



# LRC REALITY CHECK

## Teresa Hansen is the August 2014 PCC Employee of the Month



Congratulations to Teresa Hansen, RN, for being selected as the August PCC Employee of the Month. Teresa has been employed with the State of Nebraska since September of 2007. She is the primary day shift nurse in Building #14 and responds to the needs of the 40 men who reside on the unit. Not only does she complete the regular medication pass, but she also assesses medical needs, schedules clinic, coordinates transportation for outside appointments, orders necessary supplies and responds to any emergencies as they arise, doing so with compassion and confidence.

Teresa manages the majority of the admission and discharge documentation, attends treatment plan meetings, participates in clinical meetings to provide input from nursing, and serves as a liaison with the medical doctor, psychiatrist and the team. She has been responsive to emergency situations with staff and with a patient with a terminal illness. Teresa also provides support to the LPN assigned to Building #14. She volunteers for overtime and works to keep her supervisor and the physicians informed of situations as they arise.

Teresa communicates with staff so they have the necessary information to meet patient needs. She is always cooperative and willing to assist others. She coordinates work with other nurses to make sure tasks are complete. Her co-workers know that they can count on her. Teresa treats patients and staff with respect. She is a good listener and a good communicator. Whenever possible, Teresa attempts to give the patients choices. In appreciation of her hard work, Teresa received a gift card to Red Lobster. Congratulations, Teresa, and thanks for what you do!

## Scott Fosler is the Sept 2014 PCC Employee of the Month



Congratulations to Scott Fosler, Compliance Specialist, for being selected as the September Employee of the Month. Scott started working at LRC in 2011 as a Security Guard, and then took an on-call position. Soon after that, he accepted a permanent SSII position on the 11-7 shift in Building #3. Scott began his current position as an 11-7 shift Compliance Specialist in 2013. He did an excellent job when working as an SSII staff and has continued his exemplary work in his Compliance Specialist position.

Scott has stepped up in emergency situations and helped complete SSII duties so patient care did not suffer. He voluntarily took on the monthly task of checking every emergency bag in each building to ensure essential items are available in an emergency. He has volunteered to take on other additional tasks as well.

Scott works with staff to help them have a better understanding of LRC policies. He is a good resource regarding proper use of Mandt techniques in restraint situations. He is always helpful and positive when interacting with staff.

Scott demonstrates PCC behaviors on a daily basis and has a positive and supportive attitude. He is willing to step in and help with even the most unpleasant tasks without complaining. Scott is a wonderful role model to all staff through his positive attitude and great work ethic. Congratulations, Scott, and thank you for all that you do.

**Don't Take Anything For Granted**

Well, it seems like lately I start every one of my articles with "well, I can't believe it is...". I don't know if it is me or if time is just going by faster. Actually, I think the time going by faster thing is a product of aging. I read an article in the newspaper last Sunday by a person who was a grandparent and the passage of time with her grandchildren. She said she didn't know how her once 10-year-old grandson all of a sudden became a 20 year old. She reminisced about how fast the time had gone. She was also determined to spend as much time as she could with her other grandchildren and cherish that time with them. She was not going to take time with her grandchildren for granted. She was not going to assume that she would have plenty of time to spend with her family.

As many of you know, in late January 2012 I experienced a medical episode and after extensive diagnosis, it was determined that I had developed a medical condition known as a colovesical fistula and that surgery was the only way to fix it. The odds of developing this condition are 1 in 150,000. I had hoped to be out for about two months and back at work by Memorial Day. As you know, that did not happen. I ended up being out sick in 2012 more than I worked. I endured four pretty major surgeries. I am grateful to be alive. There were two or three times in 2012 that I could have died. I was able to come back to work for a couple of months at the end of 2012 but was out again in early 2013 for a short time to get my colostomy reversed. I had that surgery in February 2013 and was back at work by the end of March 2013 but was still having daily pain from all of the surgery. Finally around Memorial Day 2013, I was pain free after having daily pain for more than 15 months. I have struggled for more than a year and a half to gain my weight back and regain my strength.

During this year long ordeal I gained a completely new appreciation for what it meant to be a patient while I was in the hospital. I have a new understanding of what it means to be vulnerable. During the many months of recovery, I also had time to think about the bigger issues in our society like the shootings that were taking place and that continue today. There was also the horrific event at the Boston marathon. My wife and daughter have been running in the San Diego and Lincoln half marathons and I worry that something like that could happen again at one of the races they are in. The terroristic events that this country has had to endure in the last two decades shock our sensitivities. Analysts say these events make us a stronger nation as we bond together to recover. However, what do these events say about our society and our civilization? I think they indicate how isolated we have become as individuals when someone can plot a mass murder and not be caught in the process and stopped. When I am out in public, I am certainly more aware of what is going on around me than I used to be. I am sure we are relatively safe here in Lincoln, Nebraska, but I don't think we should take that as a given. I don't think we should take that for granted.

Before my first surgery, I assumed that what the surgeon told me about my surgery was what was going to happen. I should have been in the hospital for about five to eight days and then recover at home for about three to four weeks and then be back at work. Instead, I never got well enough to come back to work after my first surgery and ended up having a second surgery in July 2012 and three others after that. I took it for granted that everything would be alright. Attorney General Jon Bruning had almost the same surgery last December. He was in the hospital for about five days and went home to rest for a couple of weeks and then went back to work. He took it for granted that everything would go the way his surgeon told him it would and for him, it did. For most of us, things that happen during each and every day, happen as we expect them to. Every day when you get into your car and start it, you expect it to run. You take it for granted until the one day that it doesn't start and then you get that feeling that your day is going to stink because you are going to have to hassle with a broken car.

Since coming back to work in April 2013, I have been struggling to put weight back on. The doctors have tried multiple combinations of medicines to control my almost constant diarrhea that I had for over a year because, through all the surgeries, I have lost almost 20 percent of my intestines. In March, they found a combination that has been working pretty well for nearly six months. However, it is a challenge to keep my weight up because of the side effects of the medicine on my digestion. My energy level will never be the same as it was before I started all of this. I cannot play golf as much or as good as I used to before this ordeal. And, recently I have come to realize how I took a lot of things for granted before all of this happened. You don't know how important your digestive system is until it doesn't work right. You expect to be able to eat and digest food almost all of the time without incident. When you get an intestinal infection like stomach flu, you expect it to go away after a couple of days and things to work normally again.

After 2 ½ years, I know I will never be the same as I was before the first surgery. People around me think that since so much time has passed that I will be the "old Bill" again. But that isn't going to happen because of the trauma my body has endured. And I realize just how much I took a lot of things for granted. Don't get me wrong, I'm happy to be alive considering the alternative. But the moral of my story is, don't take anything for granted. Enjoy and experience every day and all of the little things in the day. Because you won't realize what you took for granted until it is gone and then it's too late. Enjoy your days.



**Man’s Best Friend**

Voltaire, a French Enlightenment writer and philosopher wrote in his *Dictionnaire philosophique* of 1764: “DOG. — It seems that nature has given the dog to man for his defense and for his pleasure. Of all the animals it is the most faithful: it is the best friend man can have.”

As many of you know by now, in October LRC will have a Therapy Dog on campus. We are planning to pilot the program in Building 3 with a Golden Retriever named Envy. Envy has been in training for the past year with the Domesti-PUPS (Providing Unique Personal Service) program. Domesti-PUPS is a program headquartered here in Lincoln, NE and they have a full range of services that they provide with their animals. You can visit their website at <http://domesti-pups.org/>. This program/concept has been in the works for a while and as with anything, we had to be patient, think through all the legalities and issues that may happen and finally all of this is coming to fruition. Sarah Worley and Ashley Reed, two Therapists in Building 3 were the ones who brought up this idea to Dr. Darrow. Dr. Darrow presented their idea to our Steering Team and between the three of them, they got the ball rolling and Region V Systems provided the money to purchase LRC the Trauma Dog through their grants they receive for Trauma programming. I will be the home parent of Envy. My son can’t wait for her to carpool with us daily to school and work! This will definitely be an adjustment.



There is a lot of research and studies that show that therapy dogs can be a great resource in the recovery process. As many of us know, positive relationships with good companions and friends is beneficial to us when we are facing difficulties in our life. Pets are also shown to help improve our mood, improve and have an effect on health conditions, and help to quicken the healing process. Health care professionals have cited that the therapeutic effect of animal companionship can relieve stress,

lower blood pressure, and raise mood. Elaine Smith, a Registered Nurse is thought to be the one who began the systematic use of therapy dogs. In a hospital she worked she noticed patients responding positively to a Chaplain that visited the hospital with his Golden Retriever. In 1976, she founded an organization called Therapy Dog International that was dedicated to testing, certifying, insuring, and registering dogs for use as therapy animals. In her obituary in DogChannel.com she is stated to have started this organization in New Jersey with five handlers and six dogs that evolved into a legacy that grew to over 24,000 registered dog/handler teams in just 34 years.



For many of us, we can attest to the research because we find our pets are a source of happiness and satisfaction in our lives. Love is so powerful and animals have that unique way of providing unconditional love that all of us need. As evidenced by the Pet Parade each year as part of the Charitable Giving Contest, I see how proud and happy many of you are with your furry friends. I have been approached by several staff

who have heard the “rumor” that we are bringing a dog on to the campus and they too have expressed interest in bringing their animals to work. We are going to pilot this project with Envy and if we do see the benefit which we are sure she will make on the units, we will likely pursue more for the campus. That said, again it is a process. We have to go through proper channels, work with a certified agency and ensure that all of our i’s are dotted and the t’s are crossed. I appreciate the enthusiasm and the support this project has thus far received and I certainly don’t want to dampen that but at the same time, we can’t have the campus turning into Wild Kingdom.

We will have training this month for the presentation and welcoming of Envy and what she can do for the patients and staff. We will post all the information as soon as we get it and Envy will be introduced to the entire campus at this year’s Fifth Annual Walk for Mental Health Awareness. This will be very exciting and I hope as many of you as possible can attend this year!



*Envy is featured here and in all photos in this article*

## Cindy Dykeman is the Supervisor of the Quarter



Congratulations to Cindy Dykeman, Building #14 Program Manager, for being selected as the Supervisor of the Quarter (2nd quarter 2014). Cindy has been employed at LRC since 1979. Employees she supervises state that as the Program Manager for the Sex Offender Services, she always looks at concerns and issues within the program with the patients' and staff needs in mind. She walks the units to check on the environment of care and to speak with patients daily. She listens to the patients' concerns, and follows up on their requests. Cindy encourages the patients to do their best and gives them kudos for work well done. She identifies furniture and equipment that needs to be replaced and works closely with Maintenance to maintain a presentable and safe living unit for our patients. One of her many duties is to review grievances and meet with patients on their grievance issues. She works towards resolving the concerns and identifying ways to improve processes. She is always willing to assist on the units by monitoring patients, assisting with behavioral incidents or patient escorts, and coming in during off hours for special events and holiday programming.

Cindy has a down-to-earth and approachable attitude, and uses humor to lift others' spirits. She keeps communication open with all staff. She supports staff ideas, and values their opinions and input regarding programming. She is compassionate regarding staff needs related to personal or family medical concerns and vacation time. She works with staff to ensure appropriate coverage. Cindy connects with staff in an effort to reduce burnout and frustration in the workplace. She allows time for continuing education and certification needs. She knows the programming policies and ensures that her staff members stay current on policies and training requirements. Over the past year, Building #14 staff have faced multiple losses. Cindy has kept communication open regarding necessary time off and coverage for programming and she has been a support and a rock during these times of crisis.

Cindy serves on the PCC Awareness Committee and embodies the concept of PCC for others. She has internalized the concept of the LRC Vision Statement into the Sex Offender program which is designed to assist patients to rebuild their lives. She is a role model of person-centered care and this is demonstrated in the decisions she helps make for patients and staff in her role as Program Manager. Cindy employs an open-door policy to ensure that staff know they can come to her with concerns, thoughts, or kudos. Cindy encourages staff to provide positive feedback and she supports the work they do. In appreciation of her hard work, Cindy received a gift card to Bed, Bath & Beyond. Congratulations, Cindy, and thank you for all that you do!

## LRC T.R. Department is the Team of the Quarter



The LRC T.R. Department is the Team of the Quarter for 2nd Quarter 2014. This team consists of John Andreini, T.R. Supervisor, Caitlin Bartman, Katelyn Glasgow, Leslie Guthrie, Bill Jennings, Shelby Jurries (intern), Cheryl Lentz, Becky Meulemans, Sarah Owen, Lori Rasmussen, Brittany Thue, Anna Walker, Diana Walker, and Stephanie Wolf. The TR Department works as an amazing team to facilitate programming campus wide. TR staff from across the campus had to fill coverage needs in Building #5 during the 2<sup>nd</sup> quarter of 2014. During this time frame, they also advised and sponsored two interns from the University of Iowa.

The TR Department provides continuous programming to patients throughout LRC while maintaining their active involvement in several committees, such as the Wellness Committee, the Diversity Committee, T.R. Promotion Committee, Internship Committee, as well as participating in Peer Review meetings for the department.

The TR staff provide programming on holidays and hold special activities for the patients on these days, such as the Memorial Day and 4<sup>th</sup> of July cookouts held across campus. The TR staff approach their work, daily activities, and daily interactions with the intention of improving the quality of life for LRC patients. They also provide fun Lunch N Learn activities, ice cream socials, and Spirit Week activities for LRC employees, and engage in overall enthusiastic interactions with their fellow co-workers.

T.R. programming is adapted to meet each individual patient's needs, and activities are planned with the patients' best interests in mind. Family members of LRC patients have recognized the efforts of the T.R. staff to improve quality of life for their loved ones, and help the patients develop healthy leisure and coping skills. T.R. programming also helps patients reintegrate into the community. In addition to all of this, LRC T.R. staff maintain their CTRS licensure, and network with other professionals by sharing their accomplishments at national conferences. Congratulations, T.R. staff, on a job well done!

## Kudos—Now That’s PCC!

- ◇ **Kudos to Building #10 treatment team staff** for implementing procedures that ensure team meetings are functional and efficient, but also carefully cover all issues with the most important concern being our patients. -*Dr. Lori Anderson.*
- ◇ **Kudos to Dr. Kathleen Barrett** for helping out Building #3 Psychology staff with completing assessments.—*Dr. Chuck Darrow*
- ◇ **Kudos and a Big Shout Out to Building #10 staff** for their brainstorming, planning, and successful delivery of the New York, NY event! Building #10 was transformed into downtown New York City complete with: Central Park, the subway, street signs, Broadway bulletins, storefront signs, park-side hot dog stand, street games and performers (drumming), and a King Kong photo booth. It was a hot one at 95+ degrees.... But also a well-attended day, filled with socializing, good food and activities true to our values of personal choice, empowerment and community, as all patients and staff worked together to make this happen. You all ROCK! - *Jennifer Bennetts*
- ◇ **Kudos to all Building #10 staff** who worked so hard at making the New York Summer Fest so enjoyable for the patients. It was a perfect example of PCC! -*Lindsey Gonzales*
- ◇ **Kudos to Cait Bartman** for all your efforts in supervising Shelby Jurries, Therapeutic Recreation intern, in Building #10! - *Lori Rasmussen*
- ◇ **Kudos to Shelby Jurries** for the hard work you put in as a T.R. intern at LRC. We are excited for you to join our team! -*Lori Rasmussen*
- ◇ **Kudos to Dr. Dan Ullman** for ensuring that Whitehall passed the recent CMS PRTF survey.—*Lori Rasmussen*
- ◇ **Kudos to Marijo Herman, RN, Charles Wooldridge, Unit Manager, and John Weyer, RN Supervisor**, for all the work they did speaking with the recent Whitehall surveyors.—*Lori Rasmussen*
- ◇ **Kudos to all of the other Whitehall staff and the Whitehall youth** for taking time to answer the surveyors’ questions and for talking to them.
- ◇ **Kudos to Annette Murrell, Recovery Specialist**, for coming to Whitehall to provide Recovery Workshops to the staff, and for doing a great job presenting the information.—*Lori Rasmussen*
- ◇ **Kudos to Carol Wierda** for working hard with the 7-3 shift YSS II staff on the Para Pro’s workbook.—*Lori Rasmussen*
- ◇ **Kudos to Carol Ryan** who helped me out in my time of need in the Building #5 HIM Office when my co-worker was on vacation.—*Stacey Wiltshire*
- ◇ **Kudos to Building #5 staff** for handling an abundance of admissions lately. - *Mel Lines*
- ◇ **Kudos to Kelsey Kronhofman, Social Worker**, for obtaining her LMSW and LMHP licensure.—*Jenny Jennings*
- ◇ **Kudos to Building #14 staff** for their helpfulness and flexibility with the female patients we transferred from Building #3, and for the great work with their recent discharge of a female patient.—*Jenny Jennings*
- ◇ **Kudos to Marilyn Bailey** for running all over campus to notarize many documents. -*Jenny Jennings*
- ◇ **Kudos to Marilyn Bailey, Nichole Newland, and Tami Ernst** for always being available to serve as notaries for patients and employees.—*Sharon Ziers*
- ◇ **Kudos to LRC Social Workers, Jennifer Moran, Kari Christner, Jessica Codr, Ann Alberico, Sandi Waldron, Kelsey Kronhofman, Jodi Kehler, Stan Wiegert, Allyson Headrick and Erin Bain** as they plan and implement very complicated and labor-intensive discharges. LRC Social Workers ROCK! -*Jenny Jennings*
- ◇ **Kudos to Allyson Headrick** for organizing community providers to be guest speakers in a Community Resources group.—*Jenny Jennings*
- ◇ **Kudos to Erin Bain** for spearheading the Building #5 Beautification Committee.—*Jenny Jennings*
- ◇ **Kudos to Building #5 staff** for stepping it up with the room searches, yard searches, and visitation checks. Your enthusiasm to work towards a common goal and a safer environment for patients is appreciated.—*Craig Cooper*
- ◇ **Kudos and thank you to Perry Holmgren** for assembling and mailing out over 480 Charitable Giving Campaign packets and pledge cards to LRC employees.—*Sharon Ziers*
- ◇ **Kudos and a huge thank you to Marilyn Bailey** for her assistance in getting all Utilization Review deficiencies for Building #14 caught up for the year. She is a total rock star! - *Trisha Lamblin*
- ◇ **Kudos to Tony Jacobs, Maintenance**, for the excellent job you do. You respond quickly to work orders and maintenance issues in Building #3, and you are a pleasure to work with.—*Mary Chirnside*
- ◇ **Kudos to Mel Lines** who is always helping me out of my car each month when I come to the LRC campus for HIM meetings.—*Sue Childress*
- ◇ **Kudos to Carol Ryan** for carrying my stuff to my car for me last month after the HIM meeting.—*Sue Childress*

## Kudos—Now That’s PCC!

- ◇ **Kudos to Building #5 staff for pulling together and displaying great TEAMWORK!** - Scott Collier
- ◇ **Kudos to Craig Cooper** for his idea of putting spray foam in the doors of Building #5 to cut down on places where the patients can hide contraband.—Irene Hirschman
- ◇ **Kudos to Marilyn Bailey for reorganizing and cleaning the HIM office on the 1st floor of Building #14 and for covering duties for a vacant HIM position.**—Cindy Dykeman and Diane Ellis
- ◇ **Kudos to Terri Harmon** for shampooing the HIM office on the 1st floor of Building #14. It looks great! - Cindy Dykeman
- ◇ **Kudos to Kathy Ogle, Sandy Findley, Laurie Reinsch, Janae Hood, Kyle Malone, Anthony Kelly, Kevin Anderson, Jana Stoner and Ted Bailey for stepping up and preparing and presenting information to the Bryan School of Nursing this next rotation.** —Cindy Dykeman
- ◇ **Kudos to Sue Lasek** for volunteering to be on the PCC Education Committee and for participating in the FEMA training in Alabama.—Cindy Dykeman
- ◇ **Kudos to Louise Stone** for helping out during a very busy time when Building #3 has been short-staffed in Psychology. -Dr. Chuck Darrow
- ◇ **Kudos to Rachel Johnson** for the time and effort she put in to organize the Charitable Giving Campaign Pet Parade Contest. -Marilyn Olsen
- ◇ **Kudos to Stacey Werth-Sweeney** for always having time to listen! - Marilyn Olsen and Linda Henslee
- ◇ **Kudos to Phil Jefferson and Charles Wooldridge** for their efforts in finishing a project that the three of us were supposed to complete. —Marilyn Olsen
- ◇ **Kudos to Kurt Lockard and Jimmy Thimsen** for making time to respond to emails. —Marilyn Olsen
- ◇ **Kudos to Joe Schmaeder and Lyle S.** for saying “hi” every time I see them, and a special thank you to Lyle for the candy. It makes my day every time.—Tary Paris
- ◇ **Kudos to Andrew English, Team Leader,** for making sure things were looking good on the units on 2nd shift before a surveyor came to tour.—Irene Hirschman
- ◇ **Kudos to Dave Nicklas, Mark Townsley, and Adam Wegner** for doing such a great job maintaining the LRC grounds. I love the view when coming to work in the mornings and talking afternoon walks on break. Thanks for all your hard work through all kinds of weather. *You guys ROCK!* - Becky Roberts
- ◇ **Kudos to Trisha Lamblin** for the outstanding work she did on the HIM video! -HIM and Word Processing Departments
- ◇ **Kudos to Tary Paris** for making a nice Kudos board on the 3rd floor of Building #14 to welcome new employees. —Marilyn Olsen and Abby Hawthorne.
- ◇ **Kudos to Les Adams** for refilling the “Good Catch” award snacks for the Compliance Specialist Team.—Marilyn Olsen and Abby Hawthorne
- ◇ **Kudos to Jeff Van Lent** for installing the paper towel holder in the Building #9 breakroom. We love it.—Leah Becker
- ◇ **Kudos to Kathy Borg** for graduating. Hurray! - Larry Birkett
- ◇ **Kudos to the LRC Medical Staff:** The recent AUA Medical Student, Kirat, stated that you give the extra time and attention it takes to meet the needs of the AUA students and make their rotations meaningful. The AUA students feel that LRC has more learning opportunities than other psychiatric rotation site choices.—Debbie Roberts
- ◇ **Kudos to Diane Ellis and Trisha Lamblin** for helping with Building #14 first floor chart audits in August.—Marilyn Bailey
- ◇ **Kudos to Kurt Lockard, Team Leader,** for the outstanding work he did on the Team Leader Power Point presentation for the Featured Department of the Month given at the August 20, 2014 All Supervisor Meeting.
- ◇ **Kudos to Rachel Johnson, Spiritual Coordinator,** for organizing the Blackwood Legacy gospel concert for staff and patients on August 28! **Kudos to all LRC staff who helped make this a successful event!** - Jane Ahl

### Recipe for Team Work

Submitted by Sherry Nielsen and Tary Paris

Mix together the following ingredients: Worth, Empowerment, Communication, Accountability, Relationships, and Education

Then Add: All LRC Departments, Kindness, Understanding, Compassion, Forgiveness, Acceptance of Differences, and Support of Others. Mix until well blended. **Yield: PERSON CENTERED CARE, CAMPUS WIDE AT LRC!**

## Keep Hope Alive.....by Annette Murrell

Beginning as a teenager, I have been hospitalized many times over the years for mental health issues. Those were desperate, hopeless times, when I could only see my pain and suffering, and not the possibilities and richness that my life, at age fifty-six, holds today.

With the exception of my stay in a draconian psychiatric hospital in Brooklyn, New York at age twenty-two, there was always one exemplary employee who showed me kindness and went out of their way to let me know that I mattered as a person. They encouraged me to believe that one day, I'd realize the dreams I thought impossible at the time if I learned to love and value myself.

These blessed people (all of whom I wouldn't recognize if I passed them on the street today) played a crucial role in my well-being journey, and without them, being hospitalized would have been a completely hopeless experience.

The last time I was in a psychiatric facility was in 2007, and a very special staff person changed my life simply by showing me thirty seconds of kindness and respect, and reassuring me that, even stumbling, I'd find hope and the courage to change. Thankfully, he was right.

The healing power of kindness, respect, and believing in the reality of recovery and wellness is essential in a person's journey to regain their mental health and rebuild their life. That's why whatever our title or duties, the most important part of jobs is to help foster hope and give compassionate support to the individuals we serve here at LRC.

This is the fundamental message that the Recovery Model of Mental Health Workshop tries to bring home.

So far nearly 150 employees have participated in the two-hour workshop. Because there is only a maximum of fourteen people in each session, the setting is intimate and encourages participation and discussion. Just as each person to whom we provide care and service is unique and important, so is each one of us who works here. Consequently, the workshop explores how each of us, in our own special way, can be an ally in the recovery of the individuals we serve.

The workshop has been well received, and it has been a privilege for me to have the opportunity to get to know so many of my colleagues. While attendance is required for Team Leaders, Security Specialists, and Nurses, it is open to all who wish to come. There are sign-up sheets in the RECOVERY WORKSHOP folder on the S-drive. It would be wonderful to see YOU! - Annette Louise Murrell, Ph.D., CPSWS, Recovery Specialist

## Garden Time

Building #14 T.R. staff, SSII staff, and patients have worked hard in the patient gardens this year. The patients are enjoying the fruits of their labor, eating fresh tomatoes, peppers, and okra with many of their meals! The garden has produced more vegetables this year than all previous years! Here are some photos of the vegetable and flower gardens taken by Marilyn Bailey, Administrative Assistant.



## Kudos for these Kindnesses in Building #3

From Annette Murrell: *I don't say it enough but I love working in Building #3. There are so many dedicated people who work together to create an environment of healing for the women who are going through a very difficult period in their life. Everyone deserves praise but I want to give a special shout-out to a few people who have impressed me with their kindness, compassion, and professionalism. All of these people deserve equal kudos and this list is not in any particular order:*

- ◇ *Kurt Lockard, Team Leader: He is always busy running here and there, but he recently took the time to stop by our Women's Council meeting and answer questions about REMO level and explain the new procedures being implemented to make it fair and consistent. He let the ladies know that their concerns had been heard and were being addressed.*
- ◇ *Jimmy Thimsen, Team Leader: He has a knack for dealing with some of the more challenging ladies on the 2nd floor with compassion and humor. Last night, I was very moved when I saw him wheel a patient in her wheelchair into the center area, and then sat beside her gently talking to her and watching a movie with her. It had a calming effect on her. What a great thing to see!*
- ◇ *Rhonda White, SSII: How would I make it through the Thursday Social without Rhonda's help? She fills cups with ice, serves the ladies punch and coffee, and takes them down to the library. She is always respectful and compassionate.*
- ◇ *Rod Hartl, SSII: Just a really sweet guy. He is easygoing, respectful of the women, and brings a sense of calm and peace to the unit.*
- ◇ *Tim Elario, SSII: What lovely classical music he plays on the unit. He knows the benefit of calming, gentle, quality music on the mind and body. I believe this is one of the reasons the 1 East unit feels so peaceful.*
- ◇ *Bonny Edison, SSII: This lady can get things done! Emptying trash, hauling laundry, doing 1:1s, and still looking stylish and being wise-cracking. She lights up 2 East.*
- ◇ *George Jackson, SSII: As soon as he walks through the door, all the ladies smile. He brings his good-natured personality and humor to work every day, and all of the ladies appreciate the opportunity to laugh, joke, and smile with him. Humor is so important, especially when you are facing a tough time in your life.*
- ◇ *Karen Brocksmith, RN, and Patty Osterhaus, RN: Like all of our nurses, they are always running from one crisis to another. On top of that, they have to make sure the ladies have their correct medications. Yet even at their fast pace, they never forget to be compassionate and realize they are working with people.*
- ◇ *Mary Scherling, APRN: She's dashing around all the time too, but always has time to answer my questions. Recently, one of the ladies asked me to relate a concern she had and not only did Mary take the time to hear me out, but she IMMEDIATELY went to the woman to respond to her concern in person. Wow!*
- ◇ *ADON Mary Chirnside: Mary is always energetic and bubbly. She balances policy and safety concerns with a healthy dose of common sense. She cares about the women and I can always count on her to listen and act on issues I bring up. I'm excited to see all of the positive changes she will bring to our building.*
- ◇ *Kari Christner, LCSW: All of our social workers have tough challenges in helping the ladies create their discharge plans and making sure all of the supports for them are in place. I'm giving Kari a special SHOUT OUT because I saw her have a tough conversation with one lady's family member. She was compassionate and professional.*

*While I haven't mentioned everyone, please know that I value all of the work that you do. The folks I mentioned here inspire me to do my best all of the time. Thank you!*





## Good Catches



The Compliance Specialists are keeping track of ‘GOOD CATCHES’ on a spreadsheet. All of the names of people with Good Catches at the end of the month will have their names thrown in a fishbowl to win a “Good Catch” patron of the month award. Here are the good catches the Compliance Specialists found in July and August



- Casey Thorell was very helpful in the Reception Center, assisting staff with an SPE by watching camera monitors and taking phone calls, when everyone was very busy.
- Drew English, Team Leader, assisted staff from another building during an SPE event with pulling video. Yay for Team-work!
  - Oscar Love, SSII, completed 10 checks that needed to be done after a staff assist was announced.
- Jordan Peiper, SSII, immediately found a working wet floor sign and placed in the entranceway so no one would fall. Great safety precautions!
  - Denae Bentley, SSII, and Oscar Love, SSII did a great job of touring and assisting the Licensure surveyor.
    - Vicki Bowles, RN, did an outstanding job during her interview with the Licensure surveyor.
    - Bob Fahrnbruch, SSII, did an outstanding job during his interview with the Licensure surveyor.
    - Devin Phillip, SSII, and Tim Cleary, SSII, for their success in de-escalating and calming down visitors.
- Yolanda Medina, SSII, for communicating with a Spanish-speaking patient who was agitated. Yolanda is bilingual and the patient was much calmer after she spoke to him in Spanish.
  - Lindsey Gonzales, HSTS, for taking the time to take several patients outside when the unit was hectic.
- Scott Collier, Team Leader, for displaying a “dance move” for a patient who was escalated. This resulted in the patient dancing himself and no further interventions were needed.
- Scott Collier, Team Leader, for assisting S2 staff in de-escalating a patient and helping to move this patient to another unit.
- Sandy Holmes, Activity Assistant, for developing a schedule for a patient who was having a hard time on the anniversary of his father’s death. The patient stated that this helped him and he felt better because he had a list of things to do.
- Angie Sharp, SSII, for relaying information about Sandy Holmes’ schedule for this patient to the Compliance Specialist Team for a “good catch.” Angie had the patient follow his schedule and helped make a good difference in his day.
- Michael Brickner, SSII, found four small contraband items in Building #5 on 7/27/14, and three small contraband items on 7/21/14.
- Jeff Van Lent volunteered to be evacuated in the evacuation chair during the Building #10 fire drill so staff could see a demonstration of this.
- Nikki Mayse, RN, for relaying precise times to the Compliance Specialists for Post Intervention Conferences & videos.
- Barry Berumen, APRN, for relaying precise times to the Compliance Specialists for Post Intervention Conferences & videos.
- Patti Osterhaus, RN, for relaying precise times to the Compliance Specialists for Post Intervention Conferences & videos.
  - Matt Ahlstedt, Team Leader, for using great RADAR and finding a patient engaging in self-harm.
  - Nikki Demars, SSII, noticed a Personal Safety Plan was missing and she resolved the issue.
- Nikki Demars, SSII, noticed that a patient’s room smelled of smoke and she notified the Compliance Specialist Team and the Team Leader right away
  - Scott Collier, Team Leader, for his efforts during contraband searches and in a search for a missing badge.
    - Tim Brown, in Dietary, for assisting staff during a fire alarm.

**GOOD CATCH WINNERS FEATURED ON NEXT PAGE**

# Good Catches



Yolanda Medina (right) receiving Good Catch Award from Team Leader, Sue Lassek



Michael Brickner receiving Good Catch Award from Team Leader, Kristen Woods

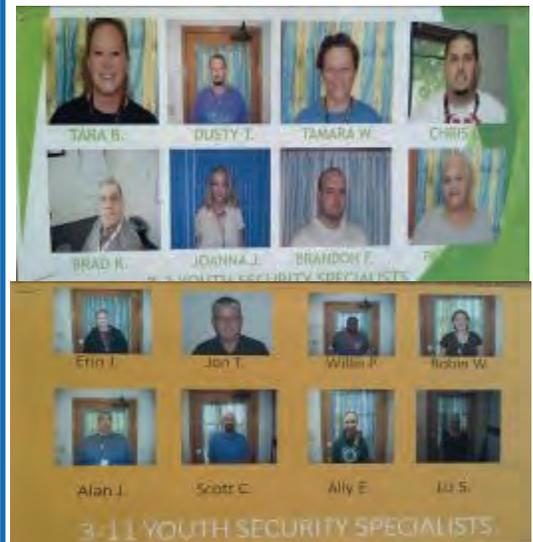


Tim Brown receiving Good Catch Award from Dietary Supervisor, Sherry Nielsen

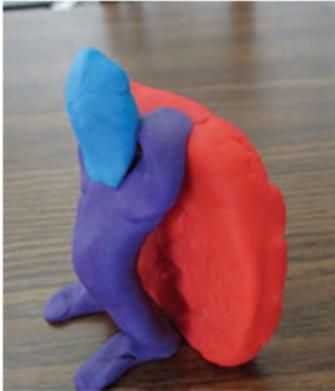
**Congratulations to Yolanda Medina, SSII, Michael Brickner, SSII, and Tim Brown, Food Services, for winning the July and August Good Catch Awards.**

## WHITEHALL CELEBRATES YSS2 MONTH IN AUGUST

**Youth Perspective:** “During the month of August, Whitehall participated in a fun activity called YSS2 Month. The staff are given coupons to give to the youth when we do something well. During August, the youth were given coupons to give to the staff as a way of saying thank you to the staff with a tangible prize. The idea of staff coupons came from a youth and a supervisor. We have also added days to the month where we dress up as a way to acknowledge the month’s meaning. Tuesday, August 5 was Hat Day. For a full day, the youth were allowed to wear their hats all day. It was a fun day to see what kinds of hats the youth would pull out and rock about in. Wednesday, August 13, was Fun Sock Day. Some of the staff and youth rocked some crazy socks. Thursday, August 21 was “Support Your Favorite Team Day.” Our favorite Iowa Hawkeyes fan made sure to be rocking black and gold. Of course, we had a few Huskers strolling around campus. Friday, August 29 was Wear Your Whitehall T-Shirt or supporting colors of blue and gold. August was a very fun month at Whitehall for both youth and staff. Treatment is so much easier when there is not a lot of negative things going on through the day. Positivity will and can lead us to positivity and the road to positivity is the road of happiness.” - Guest Youth Reporter for the Whitehall Campus, “Demetri.”



## Send Them Packin' .....by Tary Paris



*Do you ever feel like you have a devil on one shoulder and an angel on the other? Is your devil telling you what to do? Or worse yet, what you can't do? How about that angel? Does it tell you to do it all, to achieve and to excel, to the point of exhaustion? As unique as we each are, it is not uncommon to experience internal conflict.*

This little voice is like a gremlin inside us trying to sabotage our plans. We might have a great idea but then talk ourselves out of trying. The angel represents positivity and the devil represents the opposite. Together they can be used to explain how we determine and practice our character.

Be brave! You can do anything you set your mind to. Our internal voices can be there for protection and validation. We don't have to let them define us, but to cheer us on! Self-awareness helps us consider our options so we can do what we feel is right.

Today, if I gave a PCC test, we would all score 100%! PCC is the same as the Golden Rule, and we all know what that means: treat others as you wish to be treated. So what gets in our way of practicing all 45 Behaviors?

Instead of talking yourself out of what you know is right for you, seize control. The magic is to NOT letting the gremlins decide for you, but to "send them P.A.C.K.ing" as Valerie Cherneski, a professional coach, defined in this fun concept.

**P = Personify.** Give your gremlin a name. Is You-Might-Fail-Frieda talking you out of pursuing your dreams? How about Perfectionist-Pauline? Does she make you think if things aren't going to be perfect, why try anyway? Naming your gremlin gives you a voice. Acknowledgement gives you power. Here at LRC, we have made our gremlins out of craft supplies and shared stories about them with each other. Who gets to decide? We do!

**A = Admit.** By admitting the truth, you will learn a lot about your values. Why is Sad-Sally appearing now of all times? "Moments of distress are signals that values are suppressed." If Cheese-Louise is telling you to not exercise because it will take time away from your work or your family, that might be your mind indicating to you one of your values. You know that exercise will improve your health, and being healthy for your work and family are your values. That means you can ignore that gremlin and just tell her thanks for letting you know how important you feel your family is: message received.

**C = Challenge.** Challenge Miss-Sassy-Pants by saying that you hear her but you aren't picking up what she's laying down. Tell her that, like Chuck Norris, you'll be hiding under HER bed at night. Like Dr. Spock, give her the logic! You ARE going to spend some time exercising because it's time well invested. Your health and happiness will make you a more efficient person that can be stronger for your family as well as a positive role model for time management and fitness. You aren't going to just talk about it; you are going to do it! Tell Negative-Nelly you're going to get smelly, and go work out!

**K = Kick.** Finally, it's time to kick Grumpy-Gus out of your way! You are going to put that gremlin in a box, and close the lid. He's going to sit right over there while you are on your way to achievement. He won't like it, and that's ok. A little discomfort now will reward you later. When you are the one making the decisions, not your gremlin, you can take the credit. If a gremlin whispers in your ear, visualize slamming the door between you. Science says your brain doesn't know the difference between imagination and reality. Visualization is VERY powerful! Your brain will learn what you teach it.



## Strut Your Stuff Winners.....by Becky Meulemans

Congratulations to July's Strut your Wellness Stuff Award Winners, the Color Runners! There were several LRC staff who participated in the run together including Cait Bartman, Diana Walker, Brittany Thue, Allyson Headrick, Erin Bain, Crystal Buhmann, Jodi Kehler, and Sara Banset. These ladies traveled to Omaha bright and early on a Saturday morning to participate in The Color Run. According to their website, the Color Run was founded in March of 2011 as an event to promote healthiness and happiness by bringing the community together to participate in the "Happiest 5k on the Planet". The Color Run is a 5 kilometer, untimed race in which thousands of participants, or "Color Runners", are doused from head to toe in different colors at each kilometer.

Diana Walker, who explained how she loves the color run, said that she enjoys getting "painted" during the run and also loves sharing the experience with friends. She is already planning on running it next year! Sara Banset compared last year's 5K, when most of the group walked, to this year when everyone improved and several completed the race running. She said that although the group didn't stay together since everyone is at a different level of fitness, they all "finished with a smile... and a rainbow of color". Like Diana, she would love to do it next year as well. Hopefully LRC's group of color runners continues to grow each year. Way to strut your colorful wellness stuff ladies!



Congratulations to August's Strut your Wellness Stuff Award Winner, Scott Loder! Scott is a Recovery Specialist at LRC and was nominated for continuing his education. He has recently completed a dual degree: Master of Business Administration (MBA) with an emphasis in Healthcare Administration and a Master's degree in Gerontology and Aging Studies. After completing his undergrad, he took a few years off from school to assist with caring for his aging grandparents. He spent time becoming familiar with the aging population and developed a passion for working with these individuals. When it was time to return to school, he decided to continue his education in this field.

Scott says that he is a "lifelong learner" and that was a main reason he decided to pursue Master's degrees. Additionally, he feels his education allows him to be more well-rounded in the work he does helping others. When asked what it took to earn this dual degree while balancing work and life, he said it was a lot of reading, a lot of writing, and plenty of evening, weekend, and late night studying. It was definitely challenging at times but he's proud that he followed through and completed it.

During his practicum, he spent time in the Lincoln area as well as both California and New York City visiting healthcare and nursing service facilities and described how moved he is by caregivers. He spoke about the incredible stories of some of the people in New York City and how they might live in multi-story buildings with no elevator and the caregivers carry aging adults on their backs. In visiting these organizations, he has learned about the therapeutic connection that is possible when working with the aging population.

He recommends to others who are considering continuing education that they take time to consider what degree they want to pursue before jumping into it. He took time in determining what to go back to school for because he wanted to make sure the investment would offer the outcome he wanted. Congratulations again to Scott on earning the degrees! Keep on learning and strutting your wellness stuff!

# LRC's Pet Parade

For the second year in a row, LRC's pet-loving employees have entered their pets in a fierce photo competition to raise money for the Charitable Giving Campaign. Rachel Johnson is LRC's Charitable Giving Campaign coordinator who puts together the cuddliest, cutest pet photo slide show for this competition. Each employee entering their pet contributed \$3.00 per pet photo for the Charitable Giving Campaign. \$111.00 for the Campaign was raised through this competition. There were 22 diva doggy photo entries, 12 cute-as-can-be kitty entries and three proud-as-punch critter entries (a turtle, a snake, and a bird), for a total of 37 entries this year. One winner in each of the three categories (Cutest Dog, Cutest Cat, and Cutest Critter) was selected. Winners were selected by employee vote. The winners were announced at 4:30 p.m. on Friday, August 29 and they were.....drumroll please..... Cutest Dog: Faith, owned by Associate Director of Nursing, Mary Chirnside. Cutest Cat: Homer, owned by Security Specialist II, Jennie Depeel, and Cutest Critter, Kala the Turtle owned by Pharmacy Technician, Tricia Kutschkau. Of course as we all know, each of the pets entered are WINNERS for having such wonderful homes and loving proud owners. Here are all of your photos alphabetically by pet category!



Albie



Bo



Cosmo



Falina



Faith



Harley



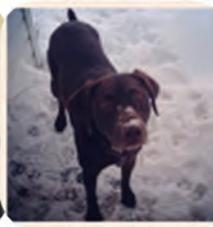
Izabelle  
Maureen



Doc



Jazzman



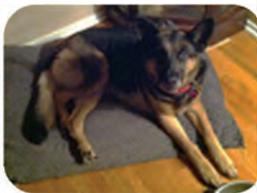
Kibby



Meggy



Nanuq



Pantera



Phoenix



Roscoe



Roxy



Scout & Sage



Tori



Wyatt



Ziggy



Zowie



Albus



Beauty



Bella

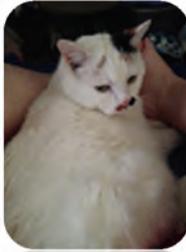
## More Pet Parade Photos



Homer



Jake



JR



Kitten in the Garden



Luke



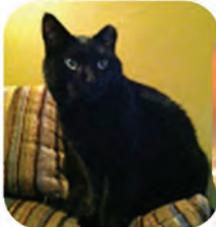
Maddie



Orange



Professor Moriarty



Dr. Watson



KaLa



Rocky



Vito Von Crackers

### CHARITABLE GIVING CAMPAIGN SUMMARY

**Thank you everyone who helped stomp on the cloud of illness and despair that so many in our community face each day! Your 2014 contributions to the Nebraska employee Charitable Giving Campaign totaled over \$7200! These monies change lives by bringing hope, information, and vital resources to people in the Lincoln community.**

The PENNY WAR is another fun way that LRC always shines in our generosity and giving spirit. I've been adding and re-adding and haven't been able to get the numbers to come together. My numbers (below) add to a total of \$115.09 but the BANK gave me a check for \$116.07....OK?! if you can figure it out, let me know.

Thank you to Sharon Ziers, Nichole Newland, and Perry Holmgren for all your very hard work in sorting, computing and organizing. Thank you LRC, it's been a pleasure serving you as your Campaign Coordinator. - Rachel Johnson

#### **Team Building 10 & 3**

B3 Penny Count 1.57  
 Silver & Dollars: .40  
 Total: 1.17  
 B10 Penny Count 12.30  
 Silver & Dollars: 2.20  
 Total =

#### **Team Building 5 & Whitehall**

Total Penny Count: 4.52  
 Silver & Dollars 9.90  
 TOTAL = -5.38

#### **Team Building 14 including Maintenance**

Penny Count 72.25  
 Silver & Dollars 10.30  
 Total: 61.95



#### **Team Administration & Dietary**

Total Penny Count: 1.40  
 Silver & Dollars .25



# Blackwood Legacy comes to LRC.....by Rachel Johnson



## Thank you LRC for a wonderful afternoon. Blackwood Legacy Concert 2014

Really. There are so many people who pulled together to make this happen. If I miss your mention here forgive me. First off, let me tell you about Rick Price. Rick was the lead singer for the Blackwood Brothers and has been inducted into the Gospel Music Hall of Fame. Collectively, Rick, Luke, Paul and Hunter's talents had the 75+ folks who attended laughing, clapping and tapping their way through a very short hour of fun.

Thank you to all the guys from maintenance and grounds, Les Adams, Anne Regelean, all the amazing staff from B5 for your consulting time and presence. Thanks to B14 staff who accompanied your guys and for your encouragement. Thanks to staff who came to enjoy the day on their own time. A BIG thanks to Steve Carter who went to B10 to accompany a patient who otherwise wouldn't have been able to attend. Thank you to all our patients for your attention, engagement and wonderful interactions with the band.

BIGGEST thanks to this gal. Katelyn Glasgow, who took the time to help me pick up the ice cream AND hauled stacks of chairs by herself from upstairs, stayed to clean up till the very end. You so rock.

Finally, I want to share what the guys told me. Hunter (the one in the black stripes) has only been with the band since February. He got kind of teary and he said that being here was the best thing the band had done since he's been with them. WOW!



← This guy, Luke Yates, is going to be super famous. Check him out here <http://www.youtube.com/watch?v=MxuISdqJifE>. He's working on a new song for an upcoming movie.

Bobbie, Blackwood's book agent sent me this note:  
**"Thanks so much. Rick said it was the most fun concert in many years. The guys were so blessed. Let's make it an annual event!"**



## Diversity Committee Quotes: August/September

This month we are featuring a few quotes from the late Robin Williams, actor and comedian, to present his take on diversity.

“We’re all worms, but I do believe I’m a *glowworm*.”

“We don’t read and write poetry because it’s cute. We read and write poetry because we are members of the human race. And the human race is filled with passion. And medicine, law, business, engineering – these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love—these are what we stay alive for.”

“The first time I tried organic wheat bread, I thought I was chewing on roofing material.”

The Diversity Committee has acquired a copy of the award winning film “Home” by Jono Oliver. It is a moving film about hope and mental illness. It will be available for all through the LRC Recreation department. A link is provided for the trailer and information on awards and cast:

<http://www.homethefilm.com/>



The LRC 5th Annual Walk for Mental Health Awareness is just around the corner. This year’s Walk will be held on Friday, October 3, 2014 from 11:00 a.m. to 1:00 p.m. Don’t be late!! This is a joint project organized by the Wellness and Diversity Committees. Network of Care will again be providing the tee-shirts for this event.



*On behalf of the LRC Community I would like to humbly and gratefully thank Kathy Borg for her generous donation of this beautiful Buddha statue to the Building 10 Spiritual Center. This Buddha is nearly two feet tall and carved out of a rich wood that has been oiled and cared for by Kathy for many years. The hand gestures I believe are the Vitarka mudra which is meant to evoke the energy of teaching and intellectual discussion. It mostly feels like the transmission of a particular teaching with no words, and the circle formed by the thumb and index finger creates a constant flow of energy/information. The energy created by this hand gesture allows for a transmission of knowledge in a protected way, without being impeded by fear.*

*Blessings of peace to Kathy and to all who gaze upon him.*

*- Rachel Johnson*



There are two sites worth noting this month that pertain to current subjects in the news. The first site is the CDC webpage on Ebola, the disease that is devastating Africa at this time. It provides information we should all know and be aware of today.

<http://www.cdc.gov/>



The second site is the Depression & Bipolar Support Alliance. With the recent death of actor Robin Williams, new attention is set on depression and its prevalence in our society. This is an excellent site with many diverse references to education, wellness and support for all.

<http://www.dbsalliance.org/site/PageServer?pagename=home>

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

- |   |  |
|---|--|
| 1) <i>Quiet</i> by Susan Cain                                     | Fritzsch   |
| 2) <i>Dream Making in a Dream Taking World</i> by Dr. Steve Price | 8) <i>The Sugar Mile</i> by Glyn Maxwell (poems)                           |
| 3) <i>Brain Lock</i> by Jeffrey Schwartz                          | 9) <i>The Whole Truth</i> by David Baldacci                                |
| 4) <i>Chicken Soup for the Gardener's Soul</i> by Jack Canfield   | 10) <i>The Smithsonian Book of North American Mammals</i> by Don E. Wilson |
| 5) <i>Zen Lessons: The Art of Leadership</i>                      |  |
| 6) <i>The DBT Skills Workbook</i> by Matt McKay                   |  |
| 7) <i>The Fundamental Constants</i> by H.                         |  |

The Resource Center in Building #10 is open Monday through Friday: 9:00 to Noon, and 1:00 to 5:30.



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

Fall is in the air and the LRC Policy Committee continues to plug away at reviewing the Policy Manual. They reviewed and revised this list of policies in July and August!

- EC-Miscellaneous-04 (LRC) Laundering of Linens and Towels
- EC-Security-08 (Whitehall) Youth and Room Search Policy
- EC-Security-13a (LRC) Two-Way Radios
- EC-Miscellaneous-06 (LRC) Transportation Services
- EC-Life Safety-06 (LRC) Fire Watch
- PC-62 (Whitehall) Community Safety: Whitehall PRTF Program
- PC-72 (LRC) Refused Showers/Baths
- IM-02 (LRC) Patient Computer and Internet Use
- PC-12 (LRC) Exposure Reports
- PC-20 (LRC) Pet Visits
- PC-63 (LRC) Fall Prevention
- HR-32 (LRC) Staff Sleeping During Paid Time
- LD-10 (LRC) Conflict Resolution
- MA-07 (LRC) Principles & Guidelines for Hospital Billing & Collection Practices
- MA-08 (LRC) Reimbursement Procedures
- RI-31 (LRC) Social Security Funds
- RI-20 (LRC) Reduction of Personal Needs Account

## Welcome these New LRC Employees..... by Nichole Newland

---



Paola Arizmendi, RN, Bldg 5



Layne Armstrong, SSII, Bldg 3



Jenna Beckner, SSII, Bldg 3



Travis Carey, SSII, Bldg 5



Shannon Clark, RN, Bldg 5



Raphael Johnson, SSII, Bld 10



Mariann Malone, SSII, On Call



Adrian Menendez, RN, Bld 5



Georgia Oehlert, RN On Call



Michael Satterly, Activity Assistant, Bldg 3



Jarod Sayker, SSII, Bldg 14



Julie Schroeder, Food Service Cook



John Schrotberger, SSII, Bld 5



Jarso Sengbe, SSII, On Call



Marie Sorenson, Word Processing



Edward Uhart, SSII, On Call

## Welcome these New LRC Employees..... by Nichole Newland



Brandon Walkemeyer, SSII,  
Bldg 3



Adam Warner, SSII, On Call

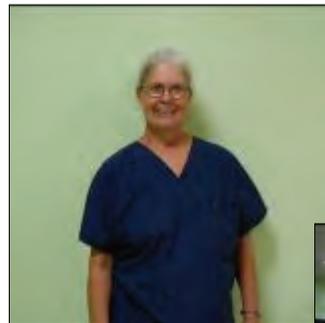


James Wolfe, SSII, Bldg 3

Please join us in welcoming all of our new employees!

### CANTEEN REOPENS!!

Come see the newly opened and remodeled Canteen in Building #10! The Canteen reopened in August with a fresh coat of paint, a fresh new menu, and new operating hours. The Canteen is now open from 10:00 a.m. to 1:45 p.m., and from 1:45 p.m. to 6:00 p.m. Deb Day is the new Canteen Food Services Leader. Deb and her Building #14 assistants have added favorite menu items such as the Hot Beef Sandwich, and Meatloaf Dinner, as well as a "runza" burger. Deb encourages employees to call in their order so the Canteen staff can have your meal ready when you arrive. Deb would also like your input on the menu and suggestions for more new menu items. She says that the Canteen is trying to have as many homemade menu items as possible so let her know what you'd like her to cook!



Good eatin'

## Celebrating Employee Successes



Congratulations to Kathleen Borg, GED Teacher at LRC for Buildings #3, #5 and #10. Kathy earned her Master of Education (MED) degree with a major in Educational Administration this summer. She states that her coursework prepared her to serve and lead educational organizations in the challenges facing 21st century teaching and learning. She holds the belief that her degree will help enhance the lives of LRC clients and their families, as well as the community. Over the past 2 1/2 years, Kathy has taken classes that include Administrative Theories, Finance in Higher Education, Law and Higher Education, and several research classes in quantitative and qualitative theory, administrative issues in higher education, higher education environments, College Students, the Junior College, Organizational Development, and her favorite (NOT) class, Statistics, where she says she specialized in Klingon.

Kathy stated that she shared her good news with one of her Building #10 students, who commented, "that's the good thing about torture, it feels so good when it's over." Kathy now plans to walk more, read books for fun, and replace her bad habits with good ones. She reports eating a lot of chocolate to help get through the late nights typing lengthy research papers.

Building #10 staff celebrated with Kathy by bringing in a cake on August 18!

# LRC Recipe Box.....by Teresa Hansen

## Trudy True's Cherry Cheesecake

### Ingredients:

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 3/4 cups graham cracker crumbs | 1/3 cup butter, melted            |
| 1 1/4 cups sugar, divided        | 3 packages cream cheese, softened |
| 1 cup sour cream                 | 1 Tbsp vanilla                    |
| 3 eggs                           | 1 can cherry pie filling          |



Heat oven to 350 degrees. Mix graham cracker crumbs, butter and 1/4 cup sugar. Press onto bottom and 2 1/2 inches up the side of a 9-inch springform pan. Beat cream cheese and remaining sugar in large bowl with mixer until well blended. Add sour cream and vanilla; mix well. Add eggs, one at a time, beating on low speed after each just until blended. Pour into crust.

Bake one hour to 1 hour, 10 minutes or until center is almost set. Turn oven off. Open oven door slightly. Let cheesecake sit in oven one hour. Remove cheesecake from oven; cool completely. Refrigerate 4 hours. Run sharp knife around edge of pan to loosen cake. Remove rim. Top cheesecake with pie filling just before serving.

## Grilled Skirt Steak Gyros

### Ingredients:

- |                                       |  |
|---------------------------------------|--|
| 1/3 cup extra virgin olive oil        | 3 cloves garlic, minced  |
| 1 tsp dried mint (optional)           | 1 tsp dried oregano  |
| 1/2 tsp paprika                       | 1/2 cup 2% plain Greek yogurt                                  |
| Kosher salt and freshly ground pepper | 1 onion, sliced into 1/2-inch thick rounds                     |
| 1 lb skirt steak                      | 1 green bell pepper, seeded & sliced into 1/2-inch thick rings |
| 4 pocketless pitas                    | 1 tomato, chopped  |
| 1 bunch watercress, roughly chopped   |  |



### Directions:

Preheat a grill to medium high. Make the marinade: Whisk the olive oil, garlic, mint (if using), oregano, paprika, one teaspoon salt, and pepper to taste in a large bowl. Transfer one tablespoon of the marinade to a small bowl; mix in the yogurt and 2 tablespoons water. Add the bell pepper and onion to the bowl with the remaining marinade and toss; removed to a plate with a slotted spoon. Add the steak to the bowl and toss.

Grill the bell pepper, onion and steak, turning once, until lightly charred, about 4 minutes per side for the vegetables and 4 to 8 minutes per side for the steak (depending on the thickness). Set aside to rest, about 5 minutes. Meanwhile, grill the pitas until marked, about 1 minute per side.

Slice the steak against the grain. Fill the pitas with the steak, grilled vegetables, tomato and watercress. Drizzle with the yogurt.



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Perry Holmgren—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

Nichole Newland— 479-5432

Tary Paris—479-5010

#### DHHS- LINCOLN REGIONAL CENTER

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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: Annette Murrell, Becky Meulemans, Scott Loder, Kathy Borg, Rachel Johnson, Deb Day, Teresa Hansen, Lori Rasmussen, and Guest Reporter, Demetri, for the Whitehall Campus.*

## One More Recipe

### End of Summer Vegetable Gratin

#### Ingredients:

2 medium zucchinis	1 medium yellow squash
3 vine ripened tomatoes	olive oil
1/2 tsp kosher salt	10 basil leaves (torn)
4 to 6 sprigs of fresh oregano	1 large clove fresh garlic (pressed)
Fresh ground pepper	1/2 cup shredded Parmesan cheese

#### Directions:

Preheat the oven to 350 degrees. Cut the zucchini and squash on the diagonal and slice all the tomatoes. Transfer to a large bowl and drizzle generously with olive oil. Remove leaves from oregano and throw into the bowl. Add basil, salt and garlic. Crack fresh pepper on top and toss to coat everything. Grease a baking dish with cooking spray or butter and lay the veggies in overlapping rows from end to end. Sprinkle cheese on top and bake for 25 to 30 minutes or until veggies are cooked and cheese starts to brown.

