



LRC REALITY CHECK

Sam Smith is the LRC 2011 Employee of the Year

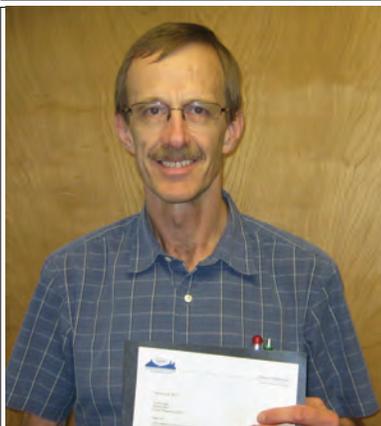
Congratulations to Sam Smith, RN, for being chosen as the LRC Employee of the Year for 2011. Sam Smith was the March 2011 Employee of the Month and the Employee of the Quarter for the first quarter of 2011. This made him eligible for the Employee of the Year award. Sam was hired on May 5, 2009. He is highly dependable, professional, and respectful. He is truly a team player who is fair and just to both staff and patients. He does whatever is asked of him without complaint and without the expectation of gaining something in return.



Sam provides a class for the patients in Building #5 on Men's Health. He is willing to help out others without needing prompts or being asked to do so. He leads his co-workers by example in providing consistency and Person Centered Care to LRC patients. His positive, caring attitude towards the patients and towards his co-workers is a true example of PCC.

Congratulations again, Sam, and thank you for your hard work!

Jim Ruppelt is the February 2012 Employee of the Month



Congratulations to Jim Ruppelt for being selected as the February 2012 Employee of the Month.

Jim has been employed at LRC since October 19, 1998. His co-workers state that Jim is always looking for the positive in people. He challenges the Building #14 patients in a positive manner to help them reach their goals.

Jim is always friendly on approach and never turns a person away when they need help. His door is always open and he leads by example. Jim never looks for credit or praise when his ideas are used.

He is always very consistent in his approach with patients, and he is very organized with his work duties. Jim never complains. He always has a smile on his face, and he is easy to work with.

Congratulations again, Jim, and thank you for all that you do!

I Like Our Community Events

Here’s a little known fact that I stumbled upon. There are 531 incorporated cities, towns or villages in Nebraska. Of those, only 160 have a population of more than 700 people. Of course, more than 900,000 of the 1.8 million people in Nebraska live in the Lincoln or Omaha metropolitan areas which include about 70 smaller “bedroom communities” around Lincoln and Omaha. That still leaves about 900,000 people living in 459 cities or towns across the rest of the state or an average of less than 2,000 people per community. We all probably know where the bigger of those towns are like Grand Island, Kearney, Fremont, Hastings, Norfolk, North Platte, Columbus and Scottsbluff. Most of us probably know where York, McCook, Seward and Holdrege are. Living in southeast Nebraska we probably know where Nebraska City, Falls City, Fairbury, Ashland and Tecumseh are. But where are Juniata, Hay Springs, Sargent, Terrytown and Arnold? How about Callaway, Arnold and Paxton? What about Greeley, Hampton and Loomis? And the list of towns with less than 700 people goes on. In fact, only 57 of the 531 cities and towns in Nebraska have populations of 2,000 or more. So where are these places? I hear about them about this time of year on the 10 o’clock news for their class C and D athletic teams; both boys and girls. Outstanding athletes at NU come from these obscure, out of the way places. One of the Lincoln TV channels “showcases” these places in a segment called “Our Town.” These communities are the heart of what living in a rural state is all about. I visited a number of these communities in central Nebraska when I lived in Kearney because my job there took me to them. I met a lot of wonderful people in these small towns with a lot of pride in their community. While some of these places are struggling to survive as their residents get older and are not replaced by younger people, many are growing because of what the people who live there are doing. Stromsburg, a town of just over 1,200 people, was recently featured on the news for its ability to attract new business to central Nebraska. It is no wonder that the people in these communities are angry about the possibility of some of them losing their Post Offices. The Post Office and the ZIP code are the identifying marks of the town. The people want to maintain their community identity. Many of these places have community identifiers right on the welcome sign as you drive into town. Consider Wilber, population 1,761, the Czech Capital. Every town is associated with something to anchor their community pride.

Now consider this. In any given week, there are approximately 200 patients on our two campuses and 500 employees come to work here. That means, on any given week, the Lincoln Regional Center is the 161st largest community in Nebraska. The

200 patients we take care of each week amount to more people than live in 167 of the towns in Nebraska. That makes us quite a community of our own.

On February 14th, we gathered in the administration building to recognize employees’ years of service; salute those individuals selected as employees of the month, quarter and year and acknowledge the employees who were members of the teams of the quarter. The lobby of administration was packed to the doors. People were applauding and whistling and shouting. The spirit of the gathering was thrilling. The appreciation that employees and management showed to those being recognized was moving. The community was vibrant. Last December 14th, we had a holiday party in administration and the lobby was filled to capacity. People were eating and talking and having a great time. Last October 4th, at the Woods Award ceremony, we also had a full house in the administration lobby as we recognized those individuals selected by the patients for their outstanding compassion and dedication to their work here. The atmosphere at all three of these events was different than it has been in the past. People seem more relaxed and interested in one another. They looked and sounded like a community. I like our recognition events these days. They feel more relaxed and convey a sense of community spirit.

Last month I said we needed to focus on three areas this year: continuing to improve active treatment, reducing restraint and seclusion and continuing our journey towards person centered care. I don’t know if the work we have done this past year on person centered care has a direct correlation to the changes I feel at our recognition events or in everyday interaction with employees, but I have got to believe that it is making a difference in the way we relate to one another. The work we are doing on improving active treatment and reducing restraint and seclusion also contributes to a more positive environment. All of this work makes us a better community. Let’s keep that momentum going.

If you are interested, you can find a listing of all of the cities and towns in Nebraska at: http://www.nebraskainfo.org/data/usensus/cities_by_population.cgi?s=0&c=531.



Celebrating Our Years of Service

We had so much fun celebrating LRC employee achievements on February 14, 2012 at our annual Employee Recognition Ceremony. Here are some photos of the day as LRC employees celebrate their years of service milestones reached in 2011!



10 Years of Service: Employees attending ceremony: Vijay Dewan, MD, Bill Gibson



25 Years of Service: Employees attending ceremony: Randal Pester, Leah Becker, Ed Yeager, Jana Stoner



35 Years of Service: Employees attending ceremony: John McCoy, Liz Willey, Diane Ellis



5 Years of Service: Employees attending ceremony: Perry Holmgren, Amber Bax, Mark Craft, Peggy O'Toole, Craig Cooper, Diane Heithoff, Steve Demers, Linda Page



20 Years of Service: Employees attending ceremony: George Westendorf, Steve Carter, Patty Osterhaus, Tom Nider, Marvin Jiskra



30 Years of Service: Employees attending ceremony: Steve Urban, Sandi Waldron, Debbie Roberts, Marc Ostrander



40 Years of Service:
Vickey Bulin, Linda Luther

Celebrating Our Years of Service

For employees with 20 or more years of service, their supervisors said a few words of appreciation for them. Here are these employees pictured with their supervisors!



20 Year Honoree Steve Carter with supervisor, Les Adams



20 Year Honoree Marvin Jiskra with supervisor, Mark Craft



20 Year Honoree Tom Nider with supervisor, Stacey Werth-Sweeney



20 Year Honoree Patty Osterhaus with supervisor, Scott Collier (who loves her cooking by the way)



20 Year Honoree George Westendorf with supervisor, Rick Whiting



25 Year Honoree Leah Becker with supervisor, Vickey Bulin



25 Year Honoree Randal Pester with supervisor, Janae Hood



25 Year Honoree Jana Stoner with supervisor, Shannon Black



25 Year Honoree Ed Yeager with supervisor, Kurt Anderson

Celebrating Our Years of Service



30 Year Honoree Marc Ostrander with supervisor, Jennifer Cimpl-Bohn



30 Year Honoree Debbie Roberts with supervisor, Bill Gibson



30 Year Honoree Sandi Waldron with supervisor, Tami Cervantes



30 Year Honoree Steve Urban with supervisor, Kurt Anderson



35 Year Honoree Diane Ellis with supervisor, Vickey Bulin



35 Year Honoree John McCoy with supervisor, Janae Hood



35 Year Honoree Liz Willey with supervisor, James Bayless



40Year Honoree Vickey Bulin with supervisor, Stacey Werth-Sweeney



40Year Honoree Linda Luther with supervisor, Tom Nider

LRC 2011 Team of the Year

Congratulations to the 2011 Team of the Year—the PCC Facilitators! The Facilitators are: Randy Willey, Anne Regelean, Merilyn Olsen, Ellie Friesen, Scott Loder, Emily Clausen, Rachel Johnson, Darrell Gressley, Melissa Lemmer (not pictured) and Amanda Cue (not pictured). In 2011, the PCC Facilitators prepared for and trained the Supervisors on the PCC initiative. They were involved in Gail Scott's workshops, trained the supervisors, and developed the workshop curriculum for all hospital staff. They prepared and helped each other build the confidence needed to continue on this journey. The PCC workshops for all staff began in April and continued throughout the year. The workshops were well-received by employees participating. This team is positive, upbeat, and have done a great job in their role as Facilitators. Supervisors who attended the training reported that the Facilitators were enthusiastic and positive. The attendees were confident that this team has what it takes to promote the PCC message.

PCC concepts will help promote LRC's mission and vision of helping people rebuild their lives, and incorporate LRC's Principles of Care.



2011 Employees of the Month, Supervisors of the Quarter, and Employees of the Quarter

Congratulations to our 12 Employees of the Month for 2011, our four Supervisors of the Quarter and our four Employees of the Quarter for 2011! These award recipients were honored throughout 2011 and again at the February 14, 2012 Employee Recognition Ceremony.

Employees of the Month for 2011 were: Bill Jennings (January), Diana Walker (February), Sam Smith (March), Lisa Laurell (April), Meloni Lines (May 2011), Zeb Moseman (June), Marijo Herman (July), Liz Stebbins (August), Amanda Cue (September), Marilyn Bailey (October), Tom Mahloch (November) and Kathie Borg (December).

Supervisors of the Quarter were: Cindy Dykeman, Todd Falter, Rich Schmidt and Mark Craft

Employees of the Quarter: Sam Smith, Mel Lines, Liz Stebbins, and Marilyn Bailey.

Nominate your co-workers and supervisors today for the 2012 awards. Nominations for Employee of the Month stay current for six months. Supervisor nominations are current for two quarters. The Employee of the Quarter awards are chosen from the Employee of the Month awards, and the Employee of the Year award is chosen from the four Employees of the Quarter.



2011 Employees of the Month

2011 Supervisors of the Quarter

2011 Employees of the Quarter

Kudos—Now That's PCC!

- ◆ ***Kudos to the following staff for their help with the February 4, 2012 snowstorm: Paul Lamb, Lisa Timberlake, Vicki Allen, Lori Ditson, LisaMaria Robertson, Kurt Lockard, and Karen Parks*** helped to cover the units when staff were unable to get to work.
- ◆ ***Kudos to Mike Gerdes and Lyuda Allman*** who worked overtime over the snowstorm weekend!
- ◆ ***Kudos to the Dietary staff who stayed over to cover the evening shift during the snowstorm: Tim Brown, Diannia Young, Jason Miner, Brenda Jones, and Evelyn Feliciano.***
- ◆ ***Kudos to Keith Sintek*** who picked up food for the Whitehall campus. ***Kudos to the Whitehall staff*** who covered for co-workers, called the next shift to see if they needed help getting in, and for preparing for a potential power outage. Thanks ***also to the Whitehall youth*** who helped shovel out staff cars to help them head down the road. The youth also helped the neighbors shovel their driveway and helped the Maintenance staff who got stuck in some mud.
- ◆ ***Kudos to the Whitehall staff*** for the marathon therapy session they held with the youth on February 7.
- ◆ ***Kudos to Andy Dapsys SSII, from the 11-7 shift in Building #14*** who offered and picked up staff to get them safely to work.
- ◆ ***Kudos to those staff members*** who on their own time dug staff out of the parking lots or scraped windows.
- ◆ ***Kudos to everyone who responded in whatever capacity was needed during the February 4, 2012 snow emergency. Nursing Service, Dietary, Grounds, and Maintenance*** worked tirelessly to make sure there was no disruption to the provision of care to the people we serve. Thanks also to all the employees who traveled on less than optimal roads to get to work, and to those who volunteered to stay and provide coverage for those who could not get in. Your efforts are greatly appreciated.
- ◆ ***Kudos to Mark Craft, Cody Meyer, and Jim Fuchs*** (NRC Maintenance) for helping to move desks and filing cabinets from Lincoln to Norfolk for Children and Family Services.
- ◆ ***Kudos to Jim Ruppelt, Jana Stoner, and Shannon Black*** for covering groups for Ted Bailey, and ***Kudos to Lisa Laurell*** for her assistance with a patient's treatment plan while Ted was at a conference.
- ◆ ***Kudos to Abby Hawthorne, Compliance Specialist***, for helping out 2 West in Building 14 to keep activities occurring and ensure staff had their breaks when a patient was on 1:1 status.

State of Nebraska Charitable Giving Campaign Results

On February 14, 2012, all State of Nebraska employees received the following email from Governor Heineman regarding the 2011 Charitable Giving Campaign results. A big thank you to all LRC staff who participated in the Campaign this year!

Dear State Employees,

I would like to take a moment to express my gratitude to all the employees who participated in the 2011 Charitable Giving Campaign.

Last year, 3,923 employees contributed to the campaign and donated over \$443,230. This represents an increase of over \$19,000 and 500 givers from our 2010 campaign. Dollars raised from our campaign stay in Nebraska and benefit over 400 charities statewide. I am proud of the dedication and support that you and your coworkers have continually shown to this campaign and the communities in which you live and work.

The State of Nebraska Employee Campaign will also be recognized in April by the United Way of Lincoln and Lancaster County as its number one overall campaign for 2011. This is an honor that we have received in both 2009 and 2010.

Again, thank you for your participation and generous donations to our 2011 campaign. Your efforts will continue to touch the lives of several Nebraskans throughout the year.

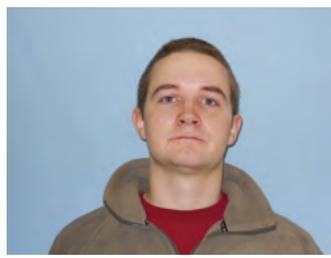
Sincerely,

Dave Heineman

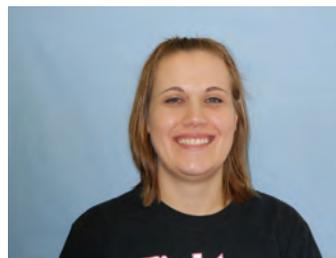
Welcome These New Employees.....by Susie Brown and Perry Holmgren



Catherine Damm, SSII, Bldg. 3



Ryan Elliott, Food Service Cook



Julia Fritz, SSII, Bldg. 10



*Debra Hostetler, Temporary
Secretary II, Bldg 14*



Sarah Kirkwood, SSII, On Call



*Adam Koenig, Whitehall Team
Leader*



Daniell Moore, SSII, Bldg 3



Abibat Olude, SSII, Bldg 10



Joseph Shera, SSII On-Call



Brad Slaby, SSII, Bldg 10

Welcome!

Please joining us in welcoming these new employees to LRC! They are completing New Employee Orientation the week of February 27 and will soon be on your units!

Strut Your Stuff Winners.....by Anne Regelean

The Wellness Committee would like to congratulate Todd Falter! Todd has been chosen as our January “Strut Your Wellness Stuff” winner! Todd has just started a “90 Day Challenge” to improve his overall health. His plan is simple...make healthier food choices and to eat foods in smaller portion sizes and then to also exercise on a regular basis. He joined Good Life Fitness in the hopes of making his plan stick. Todd’s ultimate goal is to complete a ½ Triathlon within the next year or two. Congratulations, Todd!! Good Luck in reaching your goals!



Makayla Campbell is our February “Strut Your Wellness Stuff” winner!! Way to go Makayla! She was chosen for committing her time to the LRC yoga classes. Makayla started the classes about 3 months ago. Despite being a little intimidated by the whole thought of yoga, the twisting and turning into weird positions, she decided to give it a try! And now she’s glad she did. She said it’s a great stress reliever in the middle of the work day between attending meetings and completing paperwork. Her main goals are to become more flexible, be more relaxed and stay active. She’s hoping to stick with it because it’s relaxing and fun to do with co-workers. Congratulations Makayla!! Keep up the great work!



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
Emily Rokusek	1221 miles
Susie Brown	1943 miles
Crystal Buhrmann	4205 miles





LRC Bowling Night A Success!

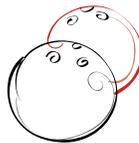


Thanks to all those that attended the LRC Annual Bowling Night sponsored by the Wellness Committee on February 24, 2012. There was a grand total of 8 teams totaling 46 participants!

Congratulations to the Highest Scoring Team: Sara and Jack VanCleave, Emily Rokusek, Scott Johnson, John Weyer, and Darren.

Congratulations to the individual winners: Kim Kilgore, John Weyer, Bob Herechski, Scott Rasmussen, Julie Anderson, Becky Roberts, Jason Swedlund and Caden Hoffman.

**** A BIG thanks to all who continue to support the Wellness Committee ****



More Wellness Committee News



Interested in a corporate rate at your gym or a gym you would like to join? Contact a Wellness Committee representative and we will look into it for you.

Additionally, if you are currently a Prairie Life Fitness member, contact a membership representative at your club (Omaha and Lincoln locations). LRC employees may be eligible for a corporate rate.

New Health Fair Date!

The Health Fair this year will be held on Wednesday, May 2, 2012 from 11:00 a.m. to 4:00 p.m. in the Building #3 “Ballroom.” All employees are invited to take part in this annual event that provides wellness education, screenings, and more health opportunities. Vendors will include the Barkley Center, Best Care EAP, Midwest Myotherapy, Yoga instructors, Akins Health Food, and much more!!

Save the Date! Don't miss out!



Around the Web.....by Tom Schmitz

February is the month of red roses and candy hearts, hugs and kisses, vows and valentines. February is also designated as American Heart Month by the American Heart Association. Heart disease is the #1 killer in the United States and also a major cause of disability. The American Heart Association has an excellent web page devoted to heart disease and prevention. There is information to cover every aspect from diagnosis, treatment and prevention through the use of movies, questionnaires, tutorials and a boatload of references. Check it out: <http://www.heart.org/HEARTORG/>



Fight the No. 1 Killer of Women

HEART DISEASE

During American Heart Month

The facts are clear. More women die of heart disease than all forms of cancer combined.
Uncover the truth and make ending heart disease a reality.

Black History Month Celebration Jazz Concerts Held.....by Phil Jefferson

In 1924 Carter G. Woodson PhD and some of his Omega Psi Phi Fraternity brothers created Negro History and Literature Week. Later they would rename the week, Negro Achievement Week. In 1926 the name was changed again to Negro History Week. The purpose of this week was to encourage the study of black life and history and to see how African Americans had progressed in the 63 years after the Emancipation Proclamation. In 1976, Negro History Week was expanded to Black History Month. Today all across America people take this opportunity to become more familiar with and to enjoy our rich African American history and culture.

This year to celebrate Black History Month the Diversity Committee sponsored a series of four evening concerts in Buildings 3, 5, 10 and 14 for both staff and patients which took place on Monday and Tuesday, February 20 – 21st. Concert times were at 6 and 7 p.m. Annette Murrell, Recovery Specialist here at LRC, was the vocalist and her friend, Peter Bouffard, accompanied her on the guitar. Annette and Peter are accomplished professional musicians who have several recordings between them. They treated the crowds to soulful renditions of standard jazz, blues and gospel music, including songs such as “*My Shining Hour*,” “*Don’t Get Around Much Anymore*,” “*Smile, I Have the Blues*,” “*Do Nothing Till You Hear From Me*,” “*Every Day I’m Going To Sit Right Down and Write Myself a Letter*,” “*What Are You Going To Do With The Rest Of Your Life*,” and “*Swing It Brother*.” Each concert ended with an old gospel special. Annette sang each of these as solos, and each time she sang “*His Eye is On the Sparrow*,” and “*I Come to The Garden Alone*,” it became so quiet you could hear a pin drop on the carpeted floor. Annette was elegantly dressed for the occasion and her vocals were silky smooth. Peter, who has a PhD from the Boston Conservatory for Music, composes and arranges music, and gives lessons and teaches at Lincoln Public Schools and at UNL. Peter’s fingers seemed to glide effortlessly over the guitar strings and he received several loud ovations following some of his guitar solos. There were a total of 188 patients and staff who attended the four concerts. The crowds showed their appreciation for the music not only by their applause but also by their foot tapping, head nodding, laughing and playful interactions with the performers.

Our campus was very blessed to have the opportunity to celebrate Black History Month through this unique cultural event. Thank you, Annette and Peter, for coming and sharing your gifts and talents with us.



February Diversity Quote

I would encourage us all, African Americans, Asians, Latinos, Whites, Native Americans to study history. I long for the time when all the human history is taught as one history. I am stronger because you are stronger. I am weaker if you are weaker. So we are more alike than we are unlike. - Maya Angelou

Update on AUA Medical Student Rotations.....Submitted by Vijay Dewan, MD

Since January of 2011, LRC has been a psychiatry rotation site for medical students earning their medical degrees from the American University of Antigua (AUA). One veteran student, Veena Patel, completed her rotation at LRC in March of last year. She recently sent the following email to Dr. Dewan in praise of LRC as a rotation site:

Dr. Dewan,

Hope you have been doing well. This is Veena Patel. I rotated at LRC with you in March of last year and just wanted to email you and say hello. I always hear students talking about how much they enjoyed the psych rotation at LRC and I always tell students who still need their psychiatry rotation to request LRC in Lincoln, NE since I had such a wonderful experience when I was there. I believe I was one of the first groups of students there. How have the students been since? I hope they're doing well. Please tell the other doctors I said hello and I hope to hear from you soon.

Take Care,

Veena Patel

Kudos to the LRC Medical Staff and to all LRC employees who are making the psychiatry rotations a great experience for our AUA medical students. Our 10th group of students started their six-week rotation at LRC. When you see them, please welcome them and assist them during their stay.

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

These books are new for February:

1. ***Love Lore*** by Julianne Gehrer
2. ***The Prayer Chest*** by August Gold
3. ***Gesundheit!*** by Patch Adams
4. ***Home Remedies*** by Prevention Magazine
5. ***The Michael's Book of Arts and Crafts***
6. ***Giant Book of Mind Challenges*** by

T. Johnson

1. ***The New Well-Tempered Sentence*** by Karen Gordon
2. ***Great Decisions and the Extraordinary People Who Made Them*** by John McCain
3. ***Safety Culture and Effective Safety Management*** by George Swartz
4. ***A Hand to Guide Me*** by Denzel Washington



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

This month's trivia questions are on Black History Month. Send your answers to Jane in Bldg 3.

- 1) What year was Martin Luther King, Jr. born? a) 1929; b) 1958; c) 1919; d) 1962
- 2) What is Kareem Abdul Jabbar famous for? a) Concert pianist, b) basketball; c) football; d) baseball
- 3) What was Martin Luther King Jr.'s wife's name? a) Margie; b) Coretta; c) Florence; d) Willie
- 4) How many Grammy awards did Ella Fitzgerald win? a) 1; b) 7; c) 13; d) none
- 5) Who invented peanut butter? a) Michael J. Vick; b) Michael S. Steele; c) George Washington Carver; d) Cole Porter
- 6) The 65th Secretary of State, Colin Powell, graduated from what university? a) George Washington University; b) Alabama State University; c) Langston University; d) Harvard University
- 7) What was the name of the first starring role of Bill Cosby in a dramatic television show outside his stand-up comedy? a) The Cosby Show; b) Fat Albert; c) I Spy; d) The Electric Company
- 8) Considered one of the greatest pure athletes ever, he led his team to six NBA crowns and along the way became the greatest black commercial entrepreneur ever. a) Bo Jackson; b) Warren Moon; c) Michael Jordan; d) Barry Sanders
- 9) Michael Jackson's first solo album eventually sold over 20 million copies worldwide. This was "Off the Wall." The best selling album of all time world wide was what? a) The Immortal World Tour; b) Thriller; c) Bad; d) Invincible
- 10) What year was President Barack Obama born? a) 1956; b) 1949; c) 1961; d) 1969



LRC Recipe Box.....by Teresa Hansen

Chicken or Turkey Gyros

Ingredients

- | | |
|---|----------------------------------|
| 1/4 cup coarsely grated seedless cucumber | 3/4 cup mayonnaise |
| 2 cloves garlic, finely chopped | 1 Tbsp fresh lemon juice |
| 1 tsp fresh grated lemon peel | 4 whole wheat pita breads, split |
| Fresh spinach leaves, rinsed and patted dry | 8 cherry tomatoes, halved |
| 1 lb sliced rotisserie or grilled chicken or turkey | |



1. Place grated cucumber on paper towel and gently squeeze. Do not skip this step or you will have a watery dressing. Combine drained cucumbers, mayonnaise, garlic, lemon juice and peel in a small bowl. Season, if desired, with salt and black pepper. Cover and refrigerate at least 30 minutes.
2. Spread a few tablespoons dressing inside each pita; add spinach leaves, tomatoes and chicken, then drizzle with additional dressing.

Garlic Herb Tilapia

Ingredients:

- | | |
|--------------------------------------|------------------------|
| 1/4 cup (1/2 stick) butter, softened | 1/2 tsp garlic powder |
| 1/2 tsp Italian season | 1/2 tsp ground mustard |
| 1 lb tilapia filets | 1/2 tsp salt |
| 1/4 tsp ground black pepper | |



Directions:

1. Preheat oven to 400 degrees F. Mix butter, garlic powder, Italian seasoning and ground mustard in medium bowl until well blended.
2. Place fish on foil-lined shallow baking pan. Sprinkle with salt and pepper. Spread fish with herb butter mixture.
3. Bake 10 minutes or until fish flakes easily with a fork.

Chocolate Mint Brownies

- Brownie Base: 1 box brownie mix (with chocolate syrup pouch)
Water, vegetable oil and eggs called for on brownie mix box

Filling:

- | | |
|---------------------------|-------------------------------------|
| 3 1/2 cups powdered sugar | 1/4 cup butter or margarine |
| 1/4 cup whipping cream | 1 pkg (3 oz) cream cheese, softened |
| 1/4 tsp mint extract | 4 drops green food color |

Topping:

- 1/2 cup whipping cream
1 bag (12 oz) semisweet chocolate chips (2 cups)
1/2 cup butter (do not use margarine)



- Bake brownie mix. Mix filling ingredients and spread over cooled brownies. Mix topping ingredients and spread over filling.



LRC Reality Check Editorial Board

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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.



Jane Ahl—479-5464

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: Teresa Hansen, Anne Regelean, Todd Falter, Makayla Campbell, Nina Anderson-Trumble, Phil Jefferson, Vijay Dewan, and Annette Murrell



January 2012 Reality Check Trivia Pursuit Answers.....by Jane Ahl

1. Hilton Head is in **South Carolina**.
2. Mackinac Island is in **Michigan**.
3. Outrigger Waikiki on the Beach is in **Hawaii**.
4. Barton Creek Resort is in **Texas**.
5. Diamond Head Beach Resort and Spa is in **Florida**.
6. Azul Fives Hotel is in **Mexico**.
7. Historic Mohonk Mountain House is in **New York**.
8. Teton Springs is in **Idaho**.
9. Skamania is in **Washington**.
10. There are **74** Ritz-Carlton Hotels and Resorts.



is just around the corner now....