



LRC REALITY CHECK

Marijo Herman is the July 2011 Employee of the Month



Congratulations to Marijo Herman, RN, who was chosen as the July 2011 Employee of the Month for LRC. Marijo has worked at LRC since October 3, 1983. Her co-workers who nominated her state that this year, Marijo was assigned the duties of passing all medications at Whitehall until the direct care staff became certified as medication aides. In addition, she trained nurses from the main campus to assist at Whitehall during her off times. Marijo was given the task of overseeing all of the medication administration until Medication Aides were in place. She willingly worked with the Pharmacy, with other nurses, with the Director of Nursing and the ADONs to ensure that Whitehall followed through with the CMS recommendations.

Marijo never complains about extra work. Instead, she smiles and does what needs to be done to become in compliance with regulations. She leads by example when change happens, realizing she just has to go with the changes and keep problem-solving. She continues to work with the youth to educate them on what their medication is for, and regarding any medication side effects.

Marijo is a wonderful co-worker who can be counted on to have a kind word or a smile. Her co-workers at Whitehall state that she is FANTASTIC, and they are happy that she is on their campus. Her commitment to the youth, their families, and to the Whitehall program makes the Employee of the Month award a well-earned recognition. In appreciation of her hard work, Marijo received a gift card to Ruby Tuesdays.

Liz Stebbins is the August 2011 Employee of the Month



Congratulations to Liz Stebbins, who was selected as the August 2011 Employee of the Month! Liz has been employed at LRC since July 26, 2003. Her co-workers who nominated her state that she has done an excellent job as the new leader of the canteen in Building #10. Liz has made some great changes to the menu, has increased the hours of operation for the Canteen, and helps patient employees learn employment skills. Liz is positive and upbeat, and she is committed to the process of running the café. Her positive, caring spirit is very much appreciated.

Having a functional café gives staff and patients a nice place to eat and enjoy themselves while on break. Liz has collaborated with the LRC Wellness Committee to implement Healthy Option punch cards for employees to use when purchasing healthier, low fat menu items at the café. This will encourage employees to choose healthier foods while helping them to save money too! The café was used twice this year to cater lunch for PCC Facilitator and Supervisor trainings. This involved a lot of extra work for the Canteen, and everyone who participated in the workshops commented on a job well done!

Liz has worked very hard to make the new café work, and it is now making a profit, which benefits the Patient Welfare Fund at LRC. Liz is recognized as being a very dependable and valued employee.

In appreciation of her hard work, Liz is receiving a gift card to Wal-Mart.

Man, is it hot outside!

This month, I first want to give you a quick update on the status of the renovation projects. I have lived in Nebraska now for twenty years come this Labor Day and I don't remember it being this hot and humid in July and August. I know it has been hot, but this summer just seems to be really humid and sweltering. I want to recognize all of you in Building 3 who have had to endure the heat of this summer while the windows are being replaced. It is pretty hard to keep the building cooled and the humidity reasonable with four big gaping holes in the wall during the heat of the day. It's also pretty hard to keep your cool when working under these conditions. I want to commend all of you for your patience during this ordeal which is almost at an end. By the end of August, the windows should be finished. It is hard to think about it now, but we will really enjoy these new windows about December when it's cold outside.

Meanwhile, the ADA renovations to Building 5 continue. Last month I reported that the installation of an elevator to the second floor, renovation of the front entrance to make the building ADA handicap accessible and reconstruction of the other entranceways for better egress were complete. There is one unit left to complete. We have begun discussions as to what our total bed capacity will be in Building 5 and across campus once the final unit is complete. We should be finished with all of the work in Building 5 by Halloween. Work has begun on the annex behind Building 5. The construction of the new annex should be complete by October 1st. We have finished the renovations to the security center in Building 5 and have finished with the installation of the last several sets of cameras and digital upgrades.

In Building 10, we have completed an upgrade to the heating and ventilation system. In Building 14, we should be done with the roof project by the end of August. And again, the contractor is responsible for the repair of the driveway in front of the Building which got torn up by heavy equipment lifting the materials onto the roof. There has been a lot of activity going on all around campus so far this year but things look to be quieting down somewhat as we go into the fall. All of these projects will make our operations more efficient and safer for everyone.

Secondly, as you may know, there is a lot going on with juvenile services right now. There is a lot of focus on what programs should be provided and how they should be paid for. I was discussing the HRC CD program with some people from downtown and we needed to reconstruct a timeline of events.

Do you realize it has been over five years since we moved the adolescent program on west campus to HRC so we could put a sprinkler system in Building 3? That got me to thinking about the domino effect of the changes we have made on the services we provide. That initial construction in Building 3 took nine months and, as soon as we were finished with it, we moved patients from Building 10 to 3 and from Building 14 to 10 and began a major renovation project in Building 14 that lasted nearly two years. Then we separated the men and women in Buildings 10 and 3 respectively. We also moved all of the sex offenders into Building 14 in order for us to begin the current project in Building 5. Each relocation of a patient population or an office or a classroom has been contingent on a previous move and has allowed for a subsequent move. I sometimes wonder if it is all ever going to end. The next thing we will have to figure out once the construction in Building 5 is done is how many patients should be in Buildings 5 and 10. This may mean some relocation of staff if we move patients. We will be soliciting your input on this through the Team Leaders as we get closer to this decision. Through all of the construction and program changes over the last five years, we have done this many times and it has worked out so we should be able to do it again without too much trouble.

Four years ago I wrote an article entitled "Why Do Bad Things Happen?" after the assault on Dr. Martin and his subsequent death. That was a dark time in the history of our organization. We have had many other trials and tribulations over the years from CMS Immediate Jeopardy to patients escaping. Somehow we have weathered these storms. We have also had many, many successes. Change is difficult for everyone every time we make major alterations to the way we do things. But through all of these changes we have come out at a better place. Our organization is stronger today than it has been in the past. You can sense that there is a new confidence in the way we go about our business. This is a tribute to all 500 of us who come to work at this place every day. I have had employees who worked here before and who have returned, tell me in New Employee Orientation that they can tell that this is a better place to work just from the way we conduct the orientation program. I have employees that tell me they love working here. That was not the case five years ago. So let's keep that momentum going. And you know, soon we will be saying "Man, is it cold outside!"



Mel Lines is the Employee of the Quarter



Congratulations to Meloni (Mel) Lines for being selected as the Employee of the Quarter for the 2nd quarter of 2011. She became eligible for this award as the April 2011 employee of the month. Since Mel was hired on April 21, 2008, she has proven herself to be a valuable employee. Mel's co-workers who nominated her state that she is extremely knowledgeable about the admission processes. She works very well with the Region coordinators, court authorities, and numerous other sources who deal with our patient referrals. Mel learns her duties very quickly and has vast knowledge of her role and responsibilities. She is eager, helpful, and a delightful asset to LRC.

Mel is outgoing, approachable, and always friendly. She handles conflictual situations diplomatically and effectively. She is sincere in her efforts to get patients admitted to LRC, with the patients' needs appropriately addressed.

Mel is always positive and eager to help. Her attitude is very refreshing. Mel is never negative, nor does she ever appear overwhelmed. She does her job with grace and is always complimentary to her co-workers. She is a joy to work with!

In recognition of her hard work, Mel is receiving a gift card to Qdoba. Congratulations once again, Mel, and thanks for all that you do!

Congratulations!

Todd Falter is the Supervisor of the Quarter



Congratulations to Todd Falter, Director of Risk Management and Infection Control, for being chosen as the LRC Supervisor of the Quarter for the second quarter of 2011. Since his employment date of September 27, 1997, Todd has proven himself to be a valuable employee. Employees who nominated Todd state that he is always available when there is an infection control issue with the patients. Todd talks to the patients with respect and is always trying to improve their lives. Todd is very active on the units.

Todd listens to issues that are concerning to his employees. He is a very understanding supervisor who is respectful of the employees he supervises. These employees state that Todd reminds them that their positions and the work they do is equal to any position on campus. He is firm but flexible with the employees he supervises. Todd encourages teamwork and open communication. In addition, he is open to suggestions from his team of employees.

In appreciation of his hard work, Todd received a gift card to Famous Dave's. Congratulations again, Todd, and thanks for all that you do!

Therapeutic Recreation for Psych Services is the Team of the Quarter



Congratulations to the Therapeutic Recreation staff for Psych Services for being chosen as the Team of the Quarter for the 2nd quarter of 2011. As a team, they have instrumental in making changes within Programming services for Psychiatric Services at LRC. These Therapeutic Recreation staff have always facilitated a plethora of treatment interventions for patients that involve socialization, leisure skills, fitness and health, art and music. However, in the last few months, this team has modified their work schedules to provide even more popular and goal-directed activities for patients during weekends and evenings. They have been unifying resources between the different buildings to build a stronger, more efficient department. LRC has relied heavily on the Therapeutic Recreation department when implementing changes in programming, and this team has responded exceptionally well. At this time, the T.R. staff for Psych Services are also working on a couple of

Performance Improvement projects. With representation from Building #14 and Whitehall, the current T.R. assessment instrument is being reviewed. In addition, the CTRS staff members in Psych Services are initiating an overhaul in treatment interventions by adding more fitness opportunities for the patients. The goal is to ensure that patients within Psych Services are provided sufficient opportunities to engage in fitness to meet the American Heart Association Guidelines for health, which is 30 minutes of physical exercise five times per week.

The Psych Services T.R. Department has been meeting weekly to discuss programming changes and to brainstorm ideas to move the department forward. Prior to April of this year, the CTRS staff in the three Psych Services buildings operated independently from each other. The transformation towards becoming a team has been remarkable over the last quarter. Unification of the department is benefiting patients by ensuring that best practices are used. The team approach practiced over the past several months has brought the T.R. staff together and has empowered them to utilize each other to improve services and efficiency. For many years, T.R. staff in the different Psych Services buildings operated separately, and at times competed against each other. In a very short timeframe when multiple changes are being made, they have shown tremendous growth as a team, which is no easy task!

Kudos—Now That's PCC!

- ◆ **Kudos to Derek Ofodirwinwa** for assisting a patient who was choking on food. Derek reacted quick and fast, and saved this patient from harm.
- ◆ **Kudos to Bob Whitaker** for taking time to create and laminate badge inserts for emergency numbers for Building #14. Bob is always looking for projects to improve the work area!
- ◆ **Kudos to James Bayless, ADON**, for helping at the last minute to hold Community Meetings on all living units in Building #5. The Patient Advocates were able to provide Building #5 patients information on how to communicate with them.
- ◆ **Kudos to Stan Wiegert** for finding a way to talk to a representative with Immigrations and arranging for them to pick up a person with an immigration detainer.
- ◆ **Kudos to Roger Glenn** who picked up the ball and made all necessary notifications to law enforcement when a patient in Building #5 had an emergency medical appointment.
- ◆ **Kudos to Bruce Rafferty** for training the new Compliance Specialist, Cheryl Scheele, on the 3rd shift. This required Bruce to adjust his schedule. Way to step up, Bruce!
- ◆ **Kudos and thank you to all LRC Grounds Crew members**, past, present, and future for planting the beautiful trees that we all enjoy today.
- ◆ **Kudos to Stephan Sukol and Mary Gallagher** for assisting a patient who was choking. Their determination and quick thinking saved the day!
- ◆ **Kudos to Deena Johnson** for recently doing a fabulous job of calming and soothing a patient in Building #3. Her presence made the difference for this patient!
- ◆ **Kudos to Heidi Fahrnbruch** for her great organization skills in coordinating off campus medical appointments.
- ◆ **Kudos to Cory Diaz, Bill Garreans, and Zeb Moseman** for their courteous help in carrying 80 new storage boxes to the storage room in Building #10. Your help was much appreciated!
- ◆ **Kudos to Building #3 2nd Floor Team Leaders, Jay Schmitz and LisaMaria Robertson.** A patient wrote a Thank You to the Team Leaders on a My Voice form for the good work they do. Several Women's Council participants have also mentioned several times recently about how they feel people are really trying to take the time to listen to them.

Congratulations to Phil Jefferson, DHHS/LRC Employee of the Year



Congratulations to Phil Jefferson, for being selected as the DHHS LRC Employee of the Year. As a Training Specialist, Phil is very conscientious about how he teaches new employees. He ensures that new employees are well equipped to do their job. Phil also always takes time to take a personal interest in patients on the units. Phil has never met a stranger. Employees who have had contact with him are always encouraged by his caring, positive demeanor. 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, and makes time to genuinely listen and talk to people. His smile and signature laugh always brighten the day!

Phil will be honored with other DHHS employees in October at the Governor's EOY/SOY Award ceremony. This prestigious award includes an Admiralship in the Great Navy of the State of Nebraska, so please salute and congratulate Phil next time you see him!

WELCOME These New Employees.....By Susie Brown

Please join us in welcoming these new employees:

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| <ul style="list-style-type: none"> ◆ Caleb Wittenburg, SSII, On-Call ◆ Mary Soby, SSII, Building #5 ◆ Rosanna Baumbach, SSII, Building #10 ◆ Laura Hochstein, SSII, Building #3 ◆ Tami Motes, RN, Building #5 ◆ Patrick Ramsey, Custodian, Building #5 ◆ Katherine Howard, Food Services Cook | <ul style="list-style-type: none"> ◆ Rachel Robinson, SSII, On-Call ◆ Kelli Means, SSII, Building #10 ◆ Carolyn Nash, SSII, On-Call ◆ Michele Tesar, SSII, Building #5 ◆ Rebecca Rouse, Food Services Cook ◆ Amy Jappert, SSII, Building #3 ◆ Krista Lierz, SSII, On-Call ◆ Despi Gallardo, ADON, Building #10 ◆ Laurie Haszard, RN, On-Call ◆ Jacqueline Kincannon, SSII, Building #5 | <ul style="list-style-type: none"> ◆ Jennifer Larkin, Activity Specialist, Building #14 ◆ Melissa VanBrocklin, SSII, On-Call ◆ Jared Brass, SSII, On-Call ◆ Justin Flury, SSII Guard, On-Call ◆ Maira Wentworth, SSII, Building #10 ◆ Stephen Collins, SSII Guard, On-Call ◆ Megan Theasmeyer, SSII, On-Call ◆ Ruth (Ann) Bussey, RN, Building #3 |
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More Policies for Your Perusal.....By Linda Jiskra

The Policy Committee met in July and August, pouring sweat and tears into their laborious work of revising the following LRC policies. You can read the Policy Committee minutes on the shared drive to find out how decisions on policies are made. These minutes are also being emailed to all LRC staff each month.

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| <ul style="list-style-type: none"> ◆ EC-Life Safety-06 (Whitehall) Fire Watch Policy and Assignment Sheets ◆ IM-28 (LRC) Documentation Guidelines | <ul style="list-style-type: none"> ◆ HR-32 (LR) Staff Sleeping During Paid Time ◆ HR-03 (LRC) Primary Source Verification ◆ R1-30 (LRC) Reduction of Personal Needs Account ◆ EC-Security-08 (Whitehall) Youth and Room Search Policy ◆ EC-Miscellaneous-04 (LRC) Housekeeping, Laundry and Linen | <ul style="list-style-type: none"> ◆ PC-04b (Whitehall) Youth Safety Precautions ◆ PC-15 (Whitehall) Run Risk Precaution ◆ PC-66 (Whitehall) Staff Expectations for Supervising Youth ◆ PC-62 (Whitehall) Community Safety: Whitehall Psychiatric Residential Program ◆ PC-33c (Bldg 14) Yard Policy |
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Wellness Corner: New Wellness Activities for LRC Employees!

Chair Massages Now Available at LRC

The Wellness Committee is sponsoring On-Site Chair Massages. These massages started Friday, August 12. Employees pay \$9.00 for a 10-minute chair massage. The massages are held in the 2nd floor conference room in K Building by Massage Therapist, Laura Nisley. She accepts payment in cash or check. Reservations for August and September are currently being taken. Contact Nina Trumble at Antonia.AndersonTrumble@nebraska.gov to make your reservation. There are openings for the following dates:

- ◆ August 26: 4:00 p.m. and 4:30 p.m.
- ◆ September 2: 10:00 a.m. and 10:15 a.m.
- ◆ September 23: 3:15 p.m, 3:30 p.m, 4:00 p.m., 4:30 p.m., 4:45 p.m.
- ◆ September 30: 9:45 a.m., 10:00 a.m., 10:15 a.m.



On-Site Boot Camp Classes Offered

Have you ever wanted to try a Boot Camp class? Now is your chance to do it conveniently located at LRC. Decrease Body Fat! Increase Muscle Tone! Reduce Stress! Body Innovations has agreed to provide ongoing on-site Boot Camp classes to LRC employees for ONLY \$45 a month. Other boots camps run from \$100 to \$200 per month. This is an amazing deal that cannot be beat. Starting August 23, you can become a regular Boot Camper. August will be a prorated cost at \$15 for the remainder of the month (23rd, 25th, and 30th).

The Boot Camp is available to LRC employees by a month to month commitment. Boot Camp will be held on Tuesdays and Thursdays from Noon to 12:45 p.m. in the Building #3 basement. Bring water, a small towel and comfortable clothing. There are bathrooms in the basement for changing and showers in K Building if needed.

Contact Nina Trumble at Antonia.AndersonTrumble@nebraska.gov if you have questions and see Page 7 of the August Reality Check newsletter for photos of LRC Boot Camp participants!



LRC CAFE PUNCH CARDS FOR HEALTHY LUNCH CHOICES

The Wellness Committee and the LRC Café are excited to introduce the new Healthy Options punch cards. Punch cards are available in the café as of August 1. There are 10 healthier options listed on the punch card. After purchasing six items listed on the punch card, you will earn \$2.00 off of your next canteen purchase (any item). The punch card **MUST** be present at the time of purchase. No exception! The punch card may not be used if the item listed on the punch card is the daily special.

The LRC Café has 10 healthy menu options on the punch card: Veggie burger, Veggie wrap, Turkey & Swiss Sandwich, Chef Salad, Taco Salad, Large Tossed Salad, Grilled Chicken on a Bun, Chicken Fajita Wrap, Grilled Chicken Wrap, and Grilled Chicken Salad.

Interested in living healthier and saving a little money??? Ask for your punch card today!

If you have questions, contact Liz Stebbins or Nina Anderson-Trumble.



Step Up for Down Syndrome Walk.....by Randy Willey

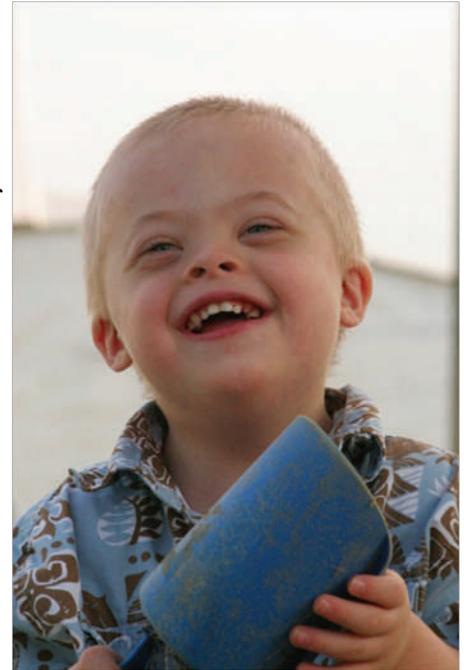
Last year I introduced you to Ben. Ben is now three years old and started preschool this year. In most ways, he is just like any other little boy; however, he happens to have Down syndrome.

Once a year the Down Syndrome Association for Families of Nebraska (D.S.A.F.) raises money to help children and families with education and resources to understand the challenges and blessings of people who have Down Syndrome. This year the Step Up for Down Syndrome Walk is on **Saturday, October 1, 2011** at Antelope Park in Lincoln.

In case you forgot, Ben is my youngest son and he is a very special little boy. If you would like to help the DSAF, please contact me at extension 5244 so I can tell you how.

Thank you for your support!

Randy Willey Bldg #9



Sand and Sun 2011



What a great weekend for a volleyball tournament (held on August 20). There was just one little problem: only three teams were able to participate this year. Lack of teams did not result in lack of fun though! The tourney consisted of round robin pool play and single elimination tournament. Thanks to all members of the three participating teams. *This event was an LRC Elective Activity.

As always, watch for fliers and emails for future Wellness Sponsored LRC Elective Activities.

Winning team pictured from left to right: Scott Johnson, Alyssa Perry, Angie Aden, Eric Thone, Emily Rokusek





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

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

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Laurel Hadley	330 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Emily Rokusek	1221 miles
Susie Brown	1943 miles
Crystal Buhrmann	3450 miles



Conquer Back to School Stress.....submitted by Susie Brown

School has started. Here are some hints from the EAP on making Back to School time stress free!

Mornings - Problem: Your child fell back to sleep for 10 more minutes, spent an extra 15 minutes deciding on her outfit, had to run to catch the bus and left her backpack on her bed.

- ⇒ **Step 1:** Prep before bed. Avoid the frazzled AM rush by having your child organize her backpack and lay out the next day's clothes before breakfast.
- ⇒ **Step 2:** Set expectations. Create a morning checklist for your child to follow. Give an incentive to get through the list by awarding a gold star for waking up on time, making her bed and eating breakfast. Stars earned = a movie or ice cream.

After School - Problem: A full day of sitting leave your child bouncing off the wall as soon as he gets home.

- ⇒ **Step 1:** Have a healthy snack. Help your child recharge with a small, nutritious bite. Hummus with whole grain crackers, carrot sticks and peanut butter for dipping, or yogurt with a sprinkle of granola.
- ⇒ **Step 2:** Play! Give your child time to burn off some energy. A half hour of basketball (or Wii sports if it's raining) will help him focus better once it's time to hit the books.
- ⇒ **Step 3:** Get to Work. Establish a set amount of time for homework and studying (rule of thumb is 10 minutes for each grade level. If your child still has more to do, he can resume the work after another break.

Bedtime—Problem: After two months of late nights, your child won't go to bed on time.

- ⇒ **Step 1:** Go gradual. Kids need 9 to 10 hours of shuteye to perform at their best, so ease the transition incrementally. Gradually have them go to bed earlier, pushing bedtime ahead each night by 15 minutes the week before school starts.
- ⇒ **Step 2:** Build a routine and stick to it. Pack backpacks and set them by the front door, then off for a bath and a story. The activities themselves don't matter—as long as they're calm, quiet, and become associated with winding down for the night.
- ⇒ **Step 3:** Say goodnight. Recognize when your child is using a tactic to stay up later and hold her accountable. Giving into these behaviors will guarantee you see them again the next night. Remind your child it's bedtime and then say goodnight.

JULY



The LRC Wellness Committee chose Todd Schave as the July Strut Your Stuff Winner. Todd has a true “comeback” story. After running competitively in high school and college, Todd was sidelined when he suffered a back injury. Then while working at the Hastings Regional Center, Todd realized that he could run up steps or hills without pain, so he started running the stairwells...one flight of stairs at a time! He slowly worked his way back to running on flat surfaces and after two dedicated years, he lost 40 pounds and was back in shape. Todd now runs to stay healthy and keep his weight under control. Todd says, “I enjoy healthy eating now, feeling healthy, being in shape and helping others.” With his busy work schedule, he sneaks in his running during his lunch break or before his last group of the day. Todd reports that the run/walk method works best for him. He uses the rotation of jogging for 5 minutes and walking for 30 seconds to a minute. Running isn’t his only passion. Todd and his wife also enjoy bike riding. They can spend time together and take in the beauty of nature as they go on their 20-25 mile rides. What an inspiration, Todd! Congratulations!

AUGUST

Our LRC Wellness Committee would like to introduce you to our August “Strut Your Wellness Stuff” winners: Andrea Welch and Robin Wathen! Andrea and Robin work on the Whitehall campus. Despite their busy schedules at work and being moms, they both find time to routinely work out. They are members at the YMCA and feel it’s a great place for families to work out. They can find time while their kids are taking part in their own activities or they can put their little ones in the daycare that’s onsite. Andrea had been a member for over two years. She enjoys working out on the elliptical machine, the treadmill, swimming and taking part in the aerobics classes. Andrea says, “I kind of like it all!” Robin has been a member for the past four months. She prefers working out on the elliptical machine but would like to be more active with the aerobics classes and swimming. Whether it’s on their days off or early in the morning before they come to work, both Andrea and Robin try to squeeze in a workout three times a week. Congratulations, ladies! Keep up the great work.



Congratulations to Justin Major.....by Jane Ahl



Justin Major, Security Specialist II in Building #3, was born in Juba, Sudan. In 1998, he left to go to school at East African Catholic University in Kenya. From Kenya, he went to Uganda for his novitiate with the Catholic Religious Congregation. He visited Egypt briefly before coming to the United States in August, 2000. Justin holds July 2011 as a special month and year in which he became a citizen of two countries. In this month, the Republic of South Sudan with Juba as the capitol emerged as a new independent country in the globe after splitting from Northern Sudan on July 9, 2011. Justin, who came to the U.S. as an international student, changed his immigration status first to an asylee, and then to a permanent resident. He finally applied to become a U.S. citizen and was granted a citizenship on July 13, 2011 after passing a U.S. history test. He will be sworn in as a citizen on September 16, 2011. Justin is pleased to share his joys with LRC employees. He has yet to see his new country of the Republic of South Sudan, where he has not been since 1998. Congratulations on becoming an American citizen, Justin!

Around the Web.....by Tom Schmitz

We are all familiar with the term Borderline Personality Disorder as it applies in our jobs and daily life at LRC. The National Institute of Mental Health has just issued an updated booklet on this subject. It has concise, direct and verified information in an open, readable form. The online version can be found at: [Borderline Personality Disorder](#) along with many other references to this disorder. A print form is also offered here.

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

1. *Simple Abundance: A Daybook of Comfort and Joy* by Sarah Ban Breathnach
2. *Something More: Excavating Your Authentic Self* by Sara Ban Breathnach
3. *Burnt Toast* by Teri Hatcher
4. *Miss Manners' Guide for Civilized Behavior* by Judith Martin
5. *Poems that Live Forever* by H. Felleman
6. *The Evelyn Wood 7-Day Speed Reading and Learning Program* by S.D. Frank
7. *The Stone Cold Truth* by Steve Austin
8. *Let the Circle Be Unbroken* by M. Taylor
9. *Third Degree* by James Patterson
10. *Son of a Witch* by Gregory Maguire

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



Lots Going On in Nursing.....by Cheryl McMurry

I am happy to inform you of some of the exciting changes in nursing leadership positions across campus. Nursing Leadership believes that these changes will be conducive to building stronger and healthier teams and working relationships.

As of last Monday, August 15th, some of the Team Leaders assumed new work areas and teams:

- ◆ Keri Schell is now 1st shift Leader in Building 10
- ◆ Cindy Huelsdonk is 1st shift Leader for S-3 and S-4 in Building 5
- ◆ Rick Whiting is 1st shift Leader 1st floor in Building 3
- ◆ Haron Kohestani is 2nd shift Leader in Building 10
- ◆ Jay Schmitz is 2nd shift Leader on 2nd floor in Building 3
- ◆ Chad Hohenstein is 2nd shift Leader on 1st floor in Building 3
- ◆ Mike Gerdes will assume a new 11-7 Leader position in B-5 (we will have 2 on nights due to the number of staff as soon as we can hire a replacement for Mike in Building #3).

⇒ There is currently an opening for a Team Leader in B-5 on the 3-11 shift as Cheryl Scheele accepted a Compliance Specialist position. Applications for this position have been received and we are currently setting up interviews for that position and for the 11-7 position which will open in Building 3.

⇒ Another opportunity that will begin on August 29th is the introduction of a Clinical Nurse Trainer. Vicky Buchholz will assume this new role which will provide training and mentoring for nursing services. Vicky will also be working closely with Todd Falter to address infection control needs. We believe the Clinical Nurse Trainer will be a great asset to help promote education and competency within nursing services.

⇒ Also effective August 29th, Irene Hirschman has accepted the 1st shift ADON position in Building 3. Irene is a former LRC employee with much supervisory experience and knowledge and we are delighted to have her rejoin our team.

⇒ As I am sure you are aware, Despi Gallardo recently joined Nursing Leadership as the 1st shift ADON in Building 10. Despi has been very busy getting acquainted with staff members. Despi is also a former LRC employee. We are so happy to get the “good ones back.”

⇒ Yes, there is lots happening within Nursing Services and we are feeling very positive about the outcomes. We hope that you share this enthusiasm and will welcome any new leadership to your area. As we all work together, we will create a better environment for all staff and patients.

Go PCC!



Charitable Giving Campaign Fun Day on August 27



The Charitable Giving Campaign Team for LRC (Rachel Johnson, Melissa Lemmer, Scott Loder, Annette Murrell, Sandy O'Meara, and Amanda Owen Doerr) have been busy coordinating events for the Charitable Giving Campaign. Turn in Your Pledge cards and fill out the red raffle ticket with your name and phone number on it to try to win a prize. Events have included weekly speakers from the Charitable Giving Campaign organizations, \$2.00 Wear Jeans Day, and a Loose Change Donation Day. The big finale occurred on Saturday, August 27. LRC Employees were invited to participate in a Family Fun Day. Contests included a Longest Drive contest against CEO Bill Gibson, and a Kids Putting contest. The Family Fun Day was being held in conjunction with the annual Labor Management Potluck Picnic. Hotdogs

and beverages were provided by NAPE/AFSCME.

By the way, \$177 was raised by LRC employees on Loose Change Day for the Charitable Giving Campaign! Great job, everyone!! This money will be divided and donated to the three Federations in the Campaign: the United Way, Community Health Charities, and Community Services Fund. The Community Services Fund uses donations to improve quality of life for citizens. Funds from this Federation enable community organizations such as the Children's Zoo, NET, or Nebraska Trails to exist. The United Way partners with Community Health Charities. A portion of funds for Community Health Charities comes from the United Way. Community Health Charities supports individuals with medical problems and their family members, as well as supports research for disease cures. There are many organizations listed under these Federations that employees can specifically donate to on their pledge cards. Did you know that 82% of people who are incarcerated are high school dropouts. It costs \$43,000 per year to incarcerate a juvenile. Funds for early education and mentoring programs are critical. One of the agencies in the United Way and Community Health Charities is the Center for People in Need. There are 42,000 people living in poverty in Lincoln NE. A family of three is identified as living in poverty on a salary of \$8,807 per year. Several families have had to choose between buying food and having shelter with utilities. Employee pledges can make a difference for families like this! Remember to return your pledge cards to Human Resources even you choose not to participate by donating this year.

THANK YOU LRC!
FOR YOUR GIFTS TO OUR COMMUNITY

State of Nebraska Food Bank Donation Results

As a result of State of Nebraska employees' efforts, this year's Food Bank campaign raised \$40,104.04 and collected 12,436 pounds of food! State of Nebraska employee generosity and support of the Food Bank drive makes a tremendous impact in the local community. For every dollar raised by this campaign, the Food Bank of Lincoln can distribute \$7.50 worth of food. This year's monetary contributions alone will allow the Food Bank of Lincoln to distribute over \$300,780 worth of food to our community.



A thank you note from Governor Heineman asks all State employees to take pride in their achievements and know that their contributions are making a difference.

Mark Your Calendars!

The LRC Diversity and Wellness Committees are again joining forces to hold the second annual LRC Walk for Mental Health on Friday, September 30. This event will kick off Mental Illness Awareness Week. Join us in showing your support for people receiving behavioral health services.

The Cheesesteak Grill will be on site to sell yummy cheese steak sandwiches to hungry participants. Light refreshments (fruit and bottled water) will be available for walkers. The band, Sweeney Stearley will be present to provide music for the event, and Mary Helen will be selling baked goods for anyone who wishes to partake. Two walking routes will be utilized, one on campus and one on the trails near campus. Teeshirts have again been donated for this event by Nebraska Network of Care.

Let's hope for fantastic weather like we had last year!!



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

- 1) The first president to serve ice cream in the White House? A) Johnson; b) Eisenhower; c) Lincoln; d) Thomas Jefferson
- 2) What is one of the following is NOT a difference of gelato from ice cream: a) less butterfat; b) less air whipped in; c) it's warmer; d) there's no cream.
- 3) What is sorbet? A) fruit puree or juice, sugar and chopped ice; b) filo pastry, nuts and syrup; c) egg yolks, sugar and cream; d) whipped cream, gelatin and milk.
- 4) Where is the origin of gelato? A) Spain; b) Italy; c) France; d) England
- 5) What Baskin Robbins 31 Flavor was created in 1962 and has rum and lime ice? A) Peanut butter chocolate; b) cherries jubilee; c) Daiquiri Ice; d) Pistachio almond
- 6) 80 percent of the world's vanilla bean used for ice cream is grown in: a) Brazil; b) Madagascar; c) Kentucky; d) Honduras
- 7) Which dictator banned the sale of ice cream in his country? A) Napoleon; b) Hitler; c) Mussolini; d) Abdullah
- 8) What is not in malt? A) barley wheat; b) flour; c) milk; d) soy powder
- 9) How many calories in a 4-oz blue raspberry sherbet? A) 260; b) 160; c) 360; d) 60
- 10) What flavors are in a bomb pop? A) chocolate, vanilla, strawberry; b) coconut, praline, mocha; c) peanut butter, banana, blueberry; d) cherry, lime, and blue raspberry.



Tomato Feta Pasta Salad

Salad Ingredients:

- 1/2 lb. spiral pasta
- Good olive oil
- 3/4 cup good black olives, diced
- 6 sun-dried tomatoes in oil, drained and chopped
- Kosher salt
- 1 lb ripe tomatoes, medium diced
- 1 lb good feta cheese, medium diced



Dressing ingredients:

- 5 sun-dried tomatoes in oil, drained
- 6 Tbsp. good olive oil
- 1 tsp capers, drained
- 3/4 tsp. freshly ground black pepper
- 1 cup packed flat leaf parsley, chopped
- Tbsp. red wine vinegar
- 1 garlic clove, diced
- 1 tsp kosher salt
- 1 cup freshly grated Parmesan

Directions: Cook the pasta in a large pot of boiling salted water with a splash of oil to keep it from sticking together. Boil for 12 minutes, or according to package directions. Drain well and allow to cool. Place the pasta in a bowl and add the tomatoes, olives, feta and chopped sun-dried tomatoes. For the dressing, combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt and pepper in a food processor until almost smooth. Pour the dressing over the pasta, sprinkle with the Parmesan and parsley and toss well

Hoisin Marinated Grilled Pork Chops

Ingredients:

- 1/4 cup Hoisin sauce
- 1 garlic clove, chopped
- 1 tsp honey
- 6-inch thick bone-in pork loin chops
- 2 Tbsp. chopped fresh ginger
- 1 Tbsp. soy sauce
- juice of an orange



Combine the Hoisin, ginger, garlic, honey and orange juice in a bowl. Then place the pork chops in a plastic resealable bag and pour the marinade over the pork. Marinate in the fridge for at least a couple of hours and up to overnight. Preheat the grill to medium. Pat the porks dry with a paper towel before grilling. Grill for about 7 minutes on each side or until they are cooked through.

Warm Cranberry Walnut Brie

Ingredients:

- 1 8-ounce round Brie cheese
- 1 tsp. chopped fresh thyme
- Wheat crackers
- 2 Tbsp. dried cranberries
- 1 tsp. chopped walnuts, toasted



Preheat oven to 350 degrees. Using a serrated knife, remove topmost rind from the cheese and discard the rind. Place cheese, cut side up, in a small oven-proof baking dish; sprinkle with cranberries and thyme. Top evenly with nuts. Bake at 350 degrees for 15 minutes or until cheese is soft and warm. Serve immediately with crackers.

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

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Susie Brown— 479-5432

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: Justin Major, Teresa Hansen, Diana Walker, Nina Anderson-Trumble, Todd Schave, Andrea Welch, Robin Wathen, Cheryl McMurry.



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

1. Carhenge in Alliance, NE has **38** cars arranged in a circle.
2. Willa Cather's childhood home is in **Red Cloud, NE**.
3. A 20-foot high granite monument to Civil War soldiers of Nebraska is in the town of **Adams**.
4. At 5,424 feet above sea level, **Panarama Point outside of Kimball** is the highest point in Nebraska.
5. The Happy Jack Salt Mine is always a cool 56 degrees and it is located **at Salt Mine Scotia**.
6. The world's largest rail yard is in **North Platte** and offers a 360-degree view from an enclosed 8th floor at the Golden Spike Tower.
7. **Chimney Rock** is the National Historic Monument on the Oregon Trail in Bayard and is considered one of the wonders of the west.
8. Agate Fossil Beds is a National Monument on the Niobrara River close to the town of **Harrison**.
9. The Homestead Act of 1862 helped develop Nebraska. The Homestead National Monument is 4 miles from **Beatrice**.
10. The Gerald R. Ford Conservation Center in Omaha is located in **Hanscom Park**.

