



LRC REALITY CHECK

Melinda Diaz is the February Employee of the Month



Congratulations to Melinda Diaz, RN, for being selected as the LRC Employee of the Month for February 2010. Since her employment date of September 9, 2008 with the State of Nebraska, Melinda has proven herself to be a valuable employee. Melinda's co-workers who nominated her state that she displays a very caring attitude toward the female patients in Building #3. She is attentive to the patients' physical and mental health needs, and ensures they are cared for in a professional and respectful manner. She consistently provides teaching to the patients to enhance their level of understanding.

Melinda presents herself as a good role model and a great team player. She communicates pertinent information to her co-workers in hand-off communication.

She willingly jumps in to assist her co-workers or volunteers to do extra tasks. Melinda also communicates well with her supervisor.

Recently on Christmas Day during a weather emergency, Melinda did a great job of figuring out the staffing needs at LRC to make sure there was adequate coverage to provide care for the patients. She also volunteered to stay on the second shift to cover for a last minute sick call in Nursing. She then stayed over night to make sure she could be at work the next day on the 7-3 shift!

Congratulations again, Melinda, and thank you for all that you do. In appreciation of her hard work, Melinda is receiving a gift card to Target.

Cyndy Reece is the LRC 2009 Employee of the Year



At the February 9, 2010 Employee Recognition Ceremony recognizing years of service and employee achievements for 2009, Cyndy Reece, SSII in SOSR, was named the 2009 LRC Employee of the Year. The LRC Employee of the Year is chosen from the four employees of the quarter for the year. The employees of the quarter are chosen from the three employees of the month in each quarter!

Cyndy's co-workers state that she treats the SOSR clients fairly, and is firm, but gentle with the clients. She stays calm, cool, and collected during stressful situations. Some of the SOSR clients have stated that Cyndy always listens to them and provides them with helpful feedback that they are able to draw upon in different situations.

Cyndy treats the SOSR clients with respect and dignity and is always willing to help her fellow co-workers. She is described as an excellent team player. Cyndy assists her co-workers and the SSIII staff with daily tasks. She took on the responsibility of ordering weekly supplies for the unit. Her supervisor states that Cyndy is a very dedicated employee. In appreciation of her hard work, Cyndy is receiving a gift card to WalMart.

Team Leaders and Active Treatment

Last month I told you that this year we have several initiatives we want to accomplish:

- Finish the renovations to the security center in Building 5 which will allow for all of the security cameras across campus to be monitored in one place
- Begin the ADA renovations to Building 5 to include the installation of an elevator to the second floor, renovations to the patient living units and renovation of the front entrance to make the building ADA handicap accessible
- Fill the Team Leader positions by the end of April
- Prepare for our next Joint Commission survey which will take place anytime in the next 18 months
- Improve upon how we provide active treatment in all of the programs, and
- Continue to improve safety.

This month I want to focus on three of these: current trends in our statistics on peer to peer abuse, restraint and seclusion and client related employee injuries; active treatment and Dr. Fields; and the Team Leader positions. These three initiatives will be our primary focus this year.

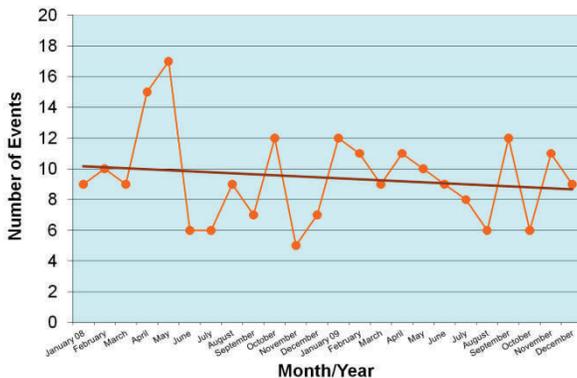
If we look at our incidents of peer to peer abuse, restraint and seclusion and client related employee injuries over the last 24 months our trend lines look good. These three statistics are indicators of the safety on our campus. Peer to peer abuse continues to decline.

When we have less inappropriate interaction between patients, we have less of a need to intervene between patients. When there is less of a need to intervene between patients, there is less likelihood that we will end up in a situation that will lead to seclusion or restraint. You can see this correlation on the last graph and the next one. In April and May of 2008 we had a spike in the incidents of peer to peer abuse and correspondingly, we had an increase in restraint and seclusion. Recently we have seen some volatility in the peer to peer abuse numbers which has contributed to an increase in restraint and seclusion.

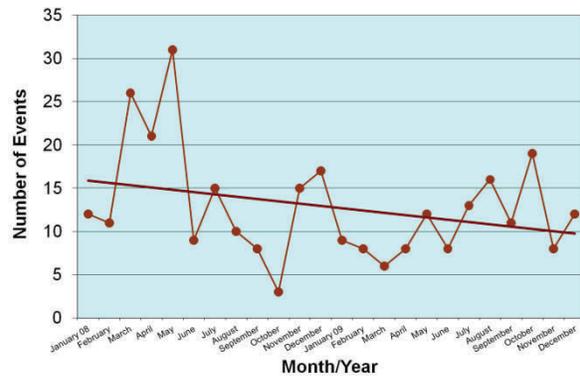


And finally, with the decline in restraint and seclusion, there is less likelihood that employees will get hurt. Three out of four staff injuries occur when putting a patient in restraint or seclusion. Again, recently we have seen an uptick in the number of incidents of restraint and seclusion and we see a corresponding increase in the number of client related employee injuries. We need to remember that these numbers include Mandt holds but we can see from the following graph that physical interaction increases the risk of injury.

LRC Patient-Patient Abuse 2008-2009



LRC Client-related Employee Injury 2008-2009

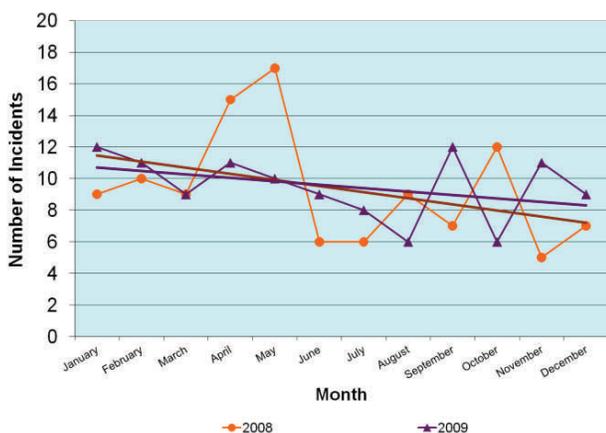


CEO Corner (continued).....

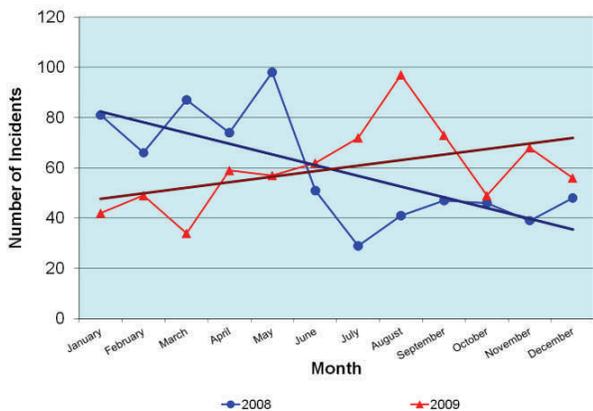
These charts represent two years of data and show progressive, deliberate improvement in the safety of the campus for both patients and staff.

However, when we look at these same statistics placed year over year, the picture doesn't look as good. Here are the same numbers from the last three charts with 2009 overlaid on 2008.

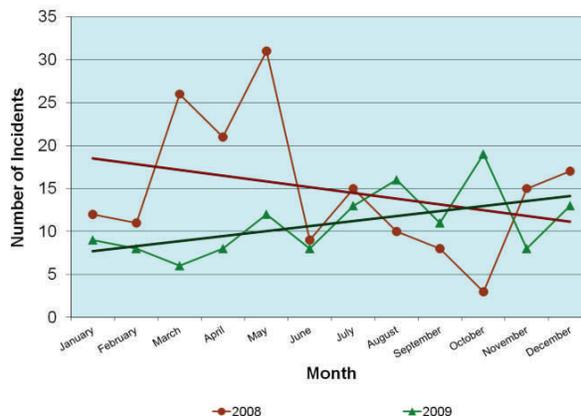
LRC Patient-Patient Abuse - 2008 vs 2009



LRC Restraint/Seclusion - 2008 vs 2009



LRC Client-related Employee Injury - 2008 vs 2009



While the trend for peer to peer abuse is still showing progress by continuing to decline, we saw some increase in this area toward the end of last year. At the same time, we saw an increase in the amount of restraint and seclusion and unfortunately, an increase in the number of client related employee injuries. In the first half of 2009 we had less restraint and seclusion than we did in the first half of 2008 and correspondingly, less client related employee injuries. However, in the second half of 2009, we saw more restraint and seclusion and that resulted in more employee injuries.

We have broken this data down by building and we know that most of the restraint and seclusion as well as most staff injuries are occurring in Buildings 3 and 5. There are hardly any incidents of restraint and seclusion in Building 14 since all of the sex offenders were moved to that building and there are very few staff injuries. There are just a few incidents of restraint and seclusion in Building 10 and only a few staff injuries. We also know that the incidents of restraint and seclusion involve less than 20% of our patients. We are also looking at the time of day and the day of the week when issues occur in order to ascertain whether there are better ways to do things or other approaches we need to try with those patients that end up in restraint and seclusion.

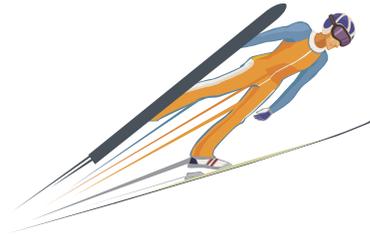
This brings me to my second point. We also know that peer to peer abuse and restraint and seclusion are directly tied to active treatment. While we just passed a CMS B-Tag survey on active treatment last September, we have room for improvement in this area. We have enlisted the services of Dr. Richard Fields to help us take our active treatment efforts to the next level. You may remember that Dr. Fields worked with us a couple of years ago to address issues raised in surveys by CMS and the Joint Commission. While there is nothing wrong with our active treatment protocols, we have to ask

CEO Corner (continued)

ourselves, can we do better. Dr. Fields was here in January and will return in March. He will continue to work with us to enhance our active treatment and produce continued measureable improvement in the areas of peer to peer abuse and restraint and seclusion.

Finally, after almost a year since the concept was first discussed, the first group of Team Leaders will be announced by the time you read this. I still expect that we will fill all 18 Team Leader positions by the end of April. I know that this has taken a long time to develop, however it was important that the organization support this initiative. There will be many questions about their role in the organization. I am committed to making this endeavor a success because I be-

lieve that these positions are vital to taking the quality of care provided at LRC to the next level. This change will put more decision making for patient care in the hands of those of you working on the unit with the patients. This effort will not be without its challenges but I am sure it will be one of our many successes in 2010.



Kudos

- **Kudos to all General Psych Staff:** First: Seclusion and restraint incidents were reduced in January and more interventions are ending in Mandt holds and not progressing to seclusion or restraints. Second: Patient-related employee injuries have also decreased. Since many staff injuries occur during seclusion and restraint incidents, if there are fewer seclusion and restraint incidents, staff are less likely to be injured. We have a lot of challenging patients but the data is showing that staff are doing a good job of managing difficult behaviors. And last, but certainly not least – we successfully passed another CMS (Centers for Medicaid and Medicare) survey with NO deficiencies.
- Third: CMS surveyors were here this month to investigate a complaint specific just to nursing services – the complaint alleged that good nursing care for our patients is not provided. **THIS ALLEGATION WAS TOTALLY UNSUBSTANTIATED!** :) In fact, the surveyors were VERY complimentary of the commitment and dedication staff have for our patients, and they specifically asked that this be shared with all of you! **NURSING ROCKS!!!!!!!!!!**
- **Kudos to all FMHS Staff:** Thank you everyone for your efforts in reducing Seclusion and Restraint numbers in FMHS. For the month of January, FMHS had a total of 15 incidents in Building 5, which is something to be very proud of. Your dedication and perseverance in maintaining a safe and therapeutic environment for the patients and staff is appreciated. More teamwork is seen each month, and for that you are ap-
- **Kudos to all General Psych Staff:** plauded. Once again, GREAT JOB in your efforts to reduce the amounts of Seclusion and Restraints in Building 5.
- **Kudos to Pharmacy Technicians Tricia Kutschkau and Linda Luther.** On Tuesday, February 16th, Tricia and Linda filled **81** LB-95 prescriptions, which is *double* the Pharmacy's normal daily load!
- **Kudos to LRC Housekeepers Matt Stadnick and Ken Proctor:** To avoid disruption of the day-to-day HIM office activities, Matt and Ken Proctor (with assistance from the LRC Maintenance Department who helped move the heavy file cabinets out of the room) came into work over the weekend of January 27th and 28th to strip and re wax the HIM floor. The floor accumulated layers of decades of old wax and had to be stripped several times. The floor looks excellent. Thank you again to all involved.
- **Kudos to the LRC Wellness Committee** for putting on a fantastic Health Fair on January 27, 2010!



From the Director.....by Scot Adams



I know how easy it is to be focused on daily work and not realize what other parts of the Division are working on. I'd like to move a little beyond the Regional Centers and talk about some exciting developments.

Nebraska's recent three-year federal Suicide Prevention Grant gives DHHS \$500,000 per year to increase awareness of suicide as a preventable public health problem, as it works to make measurable decreases in Nebraska's young adult suicide rates.

LB 603, passed by the Legislature in 2009, is resulting in development of additional services and professional resources for Nebraska families with children and youth with behavioral health and other needs.

DHHS received \$500,000 in state funding for FY09-10 and \$1 million for FY10-11 for behavioral health services for children under age 19. This will help expand programs like Professional Partners and services provided using a sliding-fee schedule.

We're contracting with Boys Town to operate the statewide **Nebraska Family Helpline at (888) 866-8660**. The

Helpline began on January 1st and received 122 calls in the first month. It's available 24/7 for families facing a behavioral health crisis and is staffed by professionals trained in mental health assessments.

Helpline operators can connect eligible families with **Family Navigator Services** within 24-72 hours of the referral to identify existing community services and provide family peer support. Eleven families were referred in the first month.

It's encouraging to see these new resources in place. Thank you for your work in Nebraska's Regional Centers.

Security Officers are the 2009 LRC Team of the Year.....



Congratulations to the LRC Security Officers: Les Adams, Rick Whiting, Frank Reavis, Jeremy Baker, Daniel Brunsen, Rob Uttecht, Brad Phares, Travis Curry, Kristopher Jobman, and Krystal Sherwood! The LRC Security Officers are the Team of the Year for 2009. The Team of the Year is selected from the four Teams of the Quarter. The other teams eligible for this award were the Centralized Staffing Office, the Housekeeping Department, and the Compliance Specialists and Safety Officer Team.

The Security Officers have done an outstanding job of providing care, quality, and effective services to the patients at LRC. The concept of having security guards was difficult to move forward and hard for some staff to accept. This group of individuals helped ease staff into the process of using security guards and they have shown professionalism and respect to the staff and patients. In an email to the Facility Operating Officer, these observations were noted: "I have had many opportunities to observe the Security Officers interact with patients, and problem solve with the patients on their individual concerns. I have visited personally with the Security Officers about their work and their philosophy of care. I can tell you that I have been impressed over and over again with their insights into patient needs. They continually reflect sympathy and understanding about patient history and treatment, which is reflected in their demeanor and in their interactions with even the most difficult of people. I have seen these officers extend themselves on the job in ways that relay respect, care and encouragement of patient safety and ongoing treatment. I have to say that I was skeptical about having security officers within a therapeutic environment, but to this date, I can honestly say that the integrity and insight of these officers is more therapeutic than I believe they are given credit for."

The Security Officers have been flexible and responsive to the needs of the patients in all of the programs at LRC. Initially this team was to work on the S5 unit and since they began, they have been tasked with offering staffing to Building #3 on a consistent basis as well as responding to crises in Buildings #10 and #14. Staff report feeling "at ease" with their presence and feel that their presence has contributed greatly to a safer environment. This would not have been possible if the officers on this team did not extend themselves to the staff and the patients in the way that they do.

In appreciation of their hard work and achievements, the Security Officers received \$300.00 in cash!

Employee Recognition Ceremony Held February 9.....By Linda Jiskra

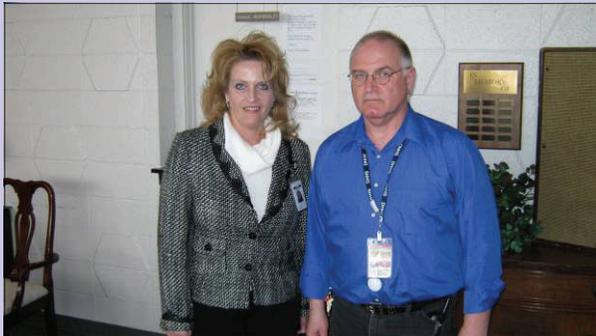
On February 9, 2010, the LRC Employee Recognition Committee held its annual recognition ceremony to celebrate LRC employees' years of service for 2009, and recognize the 2009 Employees of the Year, Employees of the Quarter, and Teams of the Quarter. Employees with 5, 10, 15, 20, 25, 30, 35, 40, and 45 years of service were recognized. Cyndy Reece was named as the 2009 Employee of the Year. The Security Officers were recognized as the 2009 Team of the Year. Scott Collier was recognized as the DHHS/LRC Employee of the Year for 2009. Congratulations to everyone for their achievements, and thank you for your dedication to LRC. **And just a reminder: if you received an award for years of service, don't forget to turn in your gift choice!** Here are some photos of the afternoon's events



5 Years of Service: Crystal Buhrmann, Brandon Frye, Fernando Sotelo, Susie Brown, Jeremy Lincoln, Miranda Danekas, Stephanie Rezac, Anne Regelean



10 Years of Service: Sue Childress, Scott Collier, Emily Claussen, Dr. Y. Scott Moore, Lori Rasmussen



20 Years of Service: Stacey Werth-Sweeney, Larry Birkett



25 Years of Service: Laurie Reinsch, Wendall Roberts, Louise Stone, Tammy Foley, Dave Reece, Phil Jefferson



30 Years of Service: Chris Lyford, Joan DeVries, Cindy Dykeman, Vicky Buchholz, Scott Loder, Nancy Goff



35 Years of Service: Mark Vaske

Employee Recognition Ceremony.....

For employees with 20 to 45 years of service, a photo was taken with each employee with their supervisor!



Larry Birkett with Joel Trausch

20 YEARS



Stacey Werth-Sweeney with Bill Gibson

25 YEARS



Louise Stone with Dan Ullman



Tammy Foley with Bill Gibson



Wendall Roberts with Stacey Werth-Sweeney



Phil Jefferson with Vicky Buchholz



Dave Reece with Tu Nam



Laurie Reinsch with Cindy Dykeman

Employee Recognition Ceremony.....

30 YEARS



Cindy Dykeman with Bill Gibson



Joan DeVries with Stacey Werth-Sweeney



Chris Lyford with Carol Wierda



Nancy Goff with Cindy Dykeman



Vicky Buchholz with Debbie Roberts

35 YEARS



Mark Vaske with Tammy Foley



**CONGRATULATIONS,
EVERYONE!!!!!!**

Employee Recognition Ceremony.....



2009 Employees of the Month:

Terri Harmon, Sharon Ziers, Cyndy Reece

Not pictured: Janae Hood, Kristen Gannon, Gary McNeill, Dale Huddle, Sue Wesche, Jon Torkelson, Lonnie Higgins, Cindy Huelsdonk, Deb McTee

2009 Employees of the Quarter:

Sharon Ziers, Cyndy Reece

Not pictured: Kristen Gannon, Sue Wesche



2009 Supervisors of the Quarter:

Les Adams, Gayle Resh

Not pictured: Jana Stoner, Sara Steele



2009 DHHS/LRC Employee of the Year:

Scott Collier



Wellness Committee Strut Your Stuff Awards.....by Anne Regelean

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

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



January Winner:

Our January winner is Jeni Durfey. Jeni has chosen to return to the LRC Yoga Classes. Jeni had taken an extended leave from the classes for several months due to time restraints. But now she is back!! Jeni said, “The reason I came back was that it is hard to independently start up, and keep up with any sort of exercise program in the winter...I needed friends to help me along!” She also mentioned that yoga is very beneficial and relaxing. It causes you to use more muscles and in different combinations than walking on the treadmill or doing home exercises. Congratulations Jeni!!



February Winner:

Our February winner is Crystal Buhrmann. Crystal was chosen by the Wellness Committee for her continued success in the LRC Walking Program. Since starting in September, Crystal has logged 575 miles walking!! Crystal saw it as an opportunity to lose weight and improve her overall health. She wears her pedometer at work and at home. Her daily goal is 10,000 steps. What she doesn't get accomplished during the day, she tries to finish off on the treadmill at home. Congratulations Crystal!!



LRC Walking Program.....By Nina Trumble-Anderson

Do you take walks on campus during your breaks? Why not join the Walk for Wellness Walking Program located on the LRC campus! Get a group together and become each other's motivation. You can also count any healthy exercise activity that you participate in in your home or community. When you sign up, you will receive a log book, an LRC map, and information on walking/staying active. The first 30 people to sign up will receive a free LRC pedometer. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the LRC newsletter! To sign, up contact Nina Trumble at 5279 or Antonia.andersontrumble@nebraska.gov.

Julie Valencia	50 miles
Susie Brown	175 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Barb Rebentisch	250 miles
Lori Wieneke	263 miles
Kevin Crable	325 miles
Emily Rokusek	450 miles
Crystal Buhrmann	575 miles



Our Annual Health Fair Highlights—Check it Out..... By Diana Walker

The Health Fair was held on January 27, 2010 from 11:00 to 4:00. The exhibits were located in the Ballroom of Building #3. This year we achieved an attendance total of 181 staff! A total of 37 vendors participated in the event. Here is a taste of what the Fair had to offer, just to name a few:

- Best Care EAP
- Wellness One of Lincoln
- Midwest Myotherapy
- Akins
- Capital Humane Society
- Spiritual Wellness
- LRC Resource Center
- BryanLGH Student Nurses
- Open Harvest
- The Barkley Center
- Center for Spine and Sport Rehabilitation
- YMCA

The Barkley Center provided free hearing checks. Union College student nurses completed blood pressure screenings. Midwest Myotherapy was very popular with THREE massage therapists; staff were able to receive massages 10 to 15 minutes long! Capital Humane Society brought multiple pooches looking for a great home and also provided information concerning the furry friends located at the Center and information about adopting or donating to the cause. St. Elizabeth's Company Care completed body fat screenings. Open Harvest provided healthy snacks to boost our immune system and an extra source of valuable nutrients. Additional vendors provided quality information concerning their facility or products, and of course, they gave out FREE PRODUCTS! (continued on next page)



More Health Fair Highlights.....by Diana Walker

Raffle prizes were provided by attending vendors. Winning recipients included: Emily Rokusek, Rod Hurl, Dennis Derr, Cathy Beckman, Carol McDowell, Rhonda White, Audrey Kelly, Amy Rezac, Maureen Linke, Brenda Jones, Jeremy Lincoln, Carrah Weakly, Nina Trumble, Diane Focht, Larry Birkett, Staci Anyanwu, Perry Holmgren, Mark Vaske, Kerry Held, Judith Gaona, Amy Harms, Mike Roberts, Rachel Peters, Kalan Root, Pam Bauer-Flanagan, Steve Urban, Derek Ofodrinawa, Sandy O'Meara, Dawn Balvin, Brenda Dickinson, Angela Robinson, Barbara Roth, Emily Heil, Lani Maasen, Zeb Moseman, Jo Anna Price, Nikki DeMar, Merilyn Olsen, Linda Page, and Sonja Vanderharr.

Here are just a few of the quotes we received:

- ◇ *“Fantastic job in planning such a nice event for your staff. We love being your EAP partner!”*
- ◇ *“The ‘event staff’ were strikingly enthusiastic, courteous, helpful, pleasant, professional, attentive, able, competent, detailed, motivated, accommodating, and a well-oiled machine, very capable of orchestrating a super convention for the United Nations and more. I thank them, I shall broadcast their achievements first to my manager and the far and wide.”*
- ◇ *“Very well put together—one of the best I’ve attended.”*



◆ *A special recognition goes to Tom, our LRC Librarian. Tom purchased books designed to meet interests of our staff, for the Health Fair. In addition, he checked out 52 books to individuals, a new record! Thanks, Tom, for your diligent work in providing quality material and services to patients and staff at the Lincoln Regional Center!*

◆ *We would also like to extend our sincerest Thanks to the Grounds/Maintenance Department for all their hard work and assistance with the Health Fair!*

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

New Books for February 2010 are in!

- 1) The Assertive Advantage by Sharon Bower
- 2) The Complete Idiot's Guide to Breaking Bad Habits by Suzanne LeVert
- 3) Fearless Relationships by Karen Casey
- 4) Banish Your Belly by Men's Health
- 5) 110 Things You Need to Know about Islam by Ron Rhodes
- 6) Resume Magic by Susan Whitcomb
- 7) Western Horsemanship and Equestration by Dwight Stewart
- 8) Conspiracy Files by David Southwell
- 9) Handle with Care by Jodi Picoult
- 10) America's Smithsonian: Celebrating 150 Years

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



WELCOME

New Employees.....by Susie Brown

Please join us in welcoming these new employees to LRC:

- ◆ Mark Edwards, Stationary Engineer, Boiler Room
- ◆ Ronald Jurgens, Facility Maintenance Specialist, Boiler Room
- ◆ Rebecca Joyce-Thomas, Nurse II, Building #5
- ◆ Aimy Mahoney, Nurse II, Building #5
- ◆ Delia Villasante, Nurse II, Building #14

Around the Web.....by Tom Schmitz

The Merck Manual: This is a reliable site that has qualified medical information that we can all understand and use.

In 1899, the American drug manufacturer, Merck & Co., first published a small book titled *Merck's Manual of the Materia Medica*. It was meant to be an aid to physicians and pharmacists, reminding doctors that "Memory is treacherous." Compact in size, easy to use, and comprehensive, *The Merck Manual* (as it was later known) became a favorite of those involved in medical care and others in need of a medical reference. Even Albert Schweitzer carried a copy to Africa in 1913, and Admiral Byrd carried a copy to the South Pole in 1929.

In 1997, *The Merck Manual of Medical Information—Home Edition* was published. In this revolutionary book, the editors translated the complex medical information in *The Merck Manual* into plain language, producing a book meant for all those people interested in medical care who did not have a medical degree. The book received critical acclaim

and sold over 2 million copies. *The Second Home Edition* was released in 2003. Merck's commitment to providing comprehensive, understandable medical information to all people continues with *The Merck Manual Home Health Handbook*, published in 2009.

As part of its commitment to ensuring that all who need and want medical information can get it, Merck provides the content of these Merck Manuals on the web for free (visit www.merckmanuals.com). Registration is not required, and use is unlimited. The web publications are continuously updated to ensure that the information is as up to date as possible.



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

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

- ◆ EC-Medical Equipment-03 (LRC) Medical Equipment Maintenance Procedures
- ◆ EC-Security-02 (LRC) Identification Badges
- ◆ EC-Security-03 (LRC) Assigned Keys
- ◆ EC-Security-13 (LRC) Talkabout Radios
- ◆ EC-Security-15 (LRC) Role of the Security Officer
- ◆ IM-28 (LRC) Documentation Guidelines
- ◆ PC-59 (LRC) Active Treatment
- ◆ PC-67 (LRC) Personal Safety Plan
- ◆ R1-01 (LRC) Patient Rights
- ◆ R1-03 (LRC) Consent for Photographs, Films and Videotapes of Patients
- ◆ R1-05 (LRC) Research
- ◆ R1-18 (LRC) Legal Access





Margaret Benes Retires.....By Linda Jiskra

On February 5, 2010, LRC said good-bye to Margaret Benes who retired after 25 years of service to LRC.

A retirement party was held for Margaret in the Maintenance Department, where she worked in Transportation for the majority of her years at LRC. Margaret's supervisor and the Maintenance Department chipped in to give Margaret a small pizza party. The LRC Employee Recognition Committee provided cake and punch for the event.

Thank you, Margaret, for your dedicated service to LRC! We wish you all the best!



LRC Reality Check Trivial Pursuit.....By Jane Ahl

Snow, Snow, Snow.....Send your answers to Jane Ahl for these trivial questions on something we are all weary of this yearyou guessed it, snow.

- 1) What percentage of the U.S. had snow on the ground on February 12, 2010? a) 67.1%, b) 52.1%, c) 99.1%, d) 8.1%.
- 2) What are the ingredients for snow ice cream? a) water, sugar, snow, b) eggs, salt, sugar, snow; c) milk, vanilla, maple syrup, d) milk, vanilla, sugar, snow.
- 3) What year did the song, "Frosty the Snowman" become popular? a) 1925, b) 1970, c) 1950, d) 1984.
- 4) Who was the first group/person to sing "Frosty the Snowman?" a) The Jackson Five, b) Gene Autry and the Cass County Boys, c) Bing Crosby, d) The Beach Boys.
- 5) How many years has it been since Washington DC has seen this much snow? a) 90 years, b) 10 years, c) 150 years, d) 27 years.
- 6) The last recorded accumulating snow in Jackson, Mississippi, was what year? a) 1994, b) 1950, c) 1985, d) 1899.
- 7) What is the average snowfall in Walla Walla, Washington? a) 12 feet, b) 1 1/2 inches, c) 5 inches, d) 3 feet.
- 8) What year between 1887 and 2009 had the record for coldest days? a) 2009, b) 1894, c) 1987, d) 1925.
- 9) What year between 1948 and 2009 had the highest total inches of snow in Nebraska, which was 19 inches? a) 2005, b) 1977, c) 1972, d) 1965
- 10) Which university has a Global Snow Lab? a) Brown, b) Rutgers, c) Nebraska, d) Harvard





Friday March 5, 2010
 Doors Open at 6pm, Puck drops at 7:05
All LRC Employees, Family and Friends are invited!
 Free Parking
 2 and Under- Free, 3 and up- \$7 (regular price \$14)
 Questions?? Contact Nina Trumble @ 5279 or at
 Antonina.AndersonTrumble@nebraska.gov

**LRC Night
with the
Lincoln Stars**

LRC Recipe Box.....

What do the Obamas eat at home? 60 Minutes' Steve Kroft visited the family's Chicago home early in President Obama's candidacy. Part of the interview took place in the kitchen, where the candidate made tuna salad with his two daughters, Malia and Sasha. The girls' favorites are reported to be fried chicken and macaroni and cheese. The Chicago Sun Times published Michelle Obama's recipe for mac and cheese, adapted below.

President Day's Recipe: Barack Obama's Tuna Salad:

- Ingredients:**
- | Tuna
 - | Grey Poupon mustard
 - | Mayonnaise
 - | Chopped Gherkin pickles



Method: In a medium bowl, mix all ingredients well with a fork. Enjoy.

President's Day Recipe: Michelle Obama's Macaroni and Cheese

Ingredients:

- | 1 lb elbow macaroni
- | 3 TBSP butter
- | 1 cup shredded Swiss cheese
- | 2 cups sharp cheddar cheese
- | 1 cup grated Parmesan cheese (plus 2 Tbsp for topping)
- | 1 cup heavy cream
- | 7/8 tsp. salt, or to taste
- | 1/4 cup milk
- | 1 egg



Method: Preheat oven to 350 degrees. Butter a 9 by 13 pan or casserole dish. In a large pot of boiling water, cook pasta until tender, 5-8 minutes. Drain pasta and then return to pot while still hot. Dot in with cut-up pieces of butter. Slowly sprinkle the cheeses (reserving 2 Tbsp. of the Parmesan) and salt onto the hot pasta, turning noodles with a wooden spoon to spread cheese evenly. Stir gently so as not to break up noodles. Set aside. Pour heavy cream into a microwave-safe measuring cup or bowl, and microwave until warm, about 30 seconds. Add egg and milk to cream and whisk with a fork. Stir the cream mixture into the pasta. Pour the mixture into the baking dish. Spread evenly and sprinkle the top with the remaining 2 Tbsp. of parmesan. Bake until cooked through and cheese is lightly browned on top, about 20 minutes. Serve warm.

And a recipe for soup on a cold winter's day: Baked Potato Soup

Submitted by Susie Brown

Ingredients:

- | 4-5 baked potatoes, peeled and diced
- | 1/4 lb butter
- | 1/2 cup onion, sauteed in butter
- | 1/4 cup flour
- | Box of chicken broth
- | 1/4 lb Velveeta cheese
- | Pint of cream or half & half



Saute onions in butter and add flour to mixture and stir until bubbly. Add one half box of chicken broth, 1/4 lb Velveeta cheese and potatoes. Stir in rest of the broth. At last, add a pint of cream or half & half. You may also add cooked bacon pieces or chopped ham. Delicious!!



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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 contributors: Director Scot Adams, Nina Anderson-Trumble, Diana Walker, Anne Regelean



January Trivial Pursuit Answers.....by Jane Ahl

- 1) Martin Luther King, Jr. was born in 1929.
- 2) Martin Luther King, Jr. was killed in Memphis.
- 3) His wife's name was Coretta.
- 4) Martin Luther King, Jr. was a pastor in the Baptist church.
- 5) Robert Kennedy ordered that Martin Luther King's phone be wire tapped.
- 6) Martin Luther King, Jr. was assassinated in 1968.
- 7) Martin Luther King, Jr. requested the hymn, "Take My Hand, Precious Lord," to be played the night he was shot.
- 8) Bloody Sunday involved police violence against demonstrators at a civil rights march to Montgomery.
- 9) The Jim Crow Law was the law that segregated blacks and whites at public facilities
- 10) The award that Martin Luther King, Jr. did not win was the Oscar award.