Army*.
5. Pazole is *corn stew*.
6. The main religion of Mexico is *Christian*.
7. The traditional shape of a piñata is a *star*.
8. All of the following cultures were in Mexico before the Spanish: *Maya, Toltec, and Aztec*.
9. Menuto is *soup made with beef stomach*.
10. A reboza is a *shawl or a scarf*.

Have a great summer, LRC!!!

