



LRC REALITY CHECK



Rosa Galdamez is the April 2010 LRC Employee of the Month



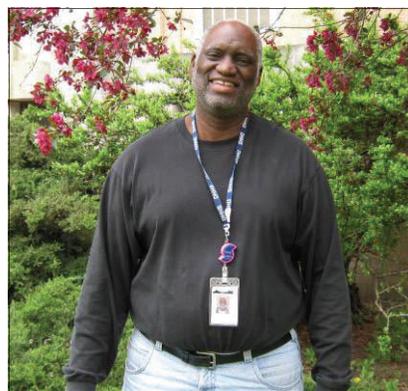
Congratulations to Rosa Galdamez, Housekeeper, for being selected as the LRC Employee of the Month for April, 2010. Rosa was hired at LRC in May, 2008. Co-workers who nominated Rosa state that she goes out of her way to make people happy. She keeps the environment clean, and “clean” makes people happy. Rosa always responds to the needs of staff and patients, and does so with caring and with kindness. Her abilities show every day as the environment of care looks excellent as a result of her efforts.

Rosa’s co-workers say that she is always kind to others and she creates a warm atmosphere around her. She is always pleasant, always smiling, and never complains, even when she is approached with immediate housekeeping needs. Rosa is very positive and also willing to help out in areas that do not pertain to housekeeping tasks. She works indirectly with patients when cleaning their rooms and other areas in which they live, and she is an excellent role model. Rosa has done a great job in keeping patient rooms and the overall unit in Building #10 clean, which is not an easy task given the unit has 35 patients, some with self-care needs.

Congratulations again, Rosa, and thank you for all of your hard work!!



Phil Jefferson is the Employee of the Quarter



Congratulations to Phil Jefferson, Training Specialist, for being selected as the LRC Employee of the Quarter for the first quarter of 2010.

Since Phil’s employment date of November 13, 1984, he has proven to be a valuable employee. Phil’s co-workers state that he is very conscientious about how he teaches new employees. He is thorough with the material he presents to new employees so that when they are on the units, they are well equipped to do their job and help patients make improvements. When Phil is on the units, he is careful to take a personal interest in the patients with whom he interacts.

Phil’s co-workers state that Phil has never met a stranger. Employees who have had contact with Phil are encouraged by his caring, positive demeanor towards them. He has a way of exuding care and concern for anyone who makes contact with him. Phil naturally takes a personal interest in the well-being of his co-workers. He makes time to genuinely listen and talk to people.

Phil creates a positive work environment by simply being positive. His smile and signature laugh are helpful in brightening the day.

Thank you, Phil, for all of your hard work, and once again, congratulations!

Who Are We and What are We Doing

At the end of my article last month, I used a football analogy to try to explain where we are as an organization at this time. Many of you have commented that you could relate to that comparison. I have said that for the last five years we have been on defense with all of the external pressures like Immediate Jeopardy that we have had to address. We have been constantly reacting to things that have happened. We have had to move patient populations around to different buildings to accommodate different facility improvement projects. We have made numerous personnel changes, the latest being making all patient care staff on West Campus Security Specialists IIs and implementing the Team Leader positions. For almost two years, we have not had a citation from CMS. We have improved safety and filled staffing vacancies while remaining within budget. Now, like Bo Pelini and the Huskers, we are going to get to play some offense. Sometime in the next year we will have an accreditation survey from JCAHO. To make sure we do well on this survey, we need to be on offense.

In February, I focused on the current trends in our statistics on peer to peer abuse, restraint and seclusion and client related employee injuries. These are defensive statistics. I also touched on enhancing active treatment in our work with Dr. Fields. We know that peer to peer abuse and restraint and seclusion are directly tied to active treatment. The better the active treatment, the less inappropriate peer to peer interaction we will have and correspondingly, the less restraint and seclusion we should have. The less restraint and seclusion we have, the safer it is for everyone. Three out of four injuries, big or small, that happen to patients and staff, occur during an episode of putting someone in restraint or seclusion.

Even though we passed a CMS B-Tag survey on active treatment last September, we have room for improvement. While there is nothing wrong with our active treatment protocols, we have to ask ourselves, can we do better. During Dr. Fields last visit in March, we discovered that we need to expand our thinking beyond the nuts and bolts of what active treatment is, to what the focus of our patient care should be in the future. This is a far more reaching undertaking. We need to rethink the role of the patient in their care and how all of the different disciplines contribute to that experience. We need to have a more patient center focus in our approach to treatment. We need to assess our current practices, identify desired improvements and develop measurements to gauge the improvement in what we do. These are offensive statistics. In order to make changes on offense, we need to decide what we want to accomplish.

If you look around your building, somewhere you should find a frame with the LRC Mission and Vision statement in it. If you read it, you will probably ask yourself where that came from. These statements do not reflect who we are as an organization today and do not inspire us to be something better. We need to update these statements to reflect where we want to go as an organization, who we want to be and what we want to do. We also need to develop principles that support our Vision. A couple of years ago we developed Operating Principles for how we wanted to act as employees. We need a set of principles, based upon new Mission and Vision statements to define what kind of care we want to provide. To develop a new Mission and Vision Statement and Principles of Care will be an organization wide effort and it will involve all of us. It will take time to accomplish. The Principles of Care must be measureable and, over time, will provide us with our offensive statistics about how successful we are at improving patient care.

One of our efforts to improve patient care is the Team Leader positions. This change has put more decision making for patient care in the hands of those of you working on the unit with the patients. The first group of Team Leaders has been on board for about six weeks. As expected, there have been many questions about their role in the organization. I remain committed to making this endeavor a success because I believe that these positions are vital to taking the quality of care provided at LRC to the next level.

While we are working on developing our new offense, we will be continuing make improvements to our environment to include:

- Finish the renovations to the security center in Building 5, complete the installation of cameras across campus and centralize the video monitoring system
- Begin the ADA renovations to Building 5 to include the installation of an elevator to the second floor, renovations to the patient living units and front entrance to make the building ADA handicap accessible
- We will also be adding an improved Kronos badge reading system to replace the outdated phone clocking system
- And always in the forefront, continue to improve safety.



Tu Nam is the Supervisor of the Quarter.....



Congratulations to Tu Nam, RN Supervisor, for being selected as the Supervisor of the Quarter for the first quarter of 2010. Nam was hired in June of 1975 and since that time, he has proven himself to be a valuable employee at LRC. Employees who nominated him state that Nam makes time in his busy schedule to talk to patients when he is on the unit. The patients look to him for advice and encouragement. Nam is very social with all of the patients and he can talk to them about anything they wish to talk about. He actively listens to the patients' concerns and addresses their concerns whenever he is able to. He is a positive role model and the patients know that he expects the same from them.

Nam is active on the Seclusion and Restraint Reduction Committee. He has also been active in reducing peer to peer abuse incidents in Building #5. He gives positive reinforcement to employees who are working to reduce incidents and he assists in providing training regarding this need. Nam helps complete reviews of incidents, during which alternatives to past procedures are found, and this helps reduce client-related

employee injuries.

Nam is fair and honest with the employees he supervises, as well as reasonable and supportive. His expectations regarding safe patient care are very clear. Nam leads by example in his daily activities at work and outside of work. In addition to these traits, Nam is quick to resolve conflicts that may arise. He lets people know they are doing a good job and he holds people accountable. He is energetic when teaching and orienting new staff, and when retraining employees who may need further training. Employees Nam supervises state that having a supervisor who is there for them is reassuring and very much appreciated.

In appreciation of his hard work, Nam received a gift card to WalMart. Congratulations, Nam, and thank you for all that you do!



HIM Department is the Team of the Quarter.....



Congratulations to the HIM Department for being selected as the Team of the Quarter for the first quarter of 2010. Team members are Jane Ahl, Marilyn Bailey, Leah Becker, Vickey Bulin, Sue Childress, Diane Ellis, Carol Harris, Nancy Liebers, Meloni Lines, Carol McDowell, Becky Roberts, Betty Szopo, Karen Thaut, and Stacey Wiltshire!

As a team, the HIM Department does an outstanding job of providing services to the patients and staff of the Lincoln Regional Center. Their myriad of duties include providing secretarial support to clinical staff in the units, preparing admission charts for Nursing Services, closing discharged medical records in a timely fashion, auditing charts for deficiencies, tracking deficiency corrections, greeting visitors and answering phone calls, coding medical records for billing purposes, coordinating

admissions, sending out release of information paper work and sending out referral information which expedites patient discharges into the community, preparing reports for the mental health board, entering ETS data, coordinating Avatar needs, and serving many, many other necessary functions. In addition, the HIM staff fill in for each other on the units, and fill in to provide coverage for the Administration switchboard. Each of the HIM staff has a wealth of information and is considered a valuable resource for the program staff. They are always able to answer questions or find materials, or find someone who can answer a question that a co-worker may have, and this is something that each of them is called upon to do every day. They protect patient confidentiality and the medical records every day. LRC relies upon the HIM staff to be the Medical Record "Experts." They are the Administrative Professionals who work tirelessly "behind the scenes" to keep operations running smoothly and effectively.

To Jane, Marilyn, Leah, Vickey, Sue, Diane, Carol H, Nancy, Meloni, Carol M., Becky, Betty, Karen, and Stacey, thank you and congratulations on achieving this honor!!!



Creating a Culture of Wellness for Our Children, for Ourselves by Dr. Joann Schaefer



Dr. Joann Schaefer, Nebraska's Chief Medical Officer

As Nebraska's Chief Medical Officer, I am always happy to see Public Health Month make its appearance.

Focusing on creating a culture of wellness can draw attention to and bring awareness of things that can make our health better. We can change the future for our children and increase the quality of our lives.

For wellness in the home, it's simply a reminder of all the things that people and families can do to keep themselves and their kids active and their food choices healthy.

Being active on a regular basis is important. Communities across this state have continued to look at options and work with local health departments and other organizations to increase outdoor activities. Bike trails, walking trails, events to get families outside and active are things communities can do to help create wellness. Wear a pedometer and make sure you take 10,000 steps a day.

The benefits of exercise are obvious. Heart and lung health improve, in addition to the wonderful mental health benefits you get from it. Exercise can also enhance the quality of your sleep and reduce your stress level.

Spring has sprung, so get outdoors and make the most of it with the physical activity of your choice.

Besides the importance of physical activity to wellness, there's the need for good nutrition. Part of good nutrition is getting enough fruits and vegetables.

Eating fruits and vegetables is a practice that is developed at a young age, and kids learn what they live. There are very few life-long eating behaviors that pay off as well as the development of a taste and zest for fruits and vegetables, so start them young!

Fruits and vegetables are nearly magical in the vitamins, photochemicals, and fiber they provide us with each serving. This single eating habit can combat many cancers, Alzheimer's, heart disease and diabetes over one's lifetime.

And finally, make sure you get those all-important screenings—breast, cervical, colon, high blood pressure and cholesterol. Not only could they save your life, they can also give you peace of mind.

The message is clear, wellness works, and together we can create a culture of wellness throughout the state.

The Nebraska Department of Health and Human Services Web site, www.dhhs.ne.gov, is a great resource for more information on healthy living.



Strut Your Stuff Award.....by Anne Regelean



Your LRC Wellness Committee will be awarding a "Strut Your Wellness Stuff" winner each month. This is a staff member, nominated by his/her peers, who has improved their overall Wellness. Examples...stopped smoking, losing weight, started a workout, practicing a stress reduction activity...and many, many more.

If you would like to nominate someone for our "Strut Your Wellness Stuff" honor, please call Anne at #5445 or email her at anne.regelean@nebraska.gov.

Our April winner is Emily Rokusek. Emily was chosen by the Wellness Committee for her amazing success in the LRC Walking Program. As of the 3rd week in April, Emily had logged 665.5 miles!! Emily is training for a race this June. She has been running on the treadmill, but now that Spring is here, she is hoping to do more training outside. She also enjoys, that as part of her job, she can take the patients out and go for walks. Emily said, "I thought it would be a good experience to be a part of the Walking Program here at LRC. It gives me a sense of belonging and that helps motivate me on days that I don't feel like running." Congratulations Emily! Keep up the great work!!



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/ staying active. The first 30 people to sign up will receive a free LRC pedometer. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the LRC newsletter! To sign, up contact Nina Trumble at 5279 or Antonia.andersontrumble@nebraska.gov.

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Susie Brown	225 miles
Barb Rebentisch	250 miles
Lori Wieneke	263 miles
Kevin Crable	325 miles
Emily Rokusek	575 miles
Crystal Buhrmann	900 miles



So clip on your pedometer and report your “mileage” to Nina Anderson or Courtney Hall. Get your feet movin’ and get your name on the milestone achievement board! Good luck catching up with these folks!



The LRC Wellness Committee is excited to bring to all LRC employees the Farmer’s Market. The Market will be open Thursdays from May 13 to Mid October from 11:00 a.m. to 3:30 p.m. in the Building #3 Green Space. Please come by and support our local producers!



LRC FARMERS MARKET



Larry Kallemeyn from Porter Ridge Farms in Ceresco will be providing fresh veggies, fresh fruit, and flowers. Selections will vary throughout the season.



Mary Helen Peters will be providing homemade pesto, baked goods and flowers (as available).



WELCOME

New Employeesby Susie Brown

Please join us in welcoming these new employees to LRC:

- ◆ Jennifer Bennetts, OTR, Building #10 and Whitehall
 - ◆ Mark Reys, Security Officer, On-Call
- ◆ Jade Richtarik, Security Specialist II, Building #5
 - ◆ Angela Koch, Security Specialist II, On-Call
- ◆ Alan Jimenez, Psychiatric Technician II, Whitehall
 - ◆ Carol Christensen, Nurse II, Building #5
- ◆ Robin Wathen, Psychiatric Technician II, Whitehall
- ◆ Ivy Schroeder, Security Specialist II, Building #5
- ◆ Megan Neuman, Security Specialist, Building #5

Open Enrollment and NIS.....by Alan Hajek

It's that time of year again. Open enrollment will require you to access your NIS account. If you haven't accessed your account recently, you might need your password reset. Since these requests are processed by Ed and me and sent downtown, the request might take up to 24 hours. I would advise everyone to attempt to access your NIS account as soon as possible to avoid the last minute rush of open enrollment. Please email Ed and me at DHHS.lrchelpdesk@nebraska.gov, or call 5429 to have your NIS password reset.

Open Enrollment ends on May 14, 2010!!



Procrastinate... tomorrow.

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



The Policy Committee continues its thorough review of the LRC Policy Manual to meticulously check for outdated procedures and needed revisions. Here is a list of revised and new policies. Each month you will receive electronic copies of revised policies, with the changes to the policies highlighted. Be sure to review the changes so you can stay informed!

REVISED POLICIES

- EC-Life Safety-03 Use of Tobacco Products
- HR-06 Performance Evaluations
- IM-28 Documentation Guidelines
- MM-04 Medication Inventory
- PC-25 Laboratory, Pathology and Medical Services

- PE-01 Admission Procedures
- PE-05 Interstate Compact on Mental Health
- PE-06 Pain Management
- R1-18 Legal Access

NEW POLICY:

- HR-43 Social Networking

Does God Have X-Ray Vision?.....by Rachel Johnson

I met two of LRC's finest maintenance professionals in Building 10 the other day. As we entered the old X-Ray room, one of them knocked on the door and said, "Not even Superman could find you in here, the room's lead lined." Ha! I'm not worried.

But I am tremendously excited that after a year's worth of searching, our Spiritual Resource Center space has been located and is in process.

Huh??? The old x-ray room???? I know. I'd rejected the idea myself many, many times (hence the year's search). But I was asked to give it a try.

I've always been one of those folks who looks at things and refuses to accept the surface impression. I'd look at an odd piece of old woodwork and think "what could this be?" So much so that my husband threatens to evict me and all my I-haven't-decided-what-I-could-do-with-that-stuff every winter when it comes time to park ONE car in a three car garage.

The old X-ray room is definitely a challenge. However, working with the space has many lessons. One, be a

good steward of what you have. That space has been kind of a "catch all" for files and other stuff since it was last used as an office. The room's openness and high ceiling give it a character that invites itself to be more than a place to put stuff people aren't using or don't know what to do with. It does have its drawbacks, but I've accepted the room's good characteristics and its challenges and have moved to step two, "what could it be?" I'm completely invested in the belief that, with some effort, we will have a welcoming, calming, and nurturing space for spiritual study, centering, and growth.

As a person of faith I think God looks at us everyday and says the same things, "I accept you. I love you. Now grow. Grow into more than you thought you could ever be." Isn't that what draws us into the work we do?

The design in process is not exclusive to only LRC patients. I'm hoping that all staff use its availability as an opportunity for whatever quietness and spiritual exploration you'd like.

There are a couple of "Wish List" items for donation I'd like to pass on. One

major need is large print Bibles, any version is ok. I'd greatly appreciate any gently used Bible, as long as the print is more than a .8 font. Second, the spiritual spaces in development will need indoor plants. Third, I'm also looking for a better-than-beginner guitar.

Another FYI, I've received positive feedback about the Religious Coordinator Resource file on the "S" drive. I will be updating that frequently with articles and information that may help you relate to patients or consider your own spiritual perspective.

I continually find the LRC community rich in wisdom and insight, please drop me a note with any questions or comments.



Perspectives.....by Rachel Johnson

The following is a list of three short perspectives you can find in the Religious Coordinator Resource Files on the Shared Drive.

- First is the article, "***Spirituality and Mental Illness***," focusing on empathizing with the spiritual distresses of others. "People with mental illness are experienced travelers in this sort of terrain (spiritual wilderness). Just as you might purchase a tour book before venturing to a new continent, you may want to get some tips and pointers from people with mental illness—people who have already journeyed somewhere that you have not yet been.
- The second article is "***Faith Intersections: For Buddhism and Christianity, the Path is the Point***." This article describes commonalities between Progressive Christianity and Buddhists.
- The third article, "***The Brain, Duality and Heaven on Earth***" questions the left brain/right brain involvement in spiritual perception. "In 1996, neuroscientist Jill Bolte Taylor suffered a massive stroke effectively incapacitating the left hemisphere of her brain. In *My Stroke of Insight* (Viking, 2006), she describes this experience from the inside. With her mind's inner chatter silenced, she was completely dependent on her brain's right hemisphere functions."



Kudos.....

- **Kudos to all Building #5 staff** for their excellent response on April 22, 2010 when a patient was transported by ambulance to their unit. All staff were prepared to make this admission a smooth transition for the patient. The SSII staff and Team Leaders were ready to assist however they were needed, and everyone communicated well to make the admission go smoothly. Job well done!!
- **Kudos to Building #5 Nursing Service staff** for having no chart deficiencies. The Utilization Review Committee reviewed Build-

ing #5 charts in April and found no deficiencies in Nursing Service progress notes, Nursing Notes, and Special Treatment Plan Reviews.

- **Kudos to Jessi Giebelhaus** for her work in coordinating a benefit for LRC employee, Caryn Gekas. **And Kudos also to LRC employees** who raised \$2,306.00 for Caryn. Special thanks to the bands, Patty Sullivan and Cherrywood, Corvus Diaz and Rolling Sunshine, and Geoff Ramsey and Dude Won't Die. **Thank you to Chad Hohenstein and his brother, Rob,** for donating the food, and for

Chad for donating his labor as a raffle prize. Thank you to the following employees who helped organize the event: **Heidi and Bob F., Amanda V., Angie H., Michelle M., Wendi P., Jamie N., Audrey K., and Billie T.,** as well as many others.



Off The Record.....by Audrey Kelly

- ◆ Klaire Ryan Johnston was born to LRC Pharmacist Kelly Johnston and her husband, Blake, on March 23, 2010. Proud grandparents are Dr. Tatay and Dr. Schwartz! Klaire was 21 inches long and weighed 8 lb., 10 oz.
- ◆ Congratulations to Amy McTee and Mike Meyer, new parents of Grayson Hunter born on April 5, 2010. Grayson weighed 7 lb., 4 oz. and was 20 inches long. Proud grandmother is LRC employee, Deb McTee.

- ◆ Serenity Lynn Polage was born on April 20, 2010. Serenity weighed 5 lb. and 3 oz. Proud parents are Abbie and Jacob. Proud grandparents are Jeff Polage and Cindy Peterson.
- ◆ Congratulations to Kalan and Michael Root on the birth of their son, Quintan Charles. Quintan was born on April 8, 2010. He weighed 7 lb. and 13 oz, and was 19.5 inches long.



Deb McTee and Baby Grayson



LRC Want Ads.....

FOR SALE:

Whirlpool range, white, glass top. \$75.00. Buyer will need to pick up. Call Nina Trumble at 479-5279 or 580-2646.

FOR SALE:

Snapper 6.0 horsepower, self-propelled lawnmower, \$150.00

2 end tables and one coffee table (matching set), natural pine/turned legs, \$120.00

Antique two-door armoire/solid oak, \$400.00

Drop leaf table with turned legs/solid oak, \$85.00

Lane cedar chest/golden oak with key, excellent condition, \$200.00

Call Scott L. at 489-1099.



Coral Wegner Retires.....by Linda Jiskra

The LRC Employee Recognition Committee gave Coral Wegner a retirement party in Building #3 on her last day of employment, April 2, 2010. Best Wishes, Coral!!!



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

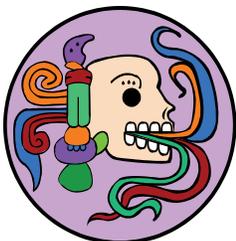
- 1. *Battlefield of the Mind* by Joyce Meyer
- 2. *The Purpose Driven Life* by Rick Warren
- 3. *Things I Overheard While Talking To Myself* by Alan Alda
- 4. *Road Trip: Conversations With Writers* by Shelly Clark and Marjorie Saiser
- 5. *Good Dog. Stay.* by Anna Quindlen
- 6. *A Lucky Child* by Thomas Buergenthal
- 7. *The Greatest Game Ever Played* by Mark Frost
- 8. *1,000 Dollars & An Idea* by Sam Wylie
- 9. *Hot Six* by Janet Evanovich
- 10. *Anybody Out There* by Marion Keyes

RESOURCE CENTER

Mon -Fri. 8:30-12, 1-5 Bldg. #10



Cinco de Maio Celebration..... By the Diversity Committee



DATE: WEDNESDAY, MAY 5

WHERE: BLDG. 10 PATIO

TIME: 11 A.M. to 1 P.M.

Lunch is provided by the Diversity Committee—
feel free to bring an appetizer or dessert!

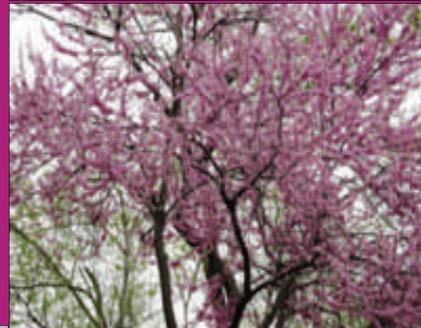
This event is sponsored by the Diversity Committee.





The LRC Arboretum in Spring

Photos by LRC Patients in Buildings #14, 10, & 3!





Ah, springtime is finally here: The birds are singing, the buds are blooming and you feel miserable due to the pollen count and your allergies are kicking

in.

But don't despair in the open air; there are many tips and practices to ease or prevent the symptoms of this seasonal affliction. Medline Plus has a full webpage that is geared to put you back on the path for enjoying the signs of the season. Just follow this web address for the latest news and treatments. <http://www.nlm.nih.gov/medlineplus/allergy.html>

Consider these tips to prevent symptoms before the allergy season kicks into high gear:

- Don't assume you know exactly what you are allergic to. More than two-thirds of people who think their allergies only occur during the spring season actually have year-round allergies.
- Don't buy over-the-counter medications that don't alleviate allergy symptoms. Consult an allergist to determine which treatment options are best for you. Immunotherapy using nasal spray or shots may even cure allergies permanently.
- Don't wait until symptoms start to take allergy medications. Before the spring allergy season starts, begin taking a medication that's worked for you in the past.
- Take steps to avoid allergy triggers. Experts suggest that if you are allergic to pollen, keep your windows closed, take a shower after being outside and avoid going out in the middle of the day when pollen counts are highest.
- If raw or fresh fruits or other foods aggravate your allergy symptoms -- making you sniffle and sneeze and your mouth, lips and throat get itchy -- you may have oral allergy syndrome. This condition affects about one-third of seasonal allergy sufferers.



If a Valley Vending Service (VVS) machine malfunctions, please call either 1-800 number on the machine or call 477-9700, and let them know the issue and the location of the machine. Valley Vending will send a representative out very quickly—often within the hour. If you have a suggestion or request for vending machine selections, please contact Gayle Resh at 5272.



Reality Check Trivial Pursuit.....by Jane Ahl

1. What is the best time to plant potatoes? a) The last week in June, b) two weeks before the last frost, c) three weeks after the last frost, d) in the fall
2. What are the three main ingredients in fertilizer? A) magnesium, iron, carbon, b) sodium, calcium, magnesium, c) phosphate, iron, aluminum, d) nitrogen, phosphorus, potassium
3. Which of these flowers is not a perennial? A) petunia, b) hydrangea, c) daisy, d) blue bonnets
4. What ingredient is not broken down into organic material and is not helpful to put in your soil? A) rotted manure, b) banana peels, c) plastic bags, d) grass clippings.

5. According to the Farmer's Almanac for 2010, what should you do on May 1-3? A) plant onions, b) plant peppers, c) do no planting, d) plant strawberries
6. What month do crocus bloom in? a) March, b) August, c) September, d) October
7. What is a paver? A) garden tool; b) stepping stone; c) lavender flower; d) kind of mulch
8. How much sun/shade do carrots require to grow? A) mostly shade; b) shade for at least six hours; c) mostly sun; d) it doesn't matter
9. Why is it important to have earthworms in your soil? A) both aeration and drainage; b) the earthworm ingests soil particles, then digests it in the in-

testine, then deposits minerals and plant nutrients in the soil; c) converting large pieces of organic matter (e.g. dead leaves) into rich humus, improving soil fertility; d) all of the above.

10. What is a trowel? A) a three-pronged hand tool; b) a scissor-like metal tool; c) a small scoop shaped metal tool; d) a long hoe like tool with spinning wire.



One can...together we can!



AND



TOGETHER, YOU DID!!!!

FOOD!!!! We all enjoy the sound of that word but there are some in Lincoln who don't have enough food.

What a change DHHS made with the 2010 Food Drive!!!!!!!!!!!!!!

When we all do a little, we can help our friends and neighbors triumph in the fight against hunger and you did it! DHHS' goal for cash donations this year was \$3,000. Cash donations received totaled \$5,009.03. Last year the cash donations totaled \$2,301.86. This is a 46% increase in cash donations over last year and the amount well exceeded the goal. Every dollar donated this year purchases \$6.50 worth of food. This means with the \$5,009.03 donated, the Lincoln Food Bank can purchase **\$32,558.69** worth of food because of YOU!!!!!!!!!!!!

Just imagine all the canned goods, fresh produce, fresh meat, backpack items, baby items etc. that the Lincoln Food Bank can purchase for people in need. **You should be very proud of this accomplishment!!!!!!!!!!!!!!**

LRC Employees donated \$259.01 in cash, outdoing our previous highest cash donations of \$50.00 in 2007!!

307 inches of food was donated as well.

Thank you, everyone!!!



Vanilla Pudding/Snickers Salad:

- 2 - 5 oz. Instant Vanilla Pudding mixes (large ones)
- 1 - 9 oz. container of Cool Whip
- 2 - Gala apples
- 2 - Granny Smith apples
- 3 - Snicker bars



Mix the pudding according to the package instructions using whole milk. Once pudding is thickened, add Cool Whip, chop apples in small pieces, and chop up the Snicker bars. Mix well and let set in refrigerator! Delicious! This recipe can be used as a Salad or Dessert.

Baked Eggs with Herbs

Baked eggs with herbs - eggs are baked in custard cups with butter and herbs then topped with shredded cheese.

Ingredients:

- | | |
|--------------------------------------|------------------------------|
| 2 tablespoons butter | 1/2 teaspoon chopped chives |
| 1/2 teaspoon dried parsley flakes | dash crumbled dried tarragon |
| Dash dried leaf thyme | 4 eggs |
| 1/4 tsp. freshly ground black pepper | 1/4 cup half and half |
| 1/4 cup shredded Cheddar cheese | |



Preparation: Heat oven to 325°. Combine butter with dried herbs; divide among 4 6-ounce custard cups. Place custard cups in a large shallow baking pan. Place in oven until butter has melted. Break an egg into each cup. Sprinkle with pepper. Top each with 1 tablespoon cream and 1 tablespoon shredded cheese. Bake for 12 to 15 minutes, or until eggs reach desired doneness. Serves 4.

Top of the Range Baked Beans

- | | |
|---|------------------------------------|
| 2 Tbsp. shortening | 2 cans (16 oz each) pork and beans |
| 1/4 cup chopped green pepper | 3/4 cup catsup |
| 1/2 cup chopped onion | 1/4 cup dark molasses |
| 1/4 cup packed brown sugar | 2 tsp. prepared mustard |
| 1 can (20 oz) pineapple chunks, drained and chunks cut in half. | |



Melt shortening in a large saucepan or Dutch oven. Add green pepper and onion. Saute for 5 minutes or until tender. Stir in pork and beans, pineapple, catsup, molasses, brown sugar, and mustard. Cover and cook over low heat for 20 minutes, or until mixture comes just to boiling, stirring frequently. Serve hot.



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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 contributors: Dr. Joann Schaefer, Sharon Ziers, Anne Regelean, Nina Anderson-Trumble, Emily Rokusek, Rachel Johnson, Alan Hajek. Very special thanks to all of the LRC Patient Photographers for the beautiful Arboretum photos!!!!

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Reality Check Mission Statement:

Publish an employee-generated newsletter that is interesting,



**Nebraska Department of Health
and Human Services**



March Trivial Pursuit Answers.....by Jane Ahl

1. John Wall went to the **Word of God Academy** high school.
2. Patrick Patterson's home town is **Huntington, West Virginia**.
3. **Purdue** was not a Midwest team in the NCAA Men's 2nd round tournament.
4. Wake Forest is in the **ACC** conference.
5. Evan Turner plays for **Ohio State**.
6. **Mike Krzyzewski** is the head coach of Duke.
7. Xavier University is in **Cincinnati, Ohio**.
8. Dalton Pepper plays for **West Virginia**.
9. **61-63** was the final score of the second round tournament between Texas A&M and Purdue.
10. Pete Reynolds plays for **Cornell**.

