



LRC REALITY CHECK

Dana Volk is the January 2013 Employee of the Month



Congratulations to Dana Volk in Word Processing for being selected as the January 2013 LRC Employee of the Month! Dana has been employed at LRC since October 3, 2010. Dana makes sure that patient assessments are transcribed in a timely manner. She works with LRC clinicians to ensure that documentation is complete. In addition, she provides weekly reports to the Programming Committee on patient participation in groups. This information is used to assess whether overall goals for active patient participation are met. Dana has been instrumental in assisting LRC work towards an electronic medical record. She is on a team that assists and trains staff on the Avatar medical record system.

Dana's understanding of the Avatar scanning process and her computer skills have been invaluable during this process.

Dana is able to assess problems and look for positive solutions. She presents a calm, upbeat and pleasant demeanor in her interactions with co-workers. Dana is well respected by her peers. Dana demonstrates Person Centered Care qualities as she carries out her responsibilities. Her concern and care shows that she takes great pride in her work. The assistance she is providing to staff with the new scanning process has contributed to a positive work environment.

In appreciation of her hard work, Dana received her very own parking space for the month of January and a gift card to Bed, Bath, and Beyond. Thank you, Dana, for all that you do!

Anne Regelean is the Supervisor of the Quarter



Congratulations to Anne Regelean for being selected as the Supervisor of the Quarter for the 4th quarter of 2012. Since Anne took over the Dietary department, she has brought in new and exciting menu items for the patients. Many patients have commented on the new variety of food and the great-tasting food being served, with special favorites like cheesecake and fajitas. Anne has worked to improve the variety of snacks and Dietary is now actually serving fresh baked goods that are made here.

Anne has also been instrumental in developing the Patient Wellness program to help patients add healthy eating and exercise habits into their routines while they are at LRC and after they are discharged. Anne is actively working to help patients get the proper nutrition in a healthy and fun way, thus promoting a healthy lifestyle that will help them attain mental and physical health.

Anne has worked to empower her employees and promote growth in their positions. She promotes the Person Centered Care philosophy among her staff members. She is always working to help Dietary employees be more comfortable in the technology aspects of their jobs. Anne gives the supervisors in her department the freedom to make decisions and work with their staff. This promotes the satisfaction one obtains by becoming better at a job. Anne is a PCC Facilitator and works not only to bring PCC spirit to her department but also throughout the entire facility, promoting open communication and cohesiveness between departments. In appreciation of her hard work, Anne is receiving a gift card to Target! Congratulations, Anne, and thank you for all that you do!

The Start of a New Year

Here we are again at the beginning of a new year. To say I am happy about starting a new year is an understatement. Last year is a year I'd just as soon forget about. I was out sick in 2012 more than I worked. I endured four pretty major surgeries. I am grateful to be alive. There were three times last year while I was sick that I could have died. But thanks to a great surgeon for the last three surgeries, I survived. I am getting my strength back and gaining my weight back. Sometime in the next couple of months I will have to have another surgery to reverse my colostomy. Hopefully that will be the end of this ordeal. I again want to thank all of you for your letters, cards and emails that I received while I was out.

Usually at the beginning of each year I have a list of projects that we completed in the past year. The only two major renovation projects we completed last year involved the replacement of the roofs on Buildings 9 and 10. Right now, I don't know of any major projects that we will be tackling this coming year. I did go back and add up all of the projects we had completed in the past three years and found out that we spent more than \$3 million on capital improvements for things like the windows in Buildings 3 and 5 and replacing the roof on Building 14.

Our focus this year will continue to be on the three areas I identified last year as things we need to work on. First, we can expect a visit from the Joint Commission for our triennial survey any time after July 1. The last time they were here was in January 2011. Stacey and others will be readying us for the survey. One area of focus from our last survey was active treatment in our patient schedules particularly on weekends and evenings. We have done a lot of work in this area in the past year. Our focus in 2013 will be to continue to work on improving active treatment.

Second, our use of restraint and seclusion is still too high. We need to reduce the number of hours our patients spend in restraint or seclusion. Very few of our patients account for the majority of our restraint and seclusion. This has been true for the last several years. We have got to find a way to manage this relatively small group of patients and their aggression. If we do, we could almost be a restraint free facility.

Third, we will continue our journey on our Person Centered Care initiative. We are well into the CARE behaviors. I have seen positive results of this effort around campus particularly since I have been back at work. We need to keep that momentum going.

Last month I told you that I gained a new appreciation for what it means to be a patient while I was in the hospital last year. I have a new understanding of what it means to be vulnerable. Whenever we go about making changes in how we do things, I hope we keep the patient squarely in focus. They rely on us to take care of them and we need to honor that responsibility.

I mentioned earlier that since July I have had a colostomy. It is not a very pleasant thing but it is not the end of the world either. I started receiving informational newsletters in the mail from manufacturers of ostomy supplies and from support groups. I somehow got on somebody's mailing list. The newsletters suggested web sites to go to for answers to questions about living with a colostomy. This was something new for me and I had a lot of questions. When I went to the websites, I found all kinds of blogs about every conceivable topic you could imagine about living with an ostomy from what to tell people, to what foods to eat, to how to maintain an active lifestyle, etc. From the discussion groups it became clear to me that while this past year has been difficult for me, there are a lot of people out there that have it worse off. While I had a fistula that required surgery, at least I didn't have cancer that required surgery and chemotherapy or radiation therapy. While I have a colostomy at least I will be able to be reattached unlike someone who has had a complete removal of their colon and/or rectum. That got me to thinking that when you're feeling like life isn't fair; don't forget that it could be worse. There are a lot of people out there that are braver than me when it comes to battling a medical illness. And what does that say about our patients? Think about what they have to endure and help them however you can.

It is good to be back at work and around all of you again even if it is just for a little while until my next operation. Hopefully, my time away will be brief and I'll be back to normal by the time the weather turns warm, the grass turns green and golf resumes. Wish me luck.





Kudos - Now That's PCC!



- ◆ **Kudos to Ken Montgomery**, YSII staff at Whitehall, for sharing his computer expertise with Morton School staff.
- ◆ **Kudos to Tom Edwards, SSII!** Since coming to Building #5, Tom has been a great addition to the Building #5 team. He is willing to help out wherever needed and does a great job with the patients, keeping them involved in active treatment. Good job, Tom, and thanks for all you do!
- ◆ **Kudos to Casey Cosgriff, SSII!** Casey helps out in all capacities. On top of his SSII duties, Casey helps run the Reception Center, takes care of patient storage items, checks visitors in and out on visiting days, and sets up the GPS system for patients going to off grounds appointments. Casey never complains and he takes the initiative to get things done without being asked. Casey, thank you—you are greatly appreciated.
- ◆ **Kudos to Angela Sharp, SSII!** Since transferring to Building #5, she has been a great addition to the S5 team. She is a self-starter who volunteers to take on extra duties as needed. She volunteers to float to other units without complaining. She keeps the patients involved in active treatment and helps them with their daily living skills. Thanks, Angela, for all your hard work—you are greatly appreciated.
- ◆ **Kudos to Whitehall YSII staff: Robin Wathen, Willie Parks, Nick Munger, Alan Jimenez, and Keith McGuffey** for temporarily working in Building #5.
- ◆ **Kudos to Luke Meier and Haron Kohistani**, Team Leaders, for taking holiday treats to staff in the patient care areas who could not attend the Employee Holiday Reception on December 20.
- ◆ **Kudos to any and all staff who helped cover overtime during the holidays**—from the Staffing Office!
- ◆ **Kudos to Building #3 staff** for the wonderful Christmas party they provided for the ladies on December 13. There was a great turnout and everyone had tons of fun!
- ◆ **Kudos to Abby Hawthorne, Bruce Raffety, Darrell Gressley, and Stacey Werth-Sweeney** for all of their help with the Building #3 Christmas party.
- ◆ **Kudos to everyone who helped make the Building 3 Christmas Shopping Extravaganza a huge success!** Thank you to everyone who donated and put it together. Building 3 hopes to make this a tradition around the holidays so mark your calendars for 2013. Thank you for your support.
- ◆ **Kudos to Craig Cooper and Ellie Friesen** and all others who helped get staff to work during our first snowstorm on December 21!
- ◆ **Kudos to Kelsey Kronhofman** for the great work she does with the Whitehall youth.
- ◆ **Kudos to John Weyer, Nurse Supervisor**, for the guidance he gives to the 3-11 shift at Whitehall.
- ◆ **Kudos to Stephanie Wolf** for all of the efforts she put into making sure the Whitehall youth had a wonderful holiday season!
- ◆ **Kudos to Dan Ullman** for creating a webpage for Whitehall and a Power Point training.
- ◆ **Kudos to Kim Behrens in Housekeeping.** A Building #3 patient said that Kim's peaceful presence and good cheer brightens the patients' day.
- ◆ **Kudos to Duane Remmers in Housekeeping.** A Building #3 patient wrote that Duane is an all-around nice guy whose smile and personal attention bring light to the patients during their stay.
- ◆ **Kudos to Fernando Sotelo in Housekeeping.** A Building #3 patient states that Fernando brings a sense of humor to work and completes his work with a sense of pride. The floors really shine!
- ◆ **Kudos to all of the Housekeeping staff** for covering all of the buildings until the vacancies were filled.
- ◆ **Kudos to Building #5 SSII and treatment team staff** for their work with a patient who was struggling last quarter. This person is making much progress due to the consistent work you do and your great de-escalation skills.
- ◆ **Kudos to Jennifer Jennings and Jennifer Bennett** for their assistance to staff in Building #10 with a visually impaired patient. **Kudos also to the SSII staff, the nurses, and the clinical team** for the work they are doing with this individual.
- ◆ **Kudos to Building #3 Team Leaders and SSII staff** for the work they do every day with the Building #3 women. **Kudos also to Dr. Mette Brynolf** for the training she is providing to staff.
- ◆ **Kudos to Sherry Nielsen** for helping Linda DeVore with shopping for Treasure Chest items.
- ◆ **Kudos to the Building #14 Team Leaders and SSII staff** for helping to manage the patient employee services.
- ◆ **Kudos to all of the Team Leaders** for accommodating Steering Team members as they made rounds to the units to visit with staff.

LRC Nurses are the Team of the Quarter for 4th Quarter 2012

Congratulations to all LRC Nurses (RNs and LPNs) for being selected as the Team of the Quarter for the 4th Quarter of 2012! Please join us in thanking: Vicki Allen, Kelsey Baison, Megan Bang, Barry Berumen, Louise Billings, Vickie Bowles, Karen Brocksmith, Vicky Buchholz, Douglas Burton, Tami Caples, Emily Claussen, Larry Cook, Maggie Copple, Denise Den, Dennis Derr, Melinda Diaz, Brenda Dickinson, Kathy Dobesh, Tony Egeberg, Tammy Foley, Mary Gallagher, Laurie Good, Trisha Haenfler, Teresa Hansen, Diane Heithoff, Marijo Herman, Jeanann Jelinek, Deena Johnson, Madhulika Joshi, Andrea Keller, Jessica Lang, Jeanne Lytle, Desirae Mares, Barb Markovic, Carolyn Martin, Leslie McDermott, Bibian Nwaturuocha, Sheryl Olson, Wanda Osterbuhr, Linda Paulson, Rachel Peters, Tiffany Prester, Barb Reek, Brooke Sixta, Sam Smith, Allison Strom, Tabetha Tallman, Billie Thompson, Suzanne VanHorne, John Weyer, and Liz Willey

During the 4th quarter, the LRC nurses successfully completed the conversion to the electronic Medication Record (e-MAR) in Avatar. The nurses were instrumental in working with Pharmacy and the physicians throughout the conversion. The nurses attended all of the required training and became proficient with the new process. In addition, the nurses have been very helpful to the physicians and other clinical staff, assisting them to learn and embrace the new system as well.

The goal of LRC is to have a fully electronic medical record. Accomplishing this is a federal mandate for all hospitals. The nurses expedited LRC's ability to achieve this goal and did so with a positive and open attitude.

LRC has taken the lead among other DHHS agencies to troubleshoot potential glitches with the e-MAR system and order entry for other facilities. During the decision-making processes for e-MAR implementation, the nurses provided valuable input.



Many, many thanks to the LRC nurses for making the EMR a reality for LRC!

Strut Your Stuff.....By Anne Regelean



The Wellness Committee would like to congratulate Corinne McCoy as our current "Strut Your Wellness Stuff" winner! Corinne's husband, John, nominated her for her overall healthy lifestyle. Corinne has been making healthy choices for several years.

She makes time each day to walk 30-60 minutes and does a workout routine of exercises and hand weights three times each week. She's also changed her diet over the years. Corinne limits the red meats she eats, focusing mostly on salads, fish, chicken and veggie burgers. She tries to have meatless meals a few times each week. Soda is something she gave up years ago and she substitutes it with lots of water or Crystal Light.

Corinne explained that she teaches the patients everyday how to make "healthy choices"...she thought it was a good idea to model those healthy behaviors for them. Corinne is definitely a wonderful role model for us all!!

And, next time you are in the foyer of Building #10, check out the beautiful plants. Corinne and the patients in her groups are responsible for planting and maintaining these!

As our December winner, Corinne will receive a gift card for a 60-minute massage treatment. This massage was donated by Nathaniel Hicken, who is a licensed massage therapist with the Lincoln Massage Center. Congratulations, Corinne!

Vickey Bulin Retires on December 28, 2012



Congratulations to Vickey Bulin, HIM Manager. Vickey retired on December 28, 2012 after more than 41 years of service to LRC. In appreciation of her dedication to LRC and the work she has done, Vickey received an Admiralship in the Great Navy of the State of Nebraska. Vickey first worked at LRC in the Personnel Office in 1971 (now HR). She then became the Administrative Assistant for the hospital CEO and Clinical Director from 1973 until 1996. In 1996, she went to Short Term Care to work in the HIM office. In 2002, she was promoted to an HSTS staff in Short Term Care and then in Building #3. In October 2009, she was promoted again to the Office Manager for HIM, supervising all HIM and Word Processing staff on campus. Vickey was awarded the Nebraska Hospital Association Caring Kind Award in 2003 and was the DHHS Employee of the Year in 2005. Vickey stated that moving out into the programs and working directly with the patients helped her experience first-hand what we are really here for at LRC. She is thankful for the first hand experience and says she admires the clinical work done at LRC.



Dr. Hartmann remembers the days when Vickey took dictation and used stenography until the automatic typewriter (a real “miracle machine”) became available! Freud, the hospital pet dog, would make his rounds and camp out at Vickey’s desk in Administration. Vickey has given steadfast, reliable and competent service to LRC. Attendees at Vickey’s reception on December 28 enjoyed looking at employee photos from years gone by.

Congratulations, Vickey, and best wishes for a happy retirement. Vickey is starting off her retirement by traveling to Florida and skipping out on our cold winter weather!



Can Anyone Identify these People?



We found this mysterious photo of five LRC employees dressed like elves for Christmas 1972 and we need your help identifying these elven folk! If you know who they are, please send their names to:

linda.henslee@nebraska.gov.

WELCOME

New Employees.....by Perry Holmgren



Hawraa Al-Hussein, SSII, Bldg 10



Rhonda Arena, Housekeeping



Shelby Ayres, Ther. Recreation



Deddeh Ballah, SSII, On-Call



Kent Brooks, LMHP, Bldg 5



Richard Campbell, Housekeeping



Shanelle Cotton, SSII, Bldg #5



Alanna Eiland, SSII, Bldg 5



Jessica Gartner-Barrientez, SSII, Bldg 3

*Please join us in welcoming all of our new employees!
See more photos of new employees on Page 7.*

WELCOME

New Employees.....by Perry Holmgren



Logan Hargrave, Ther. Recreation



Tina McMichen, RN



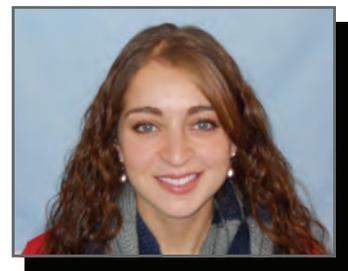
Rachel Murray, LMHP



Dennis Neurnberger, Dietary



Leon Robinson, SSII, Bldg 3



Laura Yeramysheva, SSII, On-Call

Ugly Christmas Sweater Day.....by Stacey Wiltshire



These women in Building #5 celebrated “Ugly Christmas Sweater Day” on December 21! Kudos to Dr. Sherri Browning, Sara Gould, Secretary II, Stacey Wiltshire, Secretary II, Crystal Buhrmann, HSTS I, Jodi Kehler, LCSW, and Makayla Campbell, HSTS I, for celebrating the season with their festive sweaters and fun spirit!

LRC Holiday Party Photos

It was a very cold and snowy day on December 20 but LRC employees made it in to work and made it to the LRC Holiday Reception sponsored by the Leadership Team and Medical Staff. Here are a few photos from the day!

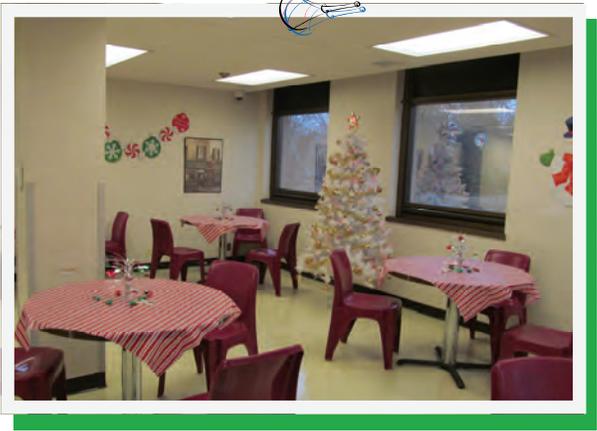
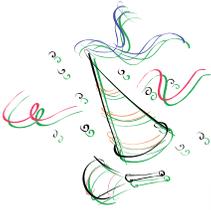
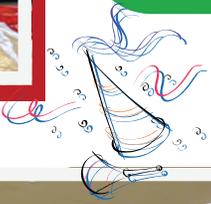


More Holiday Party Photos



Building #14 Holiday Open House.....by Marilyn Bailey

The Building #14 Treatment Team members and SSII staff held their annual Holiday Open House for Building #14 patients and their family members on Saturday, December 15. The hallways, as well as the employees, were decked out for the festivities! Many thanks to all Building #14 staff who helped make this a successful event!



January is National Mentoring Month. This can apply to each of us as co-workers here at LRC. “Mentoring is a process for the informal transmission of knowledge, social capital, and the psychosocial support perceived by the recipient as relevant to work, career, or professional development; mentoring entails informal communication, usually face-to-face and during a sustained period of time, between a person who is perceived to have greater relevant knowledge, wisdom, or experience (the mentor) and a person who is perceived to have less.” Those of us who have worked here longer have the opportunity to share our experiences with new employees and create a cohesive, secure setting for patients and staff. The following sites have a lot of information and inspiration for mentoring. There are also some free resources and some interactive connections for further education and promotion of mentoring.

<http://www.nationalmentoringmonth.org/>

<http://www.nationalmentoringmonth.org/video>

Life’s most persistent and urgent question is, “What are you doing for others?” - Martin Luther King, Jr. on mentoring.



Diversity Quotes for January 2013 from the LRC Diversity Committee

“All life is interrelated. The agony of the poor impoverishes the rich; the betterment of the poor enriches the rich. We are inevitably our brother’s keeper because we are our brother’s brother. Whatever affects one directly affects all indirectly.”

“We are called to speak for the weak, for the voiceless, for the victims of our nation and for those it calls enemy, for no document from human hands can make these humans any less our brothers and sisters.”

Martin Luther King, Jr. (U.S. Clergyman and Civil Rights Leader, 1929-1968)



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

These books are new for January!

1. *Become A Better You* by Joel Osteen.
2. *Little Me Can Live a Big Life* by Peter Allman
3. *Bipolar Disorder Demystified* by Lana Castle
4. *The Meaning of Matthew* by Judy Shepard
5. *Do Fish Drink Water?* By Bill McClain
6. *The Postal Service Guide to U.S. Stamps* by the U.S. Postal Service
7. *Walk Away Pounds* by Leslie Sansone
8. *Physics for the Rest of Us* by Roger Jones
9. *The Song of Solomon* by Toni Morrison
10. *Nebraska Legacy* by Diann Mills

The Resource Center is open Monday through Friday, 8:30 to Noon, and 1:00 to 5:00 p.m. in Building #10



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

It was a cold winter month but the Policy Committee labored on in December, making revisions

to the following five policies!

- * **HR-03 (LRC) Primary Source Verification**
- * **PC-03 (LRC) Transport Restraint**
- * **PC-04 (LRC) Assault Precaution**
- * **PC-04a (LRC) Highly Restrictive status**
- * **PC-16 (LRC) Treatment Planning Process**



A new way of distributing policy revisions to LRC employees is coming soon! Staff Development will be placing policy revisions on the LINK system for employees to launch and review, just like we do for our annual mandatory training packets. This will provide an easy, slick way for employees to review the policy revisions, and an effective means for supervisors to track when their employees have completed the reviews.

Employee Recognition Celebration to be Held February 19

On February 19, 2013, the LRC Employee Recognition Committee is holding its annual Employee Recognition Celebration. Employees achieving 5, 10, 15, 20, 25, 30, 35, 40, and 45 years of service in 2012 will be recognized at this service. Employees of the Month for 2012, Supervisors of the Quarters for 2012, and Teams of the Quarters for 2012 will also be recognized. If you received one of these awards or achieved a years of service milestone in 2012, be checking your mailbox soon for your invitation to the February 19 event! See you there!



Wellness Committee News



Did you know? CPR training and CPR recertification is available to all employees at LRC? Contact Mark Vaske at 479-5417 for more information!

LRC night at the Roller Derby



Help cheer on

the Mad Maxines vs. Omaha Rollergirls!!

Saturday March 9th at 7pm!

Pershing Center—Lincoln

Doors open at 6 pm.

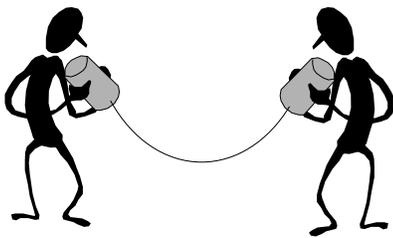
This is a high energy family event!

Ticket cost- \$8

Kids 10 and under free

Payment due to Nina Trumble by February 27th . Contact Nina at Antonina.Andersontrumble@nebraska.gov.

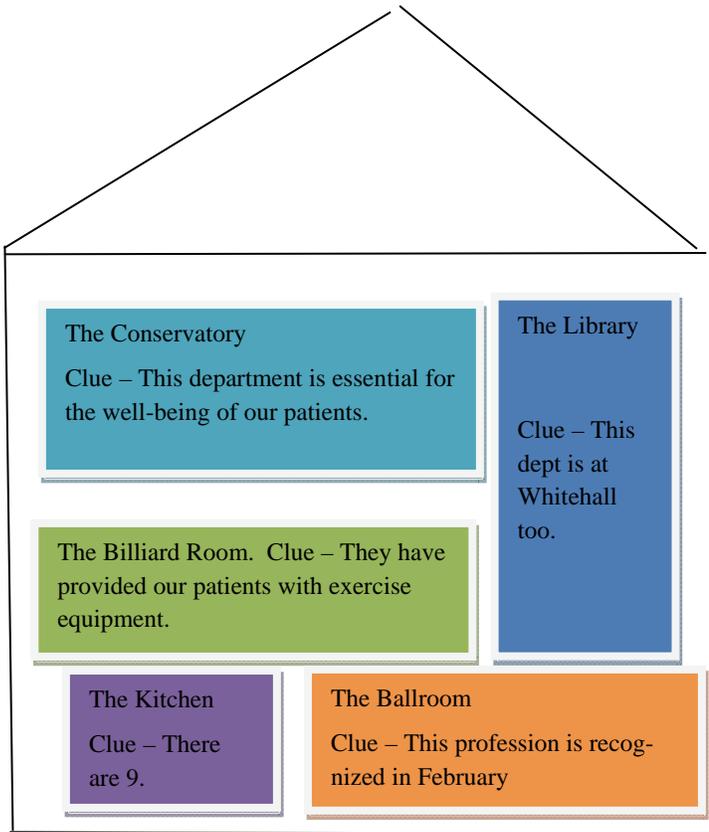
PCC Communication Workshops Coming Your Way.....by Randy Willey



Starting in February, LRC continues on its journey in Person Centered Care with a new series of workshops. As we worked our way through Worth, Empowerment, and Accountability, we laid the foundation for our next step—Communication.

Communication is always a hot topic and one that almost all of us have expressed an interest in, or seen as a needed area of improvement for LRC. The communication workshop will also incorporate the major concepts of “Serving People with Excellence,” a mandatory DHHS training for this year. All new LRC employees have received the “Serving People with Excellence” training in Orientation, and now each of you will receive this training in the Communication workshop. Remember, these workshops are mandatory, but as one of the PCC Facilitators, I can tell you that we are excited to have the chance to interact with all of you again and have fun at the same time! We’ll see you all in February!

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” in the mansion what Department this is. Below are some clues about each of this department’s employees. Do some investigating to determine which department this is, and identify the employees! Send your answers to Jane Ahl.

1. This employee grew up on a farm and helped farm 200 acres.
2. This employee has not only been to “Carhenge” in Nebraska but has also visited “Stonehenge” in England.
3. This employee has received a postcard from President Nixon.
4. Another adventurer, this staff member has canoed in the Canadian wilderness, carrying all of their gear with them.
5. This employee’s favorite activity while vacationing is “go-karting!”
6. This employee studied in Sydney, Australia during their senior year of college.
7. This employee had a puppy named “Cucumber” as a child.
8. This employee has a dog named “Moose,” and this employee loves to camp and used to be a camp director.
9. This employee’s grandfather escaped from Italy in the 1920s.

No Bake Banana Split Cake Dessert

Ingredients:

Crust: 2 cups graham cracker crumbs 1/2 cup butter, melted

Cream Cheese Layer: 12 oz cream cheese, room temperature 1/4 cup granulated sugar
8 oz cool whip

Fruit & Toppings:

4 bananas, sliced 1 (20 oz) can crushed pineapple, drained well
16 oz strawberries, hulled and sliced 8 oz Cool Whip topping
1/2 cup walnuts, chopped chocolate syrup
Maraschino cherries



1. Grease a 9 x 13-inch baking dish; set aside. 2. In a medium bowl, combine the graham cracker crumbs and melted butter, stirring until all of the crumbs are evenly moistened. Dump the crumbs into the prepared pan and press into an even layer. Refrigerate while you prepare the next layer. 3. In a medium bowl, mix together the cream cheese and sugar on medium speed until light and fluffy, about 3 minutes. Using a rubber spatula, fold in the Cool Whip until thoroughly combined. Spread the cream cheese mixture on top of the graham cracker crust. 4. Arrange the banana slices in a single layer on top of the cream cheese filling, top with an even layer of the crushed pineapple and then an even layer of sliced strawberries. 5. Cover with Cool Whip, smoothing the top. Sprinkle with the chopped walnuts, then drizzle with chocolate syrup and top with maraschino cherries. Refrigerate for at least 4 hours, or overnight

Chicken Pasta and Veggie Salad

Ingredients:

1/2 of a head of iceberg lettuce, chopped 3 roma tomatoes, chopped
1/2 cucumber, chopped 3 strips of bacon, crumbled
1 large chicken breast, cooked and chopped 2 to 3 avocados, chopped & tossed with lime juice
1 cup cooked and charred corn 5 oz bleu cheese, crumbled
1 1/2 cups cooked pasta French vinaigrette dressing, to taste



1. Cook the chicken breast, bacon, corn and pasta. Once the corn is cooked, toss in a hot skillet until charred and lovely. 2. Toss all of the ingredients together in a large bowl. Drizzle lightly with dressing to taste. You don't need very much. 3. Enjoy with bread or tortilla chips!

Baked Cheesy Turkey Meatballs

Ingredients:

1 lb ground turkey 3 green onions, chopped
1 large egg 1/4 cup dried bread crumbs
2 Tbsp ketchup 1/4 cup chopped parsley leaves
1/4 cup grated parmesan 1/4 cup grated romano cheese
1/2 Tbsp pepper 1 tsp salt



1. Preheat oven to 375 degrees. 2. In a large bowl, mix all of the ingredients together. Line a baking sheet with parchment paper. Form small 1 to 2 inch balls with the mixture, and space the balls evenly on baking sheet. 3. Bake in the oven for 30 minutes, turning meatballs every 10 minutes. 4. Serve with pasta or as hors d'oeuvres using tomato sauce for dipping.



DHHS LINCOLN REGIONAL CENTER

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

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LRC Reality Check Editorial Board

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Perry Holmgren—479-5207

Tom Schmitz—479-5475

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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: Marilyn Bailey, Teresa Hansen, Anne Regelean, Diana Walker, Nina Anderson-Trumble, Randy Willey, Corinne McCoy, the HIM Department, the LRC Diversity Committee

December Clue Answers.....by Jane Ahl

1. The featured department in the December Clue game was the *LRC HIM department*.
2. *Vickey Bulin* enjoyed playing an elf for a few years.
3. *Becky Roberts’* family plays BINGO on Christmas Eve.
4. *Meloni Lines’* favorite Christmas tradition is giving her daughter a Christmas ornament from Santa.
5. *Marilyn Bailey* collects snowmen and her family gets together the Saturday after Christmas to see Santa arrive and give gifts to the little ones.
6. *Dana Volk’s* family watches “The Grinch,” “Home Alone,” and “Christmas Vacation” every year.
7. *Carol Harris’s* mom was born on December 25, 1921 and Carol’s daughter was born on December 23, 2004.
8. *Leah Becker’s* new favorite tradition is having her son and his wife over after Thanksgiving to put up the Christmas tree.
9. *Jane Ahl’s* family celebrated “Festivus” one Christmas since they love “Seinfeld.”
10. *Stacey Wiltshire* enjoys attending a Candlelight Christmas Eve church service and singing Christmas carols, and the first Christmas she spent with her husband, she received both a diamond pendant and a diamond heart necklace.
11. *Sue Childress’* favorite tradition at Christmas is having her very own Santa stop by to see the grandbabies.
12. *Nancy Lieber’s* favorite tradition is getting a family picture.
13. *Diane Ellis’* favorite memory is a family get-together of 50 people at her grandparents’ home in north central Nebraska to eat oyster stew.
14. *Sarah Gould’s* favorite memory is of a Christmas tree so big it didn’t fit into the house and it had to be put in a big pickle crock.
15. *Linda Page’s* favorite memory involves watching a football game on Thanksgiving one year when her cousin got excited about the game and pulled the lamp over on top of him.