



LRC REALITY CHECK

Gary McNeil is the February Employee of the Month



Congratulations to Gary McNeil, SSII, for being selected as the February Employee of the Month. Gary was hired at LRC on July 2, 2001. His co-workers state that he is always professional. Gary works with the patients effectively and is vigilant about patient safety. The patients know that he is fair with them. He is calm and even-handed with the patients. Gary has a good sense of humor which assists him in providing good patient care, and helps create a positive work environment. Gary is a trustworthy employee who is reliable, prompt, and does his job well. He uses reason and logic to help promote a therapeutic environment. He is constantly on the lookout for ways to increase treatment effectiveness and he communicates suggestions to his supervisor on a regular basis. These are all examples of Person Centered Care!

Gary is a great member of the Building #14 team and an asset to LRC. In appreciation of his hard work, Gary is receiving a gift card to Skeeter Barne's.

Jenny Jennings is the Employee of the Year



Congratulations to Jenny Jennings for being selected as the LRC Employee of the Year for 2012. The Employee of the Year award is chosen from the 12 Employees of the Month and the 4 Supervisors of the Quarter. Jenny was the April 2012 Employee of the Month. At that time, Jenny was a Social Worker in the Sex Offender Services program and was described as being invaluable in facilitating patient discharges from the Transition Program. She acted as a liaison with community employers, assisted in setting up outpatient mental health and medical services for patients prior to discharge and was responsible with communication between the various Mental Health Boards and LRC. Jenny adjusted her hours to work evenings to provide additional groups, perform work site checks on community employed patients and worked diligently to discharge a difficult population of patients.

In addition, she facilitated GED preparation activities and worked to help a patient access GED preparation courses in the community. Jenny has worked to discharge patients with the safety of the community and the patient needs always in the forefront.

In July of 2012, Jenny became the Social Work Supervisor for the LRC campus and took on a patient case load in Building #3. She has had to learn several new things in her new role as a Social Worker in Psych Services and working with the Region Coordinators for discharge planning, as well as taking on the responsibilities of the Social Work Supervisor.

Congratulations, Jenny!

CEO Article.....by Stacey Werth-Sweeney

By now, almost all employees have attended the latest round of PCC Workshops with this one focusing on Communication and Serving People with Excellence. The GREAT Model was introduced as our ideal way of communicating with others. Here is a synopsis of what the acronym GREAT stands for:

G: Greet others by being welcoming and engaging others, setting the stage for a positive interaction. Think about the staff you are working with that floated from another building where they are used to working, or an on call that is reporting for duty and possibly has not worked that unit for a while and how important it is to greet them and make them feel welcome.

R: Relate to others using language they can understand and making sure they hear and understand you. Many times, I think about new employees, the acronyms we use and how commonplace our terms are but these acronyms may be leaving them feeling bewildered and not really knowing for sure what we are talking about.

E: Engage others by knowing that communication is a two way street. It is important to set the tone for positive interactions and if you want others to do something or engage with you---sell it to them! Let them know what benefits they and others may gain from the interaction so that it is a win-win for both of you. With your coworkers, this might be something as simple as discussing who will facilitate various activities that evening on your shift, who will float to another unit and/or building, what time your break is, or asking for a trade with your days off.

A: Ask questions on what you need to know and make sure that if you want an answer other than no or yes, you need to ask the question in an open-ended fashion. Realize that even if you do not get the answer you want, that does not mean it was a terrible outcome or interaction. Sometimes we just do not hear what we want to hear. In addition, we have to empower ourselves to find out what we need to know. If you do not know, you have to ask someone that does know or research it until you get the answer. Shrugging it off or blaming others for not telling you is not an acceptable way to do business.

T: Thanking others when you are communicating in person or even if it is an email or a note, is incredibly important. Saying thank you leaves the interaction on a positive note.

Some feedback from the workshops stated that this information was rather elementary and basic and that is correct, it represents the basics of being a nice and decent person. Being nice, complimentary and respectful, while seemingly basic, gets harder to do when you are around the same people day in and day out. It gets harder not to take advantage of the people we see every day. How many times do you hear people talk about how the ones we love the most are the ones that we also hurt the most?

This whole PCC journey has been about establishing a culture with set rules, attitudes, and beliefs that link us together and help us to establish and foster positive working relationships. It gives us our identity and establishes the expectations of how we are to relate to each other as a community and a group. As with any relationship, over time you develop language patterns, habits, and ways you communicate that would not be understood by a new-

comer or in our circumstance, a new employee or a new patient.

I think it is encouraging that people believe that using the skills taught is easy and should be something that is not out of the ordinary. The whole point of walking through this journey together is to link with one another, have a common language and identity, and create a context for how we interact and collaborate with one another and the people we work with. The culture of PCC will be shaped by everyday practice and participation so if it is basic and easy, the majority will be able to do this with ease.

Communication is an ongoing process, one that does not stop and start at the beginning and end of a workshop. It is continuous, and how we choose to use the skills taught and expected is entirely up to us. As the culture of PCC continues through the course, it is starting to become more and more apparent that there are those who do not want to participate and/or do not think it is important. I think you all could identify someone who fits this description as well as identify those who are great at being positive, building great relationships, and empower themselves to be a great coworker.

John Powell stated *Communication works for those who work at it*. Let's work at this together and continue to show that in order to provide good quality patient care, it is equally important to be good to one another.

With Bill being out for hopefully his last surgery, I had the honor to help with the Employee Recognition Ceremony on February 26th. What an honor it is to work with such a talented wonderful group of people. I am proud to be a part of this community. Working with people like you makes it even more impressive. Thank you for all you do and thanks to all of you who were not recognized at this latest event, but will be in years to come.

A final thank you goes to the PCC Facilitators: Anne Regelean, Scott Loder, Randy Willey, Phil Jefferson, Dale Huddle, Charles Wooldridge III, Merilyn Olsen, Emily Claussen, Rachel Johnson, and Darrell Gressley. As Tony the Tiger says----



Kudos—Now That's PCC

- ◆ ***Kudos to Building #5 3-11 shift from your Team Leaders*** who say you deserve a Kudos for working with very difficult patients and doing the best job as a team to provide the best patient care and a safe working environment. You are the A-Team. Thanks for doing a wonderful job.
- ◆ ***Kudos to Mark Vaske*** for getting the DHHS Core Values and Core Competencies framed and hung in the Staff Development conference rooms for the PCC and New Employee Orientation sessions.
- ◆ ***Kudos to LRC employees*** for taking time away from your busy schedules to participate in the PCC Communication workshops during the month of February! Your participation makes the learning and sharing opportunity a better experience for all involved.
- ◆ ***Kudos to the PCC Facilitators*** for all you do to help create a positive environment for everyone's Person Centered Care learning experience. The time this takes away from your daily work responsibilities is appreciated and the energy you put into it is enjoyed by all hospital employees. Kudos for making the Communication workshops a success!
- ◆ ***Kudos to Andy Miller*** for always being available to help a co-worker navigate the snow and ice to avoid falls. When the weather is bad, Andy helps his co-worker, Nancy, into the building from her car.
- ◆ ***Kudos to Nichole Newland in HR*** for completing the requirements to become a State of Nebraska Public Notary in January. She is using her notary stamp and making many people happy with this extra service she provides.
- ◆ ***Kudos to Tom Nider and the LRC Pharmacy Department from Marj Colburn at Hastings Regional Center.*** Tom and the Pharmacy helped HRC obtain needed vaccines for the youth in the HJCDP program.
- ◆ ***Kudos to Kurt Anderson and Pete Troy*** for coming in during the night of February 10 and working so hard to correct the fire alarm malfunction. They were knowledgeable and friendly, and helped tremendously to put back a semblance of order and implementing safety measures. Their work, presence, and attitude were appreciated and reassuring at a time when there were several anxious and concerned people.
- ◆ ***Kudos to Diana Walker, Bill Jennings, Caitlin Sabatka, John Andreini, Leslie Guthrie, Nicole Zimmerman, Anna Walker, Becky Meuleman, Logan Hargrave, Shelby Ayers, Stephanie Wolf, and Lori Rasmussen for providing patients and youth with Therapeutic Recreation groups.*** Happy T.R. Month!
- ◆ ***Kudos to Lori Rasmussen*** for going above and beyond the call of duty, displaying great leadership, and always guiding those around her in the right direction.
- ◆ ***Kudos to Erin Johnson*** for being very efficient and thorough resulting in her being a great role model for staff and youth.
- ◆ ***Kudos to Melissa Lockwood and Jane Ahl*** for giving much needed help to the Building #5 HIM department with monthly scanning and filing. Stacey Wiltshire and Sara Gould say "thank you." Your assistance was very much appreciated!
- ◆ ***Kudos to the Maintenance Department*** for being selected as the 2012 Team of the Year. Thanks for the hard work you do year round!
- ◆ ***Kudos to Dave Nicklas***—you do amazing work for the Arbo-retum and for patients and staff. Thank you for your hard work and congratulations on 40 wonderful years!
- ◆ ***Kudos to Craig Cooper and Ellie Friesen*** for getting employees to work during the snowstorm!
- ◆ ***Kudos to David Lane, Jo Anne Price and Bob Fahrnbruch*** for making it in to work from out of town during the snow-storm.
- ◆ ***Kudos to Dustin Ostermann*** for taking time on his day off to attend a PCC workshop.
- ◆ ***Kudos to all the Dietary staff!*** During last week's snow-storm, you all came in as scheduled and even offered to come in early, in case your co-workers who lived out of town couldn't make it in. It was awesome. LRC could not run without you!
- ◆ ***Kudos to Building #5, 1st shift,*** for all the great team work seen each and every day. Thanks for all the hard work you do.
- ◆ ***Kudos to Andy Miller*** for his on-call response to the fire alarm incident on Sunday, March 3. Andy did a great job of explaining the fire panel system to staff, made sure everything was in good working order before he left, and was very positive while here on-call.
- ◆ ***Kudos to Karen Brocksmith*** for assuming the role of Building Incident Commander (BIC) and managing an unplanned alarm in Building #3.
- ◆ ***Kudos to Tim Brown*** from Dietary for helping staff during a fire alarm in Building #3 over the weekend.
- ◆ ***Kudos to Heidi Fahrnbruch*** for helping out in a "pinch" with transportation needs.
- ◆ ***Kudos to Rachel Johnson*** for the beautiful memorial service she provided for Terri Schnirl.



LRC Maintenance Wins the Team of the Year Award for 2012



Congratulations to the 2012 Team of the Year: the LRC Maintenance Department! The Maintenance Department was the Team of the Quarter for the 1st Quarter of 2012. They were selected for this award out of three Teams of the Quarter in 2012. The LRC Maintenance Department Team members are: Kurt Anderson, Randy Becker, Paul Day, Leroy Dinslage, Steve Hendrickson, Anthony Jacobs, Marvin Jiskra, Tom Mahloch, Thom Marsh, Jeff McCain, Andy Miller, Dave Nicklas, David Scott, Gordon Tebo, Mark Townsley, Pete Troy, Steve Urban, Jeff Van Lent, and Ed Yeager.

The Maintenance Department was selected due to the accomplishments occurring every day within their team. Some are big and some are small, yet all are important to the crew, the employees, and to the patients at LRC. Accomplishments are as varied as completing daily routine safety checks on patients' personal electrical items to assisting vendors and contractors with bigger projects. There are approximately 700 to 800 work orders completed each week.

The Maintenance team is always working together to provide a safe and comfortable environment for everyone on campus, by fixing what they observe themselves, or fulfilling requests from others. Even though the department is split up into the three different divisions of Boiler Room, Grounds, and Maintenance, each division plays a very special role in maintaining the campus as a whole. The entire Maintenance department deserves recognition for their hard work as a team and as individuals. Their commitment to the campus helps the facility run smoothly.

The Maintenance crew does many "behind the scene" activities that others may not realize or that are taken for granted. The Maintenance crew is continually installing something, repairing something, adjusting something, or replacing a part of something. In addition, they check and repair plumbing, electrical, heating, cooling, and other equipment to ensure proper operating conditions. The vehicles staff drive are maintained by Maintenance which involves keeping them in good working condition and keeping them clean. The Department continues to prioritize work orders with open communication and follows up with the originator of a work request in a timely manner.

The Arboretum is a source of pride to LRC. Employees, patients, and visitors can enjoy over 400 species of woody plants, which is one of the largest collections in Nebraska. Ongoing beautification of the grounds is always occurring, which makes the campus very appealing. Entering the buildings gives people the same welcoming feeling due to the constant updates that are occurring. The Maintenance and Grounds Department also plow and clear the snow from our campus streets and sidewalks, efforts we were very grateful for during our recent weather episode! Many thanks to the Maintenance crew for all that they do!

Congratulations also to the other Teams recognized in 2012: The LRC Pharmacy and the LRC nurses who were recognized for the work they did to prepare for and implement the electronic medical record in Avatar. The e-MAR and Physician Order Entry System went LIVE on October 15 and this was a major accomplishment for the pharmacy department and the nurses. These two teams worked together with each other, with IS&T, and with Staff Development to train Avatar users including the nurses and physicians, and to address and resolve any problems occurring after the Go Live date. The electronic medical record system continues to be refined and improved. There is much work yet to be done, but LRC is off to a rolling start thanks to our Pharmacy Department and our Nurses!! Thanks also to the HIM Department, Staff Development, and IS&T for the tremendous role they are contributing to our new electronic medical record system!



LRC'S AWARD CEREMONY

It's been called LRC's version of the Grammy Awards.....well, okay, maybe we're not THAT fancy, but it is a very special event and a fun time with laughter, celebration, and yummy refreshments! On February 19, LRC held its annual Years of Service recognition ceremony for employees achieving 5, 10, 15, 20, 25, 30, 35, 40 and 45 years of service in 2012. The 2012 Employees of the Month were also recognized as well as the Teams and Supervisors of the Quarters. An Employee of the Year was selected (Jenny Jennings) and a Team of the Year was announced (Maintenance Department). This year, a special video was shown by Stacey Werth-Sweeney featuring Carole Smith (Ann Alberico's mother and a former LRC Public Relations/Volunteer Coordinator). Carole speaks of the need to end the stigma of mental illness, treat individuals with mental illness with dignity and respect, and describes LRC's purpose as "rebuilding people's lives." This video was made in the 1980s. Little did Carole know that in 2010, "Helping People Rebuild Their Lives" would become LRC's Mission Statement. Many thanks to Rachel Johnson for procuring this video from a person in the community. This ceremony recognizes the work you all do to towards this end. Congratulations to everyone on your achievements and awards, and thank you for the work you do each day. For everyone who was recognized for years of service, please return your gift selection form to Linda Henslee as soon as possible so you can receive your award! Here are some photos of our recognition ceremony.



5 Years of Service: Employees Attending Ceremony: Abibat Olude, Justin Major, Rodney Hartl, Carol Harris, Rebecca Roberts, Bill Garreans, Corvus Diaz, Chad Hohenstein, Jane Ahl, Jennifer Jennings, Diana Walker, Rachel Johnson, Corinne Bowles



10 Years of Service: Employees Attending Ceremony: Despi Gallardo, Ann Alberico



15 Years of Service: Employees Attending Ceremony: Cheryl McMurry, Tricia Kutschkau, Todd Falter, John Andreini



25 Years of Service: Employees Attending Ceremony: Jeff McCain, Julie Anderson

LRC'S AWARD CEREMONY

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!



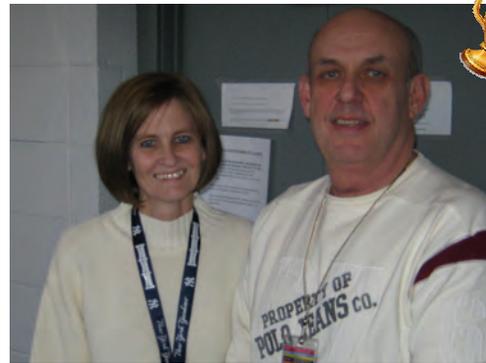
25 Years of Service: Employee Attending Ceremony: Jeff McCain with his supervisor, Kurt Anderson.



30 Years of Service: Employee Attending Ceremony: Bob Fahrbruch with his supervisor, Scott Collier.



40 Years of Service: Employee Attending Ceremony: Dave Nicklas with his supervisor, Gordon Tebo.



45 Years of Service: Employee Attending Ceremony: Roly Bretos with his supervisor, Shannon Black.



45 Years of Service: Employee Attending Ceremony: Jerry Lindsay with his supervisor, Sherry Nielsen.



45 Years of Service: Employee Attending Ceremony: Jo Anne Price with her supervisor, Cindy Dykeman

2012 Employees of the Month and Supervisors of the Quarter

Congratulations to our 12 Employees of the Month for 2012 and to our four Supervisors of the Quarter for 2012! These award recipients were honored throughout 2012 and again at the February 19, 2012 Employee Recognition Ceremony.

Employees of the Month for 2012 were: Justin Major (January), Jim Ruppelt (February), Marc Ostrander (March), Jennifer Jennings (April), Bruce Raffety (May), Sherri Browning (June), Angela McKim (July), David Paz (August), Lindsey Gonzales (September), Rhonda White (October), Stephanie Pinkston (November) and Nikki Pfeiffer (December).

Supervisors of the Quarter were: Irene Hirschman, Tom Nider, Corinne Bowles, Anne Regelean

Nominate your co-workers and supervisors today for 2013 awards, including Employee of the Month, Supervisor of the Quarter, and Teams of the Quarter.



2012 Employees of the Month



2012 Supervisors of the Quarter

IN MEMORY

On the evening of February 19, Terri Schnirl, Activity Assistant, passed away. LRC employees send deepest sympathy and prayers to Terri's husband, Scott, SSII staff member at LRC, and to all their friends, family members, and co-workers. A memorial service was held for Terri at LRC on the evening of February 25. A tree will be planted in Terri's memory this spring during LRC's annual Arbor Day ceremony. Godspeed, Terri. You will long be remembered by your LRC family.



T.R. Celebrates Therapeutic Recreation Month

February is **National Therapeutic Recreation MONTH!** Meet your Therapeutic Recreation staff in each of the buildings of Lincoln Regional Center and thank them for the great work they do for patients and as part of the interdisciplinary team!

Building # 3 – Leslie Guthrie and Becky Meulemans

Building # 5 – Nicole Zimmerman and Logan Hargrave

Building # 10 – Shelby Ayres (split between #10 and #5) and Anna Walker (split between #10 and #14)

Building #14 – Bill Jennings, Diana Walker, and Caitlin Curran

Whitehall – Stephanie Wolf

Activity Specialist Supervisors – Lori Rasmussen and John Andreini

Supervisors of TR staff – Debbie Roberts (General Psych Services) and Cindy Dykeman (Sex Offender Services)

Therapeutic Recreation today: What we do

Utilize various modalities to--

- Enhance current skills

- Establish new skills for daily living and community functioning

- Promote independent functioning in the following areas: Physical, Social, Emotional, Cognitive

Therapeutic Recreation Benefits for Individuals with Mental Illness

- New and innovative coping skills

- Productive use of free time

- Engagement in healthy social relationships

- Development of an active, holistic lifestyle

- Opportunity to process mental health issues during comfortable, leisure settings

Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life."

-Author Unknown



T.R. Lunch and Learn

To celebrate National TR Month, the TR Promotion Committee within the TR department scheduled fun activities throughout the month, including a Treat Yourself Dress Up Week and a Lunch and Learn presentation about Therapeutic Recreation and the services we offer the patients. All employees were invited to attend and we had approximately 20 that were able to attend. The presentation was brief, discussing history of TR, settings/populations with whom we work, concept and purpose of groups, domains we address with offered services, and the Leisure Ability Model that is the foundation of TR. We had 4 stations with different interventions that we offer to patients across campus. The presentation ended with a brief discussion of the activities and the benefits of each. The TR department would like to thank everyone who was able to attend the Lunch and Learn and for their support of our services. A special “thanks” to the TR Promotion Committee and to Becky Meulemans who chairs the committee. Fantastic job with the activities throughout the month and the successful (and FUN!) Lunch and Learn presentation! Here are pictures of the “party” for TR Month. Enjoy!



Left to right—back row: Logan Hargrave, John Andreini, Lori Rasmussen, Nicole Zimmerman, Diana Walker. Front row: Anna Walker, Caitlin Curran, Becky Meulemans, Leslie Guthrie, Shelby Ayers. Not pictured: Stephanie Wolf, Bill Jennings



Treat Yourself Dress Up Week!

T.R. sponsored a themed dress week during February 18-22 and invited all staff to participate in it. Each theme was related to a fact or benefit of Therapeutic Recreation. Here is a list of the days celebrated and photos from the week: Monday 2/18 – Patriotic Day (TR is the freedom to pursue leisure and express creativity). Tuesday 2/19 – Twin Day (TR is the opportunity to build relationships with others). Wednesday 2/20 – Pajama Day (TR is a way to incorporate relaxation into a healthy leisure lifestyle). Thursday 2/21 – 80’s Day (TR is a profession that has been certifying T.R. Specialists (CTRS’s) through the National Council for Therapeutic Recreation Certification (NCTRC) since 1981. Friday 2/22 - Jersey Day (T.R. is the promotion of wellness and physical activity).



Pajama Day



Rockin' the 80s Day



Twin and Triplets Day



Jersey Day

Thank you to these TR Themed Dress Week participants: Crystal Buhrmann, Makayla Campbell, Nina Anderson-Trumble, Stacey Wiltshire, Sara Gould, Allyson Headrick, Erin Bain, Scott Collier, Nicole Zimmerman, Laura Yeramysheva

The don't tell mindset needs to change

This month, *Police and Security News Magazine* printed a great article regarding "confronting" the "stop snitching" mindset. The article caught my eye, as it was anchored with a picture of the classic phrase "snitches get stitches."

The concept of "snitching" as an unspoken "code of silence" is an interesting one. More and more people are adopting the "it's not my problem" attitude and generally choose not to get involved even if they see something going wrong. Even more troubling is that even people with strong moral compasses will choose not to intervene and/or fail to report a problem for fear of retaliation and the stigma associated with being a "whistle blower."

NOTE: This type of mentality does NOT make you safer. It does NOT make us- as a community- safer. It isolates us from each other. It isolates us from information, from collaboration, and puts us in greater danger.

For those of us in the position of care-givers and therapists we have a duty to respond to them, to resolve them, and a duty to report on them. In the civilian sector- there isn't a professional obligation to get involved with a problem, nor is there a duty to report it. However, adopting the "no snitching" mentality is an ugly social contract. It allows situations such as bullying and harassment to continue. It allows dangerous situations such as patient abuse or neglect to escalate and it prevents staff members from reporting potentially serious information and ultimately putting everyone, patients and co-workers alike at risk.

It's as simple and as serious as this: recognizing a problem and choosing not to report it could put your life and the lives of others in danger. It could be fatal. As in- it could be the last decision you ever make.

For example, being aware of a staff member who occasionally fails to provide appropriate care or treatment and failing to report it to someone that could do something about it, is like being the person making these mistakes. How long are you willing to hang on to that information before that patient is seriously harmed or seriously harms someone else as a result? Would you feel personally responsible for having withheld that information? How about if the victim of that mistreatment was a relative of yours...would you wish someone had reported it? Or what if it was your relative that was injured and you found out that an employee was aware of the problem and failed to do anything about it? Would you be angry? Filled with hatred? Guilt?

These questions are challenging and I challenge you to think about them the next time you encounter a situation that maybe a simple phone call or conversation would have prevented. You see, it is far too easy not to care. It's more convenient not to care, not to intervene, and to assume that something isn't a problem... until it directly affects you. The problem here lies within the "assumption" that the situation doesn't affect you. It does. We are all directly responsible for creating a space that is physically and emotionally safe for our patients. We are all responsible for maintaining a safe environment that we WANT to work in.

SAFETY 1ST

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

We are plugging away through the winter months while the Policy Committee is plugging away at the Policy Manual. Here is a list of policies revised in January. They will be coming your way soon via the LINK system so watch for your email notifications for the policy reviews.

- NS-33 Nursing Admission & Annual Assessment Procedures
- PC-63 Fall Prevention Program
- PC-25 Laboratory, Pathology, Critical Lab Values & Medical Services
- PC-02 Seclusion and Restraint
- IM-28 Documentation Guidelines
- HR-26a Cell Phone and Electronic Media Use
- MM-03 Physician Medication Orders
- LD-13 Non-Employees/Students/Interns/Externs
- RI-06 Advance Directives

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

- | | |
|--|---|
| 1. <i>Resonance</i> by Barbara Fishman | 7. <i>Vegetables, the New Main Course Cookbook</i> by Joe Famularo & Louise Imperiale |
| 2. <i>Self Matters</i> by Phillip McGraw | 8. <i>Keys to Painting: Light & Shadow</i> by Rachel Rubin Wolf |
| 3. <i>Immigration and Acculturation</i> by S. Akhtar | 9. <i>Notable Black American Scientists</i> by |
| 4. <i>Difficult Personalities</i> by Helen McGrath | 10. <i>Lincoln: A Photobiography</i> by R. Freedman |
| 5. <i>Yoga for Your Life</i> by Margaret Pierce | |
| 6. <i>Psychoanalytic Treatment</i> by Robert Stolor | |

The Resource Center is open Monday through Friday, 9-Noon and 1:00 to 5:30 p.m. in Bldg 10.



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 heart disease and prevention. There is information to cover every aspect from diagnosis, treatment and prevention through the use of videos, quizzes, tutorials and references. Check it out: <http://www.heart.org/HEARTORG/>

And don't forget to wear RED every Friday this month.



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.

Welcome These New Employees



Louise Billings, RN, Bldg 3



Staci Douglass, SSII, Bldg #3



Karissa Dunkin, SSII, Bldg 10



Christopher Gillig, SSII, On-Call



Kurtis Johnson, Bldg 5



Aleksandra Kabic, SSII, Bldg 5



Cara Kleiwer, SSII, Bldg 3



Linda Marcy, LMHP



Leslie McDermott, RN, Bldg 5



Kyle Minchow, SSII, Bldg 5



Mandy Nesheim, SSII, Bldg 3



Janet Osora, SSII, Bldg 5

Welcome These New Employees



Cory Rabe, Nurse Practitioner



Tyler Sell, SSII, On-Call



Helen Trotter, Nurse Practitioner

Evening NEO to Begin.....by Linda Henslee

In order to accommodate job applicants wanting to work on-call at LRC and/or start their New Employee Orientation earlier, the LRC Staff Development department, Training Specialists and Nurse Leadership will be offering a New Employee Orientation session from 6:00 to 10:00 p.m., four nights a week for three weeks, once a quarter. The first evening Orientation starts on March 4! Kudos to Staff Development, Nurse Leadership, and the Training Specialists for taking this on! It will help LRC build up an on-call pool and may also help new employees start their jobs sooner. Some new employees would like to start Orientation while finishing up things at their previous job after giving two weeks' notice, and the evening Orientation may help them do just that!



Wellness Option Deadline is March 29

For employees entered in the Wellness health insurance option, time is winding down to finish Step 1 Criteria of the Wellness program. Each year, both the enrolled employee and enrolled spouse (if applicable) must complete **3 STEPS** on an annual basis to have the option to elect the Wellness Health Plan. Completing the 3 STEPS provides you with the option to select the Wellness Health Plan. It is ultimately up to each individual which health plan they want to choose at the time of Open Enrollment. The following outlines all necessary criteria:

STEP 1. Complete Your Choice of a Wellness Program BEFORE MARCH 29, 2013: Either complete 3 or more phone calls with an Empowered Lifestyle Management Coach; Walk this Way by logging a minimum of 700,000 steps online; Condition Management Coaching: complete 3 or more coaching phone calls; Cardio Log: log a minimum of 40 qualified workouts online; or NutriSum: earn a minimum of 300 NutriSum points and complete a minimum of 1,200 total exercise minutes. **ALL PRIOR TO MARCH 29**

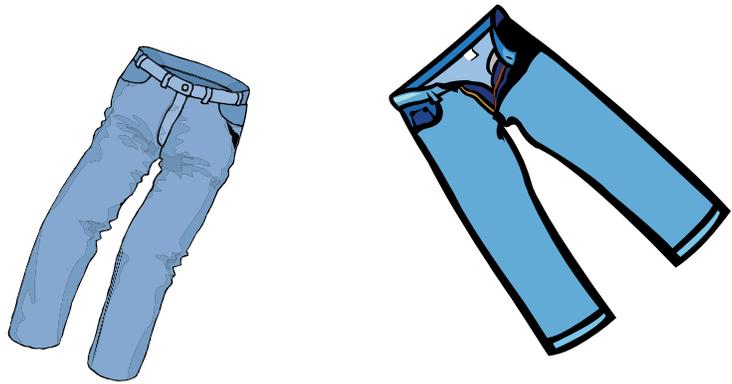
STEP 2. Biometric Screenings: Completed on an annual basis, learn your "numbers" by participating in three biometric screenings. You will receive a notice when these screenings are scheduled

STEP 3. Health Assessment: Completed on an annual basis, the online Health Assessment (called Insight Health) provides a snapshot of your current personal health and takes 20 minutes to complete. It includes 82 questions regarding your lifestyle choices such as tobacco use, safety, nutrition, preventive exams and medical history.

Employees can check their checklist to track completion of these three steps. After logging into the wellnesoptions website, view "Your Wellness Plan checklist" on the home page to track completion. Select "Completed Criteria Activity" for details.

Building #5 Needs Your Old Jeans!

Building #5 patients are in desperate need of jeans—Size 32 and up. We are encouraging people bring in their old jeans to donate to the program. Donation receipts are available. Donations can be dropped off at the front desk to any Team Leader or to Nina Trumble



Retirement Party for Deb Arends Held on January 29



Congratulations to Deb Arends on her retirement! Deb retired from LRC on January 5, 2013. Her retirement party was held on January 29 in Building #14. Deb worked for LRC for 12 years. Best wishes, Deb!



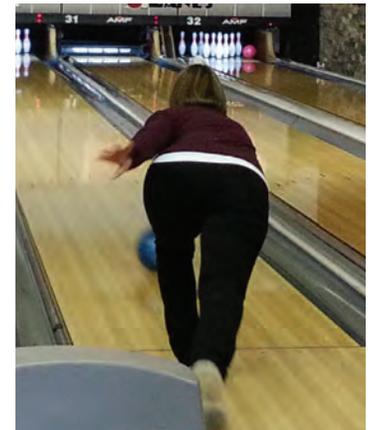
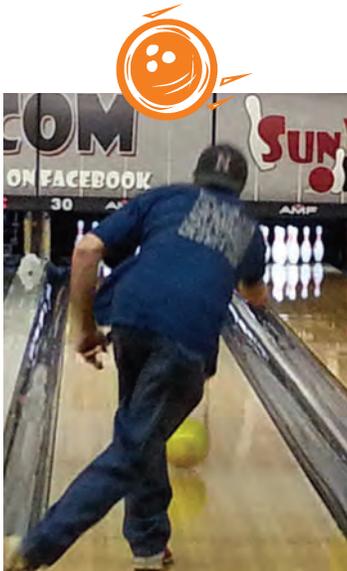
RN Job Fair Held on February 27



Cheryl McMurry, Craig Cooper, Ellie Friesen, Despi Gallardo, Irene Hirschman, James Bayless, Tu Nam, Lisa Holz, and Scott Rasmussen assisted with holding a Nurses' Job Fair at LRC on February 27 from 1:00 p.m. to 8:00 p.m. Although the job fair started off slow, business picked up after 5 p.m., and three interested applicants were interviewed. Human Resources and LRC Nurse Leadership will continue to actively participate in Nurse recruitment activities.

The Breakdown of the Bowling Blast.....by Diana Walker

The Bowling Night occurred February 22. There were two time slots available for team sign-up: 7:00 to 9:00 p.m. or 9:00 to 11:00 p.m. We had six teams for the 7:00 to 9:00 slot and one loud and proud team from 9:00 to 11:00 p.m. The team with the highest combined scores was Shauna Kister's Bowlin' Brawlers! In addition, Shauna's team members carried the highest and lowest individual scores of the night. The team wins a free game pass to Sun Valley Lanes, water bottle, pen, and Juice Stop coupon. Individual high and low score winners each also receive a free game to Sun Valley Lanes. The Wellness Committee would like to thank everyone who signed up and all who were able to participate in the event. This activity was an LRC Elective Activity. Thank you for your continued support in Wellness opportunities.



LRC Game of Clue.....By Jane Ahl

This is our own LRC game of CLUE! Your job is to try to figure out from the clues in the “Rooms” above what Department it is. Each number below is a “clue” about each of the members of the department. Your job is to figure out the department, then find out who goes with each clue!!

| | |
|---|--|
| <p>The Conservatory Clue – This dept works with resources throughout the state of Nebraska</p> | <p>The Library Clue – There are 4 men in the department</p> |
| <p>The Billiard Room Clue – They make the most phone calls to outside resources.</p> | |
| <p>The Kitchen Clue – There are 16</p> | <p>The Ballroom Clue – They’re involved in patient treatment.</p> |



1. This person went to England on their honeymoon.
2. Who was born in York, Nebraska, stayed in Harlem for three weeks, and used to work in a bakery?
3. Who has no biological aunts, has a son who is a soccer goalie, and loves to play Bingo?
4. This team member has two cats, a dog, a turtle, and a steer named Whitey Twin Hoe and cried when they had to sell him.
5. This person loves music, dancing, low rider cars, and horseback riding.
6. Who used to work at Ben Simon’s in the cosmetic department?
7. This person is not a Nebraska native, yet has been here 30 years.
8. Who played trumpet in high school, loves to shop at Goodwill, likes to Zumba, and used to work for the child welfare system?
9. This employee lived in Austin, Texas for 9 months and was in the military.
10. This person was born in Matanzas, Cuba.
11. Who sang in choir in high school and college, loves the outdoors and has a sister who is a professional stunt woman?
12. Who met one of the world’s greatest baseball players, Stan Musil, in the bathroom of the restaurant Mr. Musil owns and got his meal paid for?
13. This person loves to travel, has been to 19 states, and last vacationed at the Grand Canyon.
14. This person has been to Ireland, loves sushi, and will run their first 5K mud run this May.

Artists of the Arboretum.....submitted by Scott Loder & Carol Coussons de Reyes



Deborah A Hahn was selected to be the first Artist of the Arboretum, which is an monthly art show that celebrates all that art can mean to Nebraskans and the Lincoln Regional Center campus wide celebration of the value of art in promoting wellness!

JOIN US: MARCH 1st, 2013

SHOW OPENING TIME: 11:30AM (Meet the Artist!)

LOCATION OF OPENING: In the Administration Building at Lincoln Regional Center

ART TALK SCHEDULE (Not Open to Public; For Regional Center Staff and Patients):

1:00PM BLDG 10 Conference Room

2:30PM BLDG 3 in the Hope Room.

ARTIST STATEMENT: The following is an edited version of the artist statement:

I love God, nature and the potentials of an open life. What a blessing to be a part of it. I have always taken pictures as most folks have since childhood. Even though a fine art photographer for 8 years while in the Panhandle of Nebraska, this is my first show, and to me, a very important one. When the forces of evil prevailed, my equipment, possessions, health, home, family, environment wiped out, leaving me traumatized to the point of entry into Lincoln Regional Center. This show reflects literally, human resilience, as well as the capacity of the "system" to do things right, supporting recovery. Thank you to Lincoln Regional Center for its adoption of Trauma Informed Care and to those in Kearney, Region III and the Act team for fertile soil. I remember the day I met with Louise Stone in 2011 at Lincoln Regional Center, sharing the poem "OF LOVE" by Kahlil Gabran. It solidified a mustard seed in my soul and connected me with a process which, even though I am but a small part of, is the essence of the dynamics of real life. It gave me hope as in all, there is a purpose of long term value and ultimate peace from life's complexities. In summary, this work represents a journey, a mustard seed in progress. The greatest blessing is being in position to give back. Express outwardly, being open, knowing how to bend, love through suffering.



The Diversity Committee brings you the following quotes for February:

"I think....if it is true that there are as many minds as there are heads, then there are as many kinds of love as there are hearts." -Leo Tolstoy, *Anna Karenina*

"Everyone is kneaded out of the same dough but not baked in the same oven." - Yiddish Proverb

"This being Black History Month, I would like to ask people to celebrate the similarities and not focus on the difference between people of color and not of color." - Lynne Swann

"I think there's just one kind of folks. Folks." -Harper Lee, Author of "To Kill a Mockingbird."

The Diversity Committee now has several DVDs on Black History available for staff to use in patient activities. Please see Phil Jefferson or Tom Schmitz in the Resource Center to check these out:

- ◆ The Color Purple
- ◆ Roots, 30th Anniversary Edition
- ◆ The Autobiography of Miss Jane Pittman, 30th Anniversary Edition

LRC Recipe Box.....by Teresa Hansen

Cool Mint Oreo Cookie Balls

Ingredients:

- 6 oz (3/4 of 8 oz package) cream cheese, softened
- 1 pkg Double Stuff OREO cool mint crème cookies, finely crushed
- 2 pkg. (6 squares each) Baker's white chocolate, melted
- 6 drops green food coloring
- 2 Tbsp green colored sugar



Directions: Mix cream cheese and cookie crumbs until well blended. Shape into 40 (one-inch) balls. Freeze 10 minutes. Mix melted chocolate and food coloring until well blended. Dip balls in chocolate; place in single layer in shallow waxed paper-lined pan. Top with sugar.

Refrigerate one hour or until firm. Store in tightly covered container in refrigerator.

How to make cookie crumbs: Crushing OREO cookies is a cinch with a rolling pin and a resealable plastic food storage bag. Or you can process the cookies in your food processor or blender.

Corned Beef Casserole

Ingredients:

- | | |
|----------------------------------|--|
| 1 Tbsp butter | 10 slices rye bread, cut into 3/4-inch cubes |
| 6 eggs | 1 1/4 to 1 1/2 lb cooked corned beef, shredded |
| 2 1/2 cups shredded swiss cheese | 3 cups 2% milk |
| 2 Tbsp Dijon mustard | 1/2 tsp favorite all purpose seasoning |



Butter the bottom and sides of a 13-by-9 inch baking dish. Place the bread cubes in the dish. Spread the corned beef and cheese over the bread cubes. In a bowl, whisk the eggs, milk, Dijon mustard, and seasoning. Pour over the top. Press down slightly to make sure the bread cubes absorb the liquid. Cover with foil and refrigerate overnight.

Remove casserole from the refrigerator 30 minutes before baking and preheat the oven to 350 degrees. Keep covered with foil and bake for 40 minutes. Uncover; bake 10 minutes longer or until cooked through. Remove from oven and let stand for 5 to 10 minutes before cutting into squares.

Cheesy Penne Pasta and Smoked Sausage Casserole

Ingredients

- | | |
|--|--|
| 2 cups penne pasta, uncooked | 1 1/2 cups milk |
| 14 ounces smoked sausage, cut into 1/4-inch slices | 1 (10 3/4 oz) can cream of celery soup |
| 1 1/2 cups French-fried onions, separated | 1/2 cup mozzarella cheese, shredded, divided |
| 1/2 cup cheddar cheese, shredded, divided | |



Directions: Cook pasta according to package directions. Meanwhile, brown sausage in a skillet and drain (I skipped this step since I was using fully cooked smoked turkey sausage and would not have any fat to render). In a large bowl, combine milk and soup. Stir in 1/2 cup onions, 1/4 cup of each cheese, and sausage. Drain pasta and stir into sausage mixture. Transfer to a greased 13 x 9 baking dish. Cover and bake at 375 degrees for 25 to 30 minutes or until bubbly. Sprinkle with remaining onions and cheese. Bake, uncovered, 3 to 5 minutes longer or until cheese is melted.



DHHS - LINCOLN REGIONAL CENTER

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

Lincoln Regional Center
PO Box 94949
Lincoln NE 68509-449
linda.henslee@nebraska.gov



LRC Reality Check Editorial Board

Linda Henslee—Editor—479-5388

Perry Holmgren—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

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: Wendall Roberts, Teresa Hansen, Anne Regelean, Diana Walker, Nina Anderson-Trumble, Becky Meuleman, the T.R. Department, the LRC Diversity Committee, Deborah Hahn, Carol Coussons de Reyes, Sara Gould, Becky Roberts

January Clue Game Answers.....by Jane Ahl

1. The featured department for the Clue Game in January was the ***Therapeutic Recreation Department***.
2. ***Diana Walker*** grew up on a farm and helped farm 200 acres.
3. ***Stephanie Wolf*** has not only been to “Carhenge” in Nebraska but has also visited Stonehenge in England.
4. ***Lori Rasmussen*** received a post card from President Nixon.
5. ***Becky Meuleman***, another adventurer, has canoed in the Canadian wilderness, carrying all of her gear with her.
5. ***Caitlin Curran***’s favorite activity while vacationing is “go-karting.”
6. ***Nicole Zimmerman*** studied in Sydney, Australia during their senior year of college.
7. ***Leslie Guthrie*** had a puppy named “Cucumber” as a child.
8. ***John Andreini***’s dog’s name is Moose. John loves camping and used to be a camp director.
9. ***Bill Jennings***’ grandfather escaped from Italy in the 1920s.