



LRC REALITY CHECK

Tony Jacobs is the June 2014 PCC Employee of the Month



Congratulations to Tony Jacobs, Maintenance Specialist, for being selected as the PCC June Employee of the Month at LRC. Tony has been employed with the State of Nebraska since March of 2010. His co-workers state that he recently was assigned as the Maintenance staff person for Building #3. Since taking on this role, Tony has been a tremendous help in completing the EOC tour findings from December 2013. He has a good relationship with the Building #3 staff and patients. If he sees something that needs to be fixed, he fixes it with no questions asked. He is courteous in his communication and always follows through on email requests. In addition, he goes the extra step to help his co-workers. Recently, a staff member was moving some items from the lower level of Building #3 to the storage area. Tony saw this staff

person and helped him take the items, opened and unlocked doors along the way, and didn't think twice about it. Tony has familiarized himself with the Team Leaders and staff of Building #3. They report that he is a pleasure to work with and they know they can count on him "in a pinch." He has been a great addition to the Maintenance team. He gives great effort every day and is always willing to help anybody that needs help. Congratulations, Tony, and thanks for all you do!

Barb Markovic is the July 2014 PCC Employee of the Month



Congratulations to Barb Markovic, LPN, for being selected as the PCC Employee of the Month for July. Barb has been employed with the State of Nebraska since March of 1998. Her co-workers state that she makes a concerted effort to meet the needs of the patients on the second floor of Building #14. She treats the patients with respect and responds to their requests while meeting guidelines for safety. She takes pride in her work area and in her job responsibilities.

Most recently, Barb demonstrated compassion by giving respectful personal care to a patient who was diagnosed with cancer. She worked with the doctor and staff to ensure the patient's comfort and physical needs were met. She communicated her observations and made requests to ensure his safety.

Barb keeps the work areas orderly and stocked with supplies needed to get the work done. She provides necessary communication to help staff on each shift keep informed on patient issues.

Barb has taken it upon herself to know what is going on around her and within the hospital. She demonstrates assertiveness without being negative. Recently, she requested to change her work schedule to facilitate consistency with coverage. She takes responsibility for her actions, makes suggestions for possible solutions, and is quick to respond to the needs of staff and patients. All of these represent Person Centered Care behaviors!

Congratulations, Barb, and thanks for all that you do!

Why Are You Here?

I attend New Employee Orientation on day three or four of the first week and visit with the new employees for about an hour and a half. I start off the discussion by telling them that they got up one morning and sometime during the day, they sat down at their computer. They navigated to the State of Nebraska website and then went to DAS State Personnel where they perused the jobs available in State government. They stopped on a position at the Lincoln Regional Center and decided to fill out the application. And then, they waited because it takes a while for State Personnel to review the application and determine if the person is qualified for the job. If they are, then they forward the application to our human resources department and we schedule an interview. So I ask them, when you went to the website, “what were you thinking?” I’m not trying to be smart and it’s not a trick question. I want to know what motivated them to want to work at LRC. Have they worked for State government before, have they worked with this patient population or have they worked in this or a similar kind of facility? As I was going through this routine this past week, it occurred to me that many of you may not know why I work here.

So, before they answer, I explain that I was living in Kearney and working at Good Samaritan Hospital. The CEO I had worked with for nine years was leaving to go to another hospital. The new CEO that took over made it very clear that he was going to have his own management team and within 18 months he did just that. I didn’t wait around, however. I personally knew the former Director of Health and Human Services and we talked about a CEO position at the Hastings Regional Center. I was not really interested in it because I had preconceived ideas about what working for State government was all about, what state employees were like and what a State hospital would be like. I assumed that State government was wasteful, State employees were entitled and lazy and a State hospital would not provide good quality care. But the Director asked me just to go and take a look. So I did and I was wrong. While I did find some of the things that I anticipated, I also found a larger number of dedicated employees working with a very difficult patient population who had been ignored for quite some time and were desperate for leadership. I did find some waste, but I also found people with really good ideas about how to do things better. While I did find old neglected buildings, I also found buildings that were sturdy and need some polish. So, I decided I would work at HRC for a couple of years until my daughters were out of high school. That was 13 years ago. My younger daughter went to college in Rapid City, SD and played basketball so we kept living in Kearney so we could drive up on the weekends and watch her play. Then, I was asked to come to Lincoln and run LRC. Then later I was asked to take on the Norfolk Regional Center as well. And here I am, 13 years later and my basketball playing daughter is an assistant district attorney in San Diego! I never dreamed I would have worked for the State this long.

So they go around the room and each person tells why they want to work here. Some say they have a degree in a related field like psychology or criminal justice or nursing. Some say they have prior experience working with this population or working in this environment. But what I really want to hear is that they want to work

here because they have heard it was a good place to work. Nine years ago when I moved to Lincoln I never heard that. And, the quality of our applicants was not very good. Today, it is like another world. People want to work here because they have heard it was a good place to work. That speaks volumes to all 500 of you. The reason this is a good place to work is because of you. I see it reflected in how you do your job every day.

Dr. Roger Donovanick was in this last orientation. Last month, I announced that Dr. Roger Donovanick was joining us on June 2 as our new Medical Director. Dr. Donovanick comes to us from Salem, Oregon where he worked at the Oregon State Hospital. Before that he was at the VA Medical Center in Los Angeles. Dr. Donovanick did his training at UCLA and received his MD degree from the New York College of Medicine. He also did graduate work at Northwestern University in Chicago. Dr. Donovanick is married and his wife Melissa will be teaching at Nebraska Wesleyan in the psychology department.

However, I forgot to announce that a second psychiatrist has also joined our team. Dr. Lori Anderson began working at LRC on June 16. Dr. Anderson has a MD degree from the University of Texas Southwestern, a Master’s degree from the University of Texas San Antonio and undergraduate degree from the University of Nebraska Lincoln. She has worked all over the United States and has a vast amount of experience. So there I was at New Employee Orientation with two new psychiatrists!

On another note, I want to finish up with the Culture of Safety Survey. At this point, we have:

- Analyzed the survey results and compared them to the results from over 1,000 other hospitals,
- Communicated and discussed the survey results with all of you through your supervisors,
- Develop focused action plans along six key themes, and
- Communicated action plans about how we are going to address the issues identified.

We are now implementing action plans and will track our progress and evaluate the impact of these action plans. In three months we will revisit these action plans and see what worked.

Finally, our facility projects are all moving along. Dietary is still planning to move from K Building to the new kitchen in Building 10 about this time next year, we are finalizing plans to improve the interior finishes of Building 5 and this project will go out to bid soon and we are beginning to develop plans to install a new elevator in Building 14.

In closing, I hope you all are having an enjoyable summer. We’ve been fortunate to avoid any bad weather in Lincoln so far. Let’s all say a prayer for those Nebraskans who have not been as lucky as us.

With the Fourth of July celebration it is nice to think about the significance as to why we get that day to celebrate. The history of the holiday and the traditions go back to the 18th century and the American Revolution. July 4th has long been celebrated to be the birth of American independence from Great Britain. For you history buffs out there, one piece of trivia that I find interesting is that two of the signers of the Declaration of Independence who also served as Presidents, John Adams and Thomas Jefferson, both died on the 50th anniversary on July 4, 1826. James Monroe, also a Founding Father and a President, died on July 4, 1831. I think situations like this are so incredible and makes you wonder about the coincidence and timing of events.

Just as our country has a rich history, so does the Lincoln Regional Center. Many of you have seen the array of pictures in the lobby, seen the articles in the museums, and heard the stories of the good old days. Things have changed drastically over the years with our hospital and it's important for us to retain and cherish where we have come from and how much we have advanced from learning from our predecessors and history. For instance, when family members call about long lost relatives that they now know were at the hospital and possibly buried in our cemeteries it brings to light just how different things are today. First, they acknowledge how back in those days mental illness was something to be hidden and shameful, where now we know that people can live very successful and meaningful lives despite a mental illness. Back then, the population ranged from people who were suffering from mental illness to persons sick with Tuberculosis and Epilepsy. Before medications they tried all kinds of therapies, treatments, and surgeries to help ease the symptoms. In a book *Andreas History of the State of Nebraska*, published in 1882, the following statements were written about the State Hospital as we were known then, *"The hospital owns 480 acres of land, by means of which it is nominally self-sustaining, or more nearly so than similar institutions of any other State. The cost per capita per week, has been reduced from \$7.70 to \$3.45. Nebraska provides for all of her insane and in a very generous manner. The building is commodious, the grounds are pleasant and well kept, and in a few years will be picturesque and inviting."*

The Historical Society website lists this information for our hospital: *"The Nebraska Hospital for the Insane, opened in December 1870, was destroyed by fire the following April. A new building was completed in 1872. The name of this facility was changed to the Lincoln State Hospital in 1921 and to the Lincoln Regional Center in 1969. From an initial total of less than 50, the number of patients has varied as methods of diagnosis and treatment of mental illness have changed. In 1955 the patient census was 1750. By the 1980s, with modern medicines and an emphasis on outpatient care, the hospital had fewer than 250 residents."*

According to Bing, the definition of history is:

1. *what has happened: the past events of a period in time or in the life or development of a people, an institution, or a place*
2. *Study of past events: the branch of knowledge that records and analyzes past events*
3. *Record of events: a chronological account of past events of a period or in the life or development of a people, an institution, or a place*

Rachel Johnson and I are in the process of starting a History Committee here at LRC so that we can help to capture and preserve some of our rich history that has occurred throughout the period of our institution. We are going to have about 12 people on the committee so even if you have voiced interest, please do so formally in writing via email to either Rachel or myself. We have a number of articles, pictures, slides, videos etc... that we will need to see if and how these items can be preserved and retained. I think this committee will be able to help rejuvenate the current museum and help to bring alive some of the artifacts and pictures we currently have.

It's exciting to think that everything we do has some kind of impact on the history either of our own personal lives, the lives of the patients and families you work with and of our hospital. Helping to rebuild people's lives takes all of us. I remember being taught years ago to not be discouraged if you don't think that you are making an impact in the patients' lives because one day, even if you don't know it, one thing you said or did may trigger success in that patient's life. That sense of hope is what makes each and every day count. So come to work and be prepared to make history!





Kudos—Now That's PCC!

- ◇ **Kudos to Julie Hendricksen** for her hard work creating the entertaining video presentation on the Maintenance Department, enjoyed by those attending the All Supervisor Meeting on June 25. A link to the video on the shared drive was sent to all LRC staff.
- ◇ **Kudos to Nancy Liebers** for assisting Building #5 with scanning. —Diane Ellis
- ◇ **Kudos to Rachel Johnson and her son** for tackling the painting project in the “Orange” room in Building #14. It really improved the looks of the room. —Cindy Dykeman.
- ◇ **Kudos to all the Building #14 staff** for hosting a very successful Open House on June 14 for patients and their families and support people.—Cindy Dykeman
- ◇ **Kudos to all of the Whitehall staff** for working with the change of schedule during summer break. -Lori Rasmussen
- ◇ **Kudos to Diana Walker** for supervising a T.R. intern from the University of Iowa. —Lori Rasmussen
- ◇ **Kudos to Caitlin Bartman** for supervising a T.R. intern from the University of Iowa. —Lori Rasmussen
- ◇ **Kudos to Caitlin Bartman** for her enthusiasm and new ideas for the T.R. department that she presented during the May T.R. meeting. -Lori Rasmussen
- ◇ **Kudos to Becky Meulemans** for organizing the T.R. summer series. -Lori Rasmussen
- ◇ **Kudos to Pat Byrd and Tamara Welch** for helping their supervisor on the new LRC Leadership Tool. -Lori Rasmussen
- ◇ **Kudos to Carol Wierda** for helping me get progress notes formatted and easier to work with.—Lori Rasmussen
- ◇ **Kudos to Anne Regelean** for her patience with the new ordering system and for being flexible. —Lori Rasmussen
- ◇ **Kudos to Annette Murrell** for setting up Recovery Workshops at the Whitehall campus.
- ◇ **Kudos to Building #14 Maintenance and to their Patient Employee Painter** for painting the hall outside the Patient Employment Office. It looks great and is very much appreciated. -Cyndy Reece
- ◇ **Kudos to Terry Harmon** for shampooing the third floor of Building #14—Merilyn Olsen
- ◇ **Kudos to Building #5 SSII staff** for working hard to keep seclusion and restraint low for June, and for applying Mandt principles to de-escalate patients. —Merilyn Olsen
- ◇ **Kudos to Joan DeVries** for making a great Power Point on the HICS system, defining BIC and CIC.—Merilyn Olsen
- ◇ **Kudos to the grounds crew** for the trimming of the trees and bushes, which made line of sight better for those that walk and drive carts.—Merilyn Olsen
- ◇ **Kudos to the Housekeeping Department** for spending several days running the doors in Building #5 due to door malfunctions. —Abby Hawthorne
- ◇ **Kudos to Peggy O’Toole, SSII in Building #10**, for spending much time helping a patient remain calm and not act out. .—Abby Hawthorne
- ◇ **Kudos to the Nursing and SSII staff for the great work they have done so far during the renovations.** -Allison Strom
- ◇ **Kudos to the S5 staff** for all the hard work they do, and for making a difference in people’s lives! -Scott Collier
- ◇ **Kudos to all Nursing Services staff working during the numerous thunderstorm and tornado warnings.** This causes a tremendous amount of work and you all have done a wonderful job in managing situations and keeping patients and each other safe. - Cheryl McMurry
- ◇ **Kudos to Carolyn Nash** for reacting quickly and performing the Heimlich maneuver on a patient who was choking in Building #14. Great job, Carolyn. -Cindy Dykeman
- ◇ **Kudos to the Wellness Committee for putting on another great health fair.**
- ◇ **Kudos to the Maintenance Department** for the prep work they did for the Health Fair, including cleaning the driveway, power washing the parking area, moving picnic tables, trimming and mowing, loading and unloading totes for the committee.... to name just a few tasks.
- ◇ **Kudos to the Social Workers** for discharging some difficult-to-place patients.
- ◇ **Kudos to Steve Carter** for being everyone’s “go to guy” when needing to find someone in Building #5.
- ◇ **Kudos to everyone who helped Crystal Buhrmann and Tary Paris move offices including Joan DeVries, Todd Falter, Dave Paz, Tanner Mitten, Terry Harmon, Joe Schmieder, Ed Yeager, and Kim Ramsey.**—Crystal Buhrmann and Tary Paris
- ◇ **Kudos to Lori Rasmussen** for the wonderful work she has done with the coupon program at Whitehall. The youth love being recognized for using healthy social skills with verbal praise and these coupons.—Dan Ullman

Kudos—Now That’s PCC!

- ◇ *Kudos to Building #10 11-7 SSII staff for the great job they did on a recent night when the fire alarms went off unexpectedly. The staff had to wake 25 sleeping patients to sit in the dining room for one-half hour, sleepy, angry, and bored. All of the patients needs were met and everyone stayed calm. Thank you Reg, Rachel, and Nate.—Sheryl Olson*
- ◇ *Kudos to Leah Becker for her reminders about Avatar—it really helps! - Marilyn Olsen*
- ◇ *Kudos to Mary Chirnside, Dr. Darrow and the Building #3 staff for participating in the June EOC tour. -Marilyn Olsen*
- ◇ *Kudos to Kyle Malone, Team Leader, for helping to complete SSII interviews.—Cindy Dykeman*
- ◇ *Kudos to all staff who submitted their 4th of July food orders early. —Anne Regelean*
- ◇ *Kudos to Mike St. Cin for switching weekends with me.—Marilyn Olsen*
- ◇ *Kudos to Lori Rasmussen for piloting the Leadership Profile feedback tool and demonstrating to all LRC supervisors how to complete it.*
- ◇ *Kudos to Linda DeVore and Joe Schmieder for the speedy service you provide on a daily basis. —Marilyn Olsen*
- ◇ *Kudos to Tary Paris for helping with Keith Sintek’s retirement party at Whitehall.—Linda Henslee*
- ◇ *Kudos to Dr. Judson for bringing donuts to Building #10 on Donut Day in June.—Sandi Waldron*
- ◇ *Kudos to Chad Hohenstein for implementing creative techniques that move patients forward in recovery, particularly off grounds experiences. Thank you! - Sandi Waldron*
- ◇ *Kudos to all LRC employees who gave blood on June 27, 2014 when the Community Blood Bank mobile unit came to campus. 11 employees donated and 11 units of blood were collected. These donations will help people in Lancaster, Saline, Seward, Polk, York and Jefferson counties! Giving blood is a truly selfless and truly PCC act!*
- ◇ *Kudos to Mel Lines for covering for me when my dad had surgery.—Leah Becker*
- ◇ *Kudos to Denise Den for coming to Building #10 from Building #5 to help out Billie Thompson.—Karen Thaut*

KUDOS TO BUILDING #14 THERAPEUTIC RECREATION GROUP LEADERS, DIANA WALKER AND BECKY MEULEMAN, AND TO CYNDY REECE, ACTIVITY ASSISTANT, FOR LEADING THE BUILDING #14 PATIENT GROUP ACTIVITY OF MAKING THESE NEW PCC POSTERS FOR LRC!



Sway Today...enjoy life and be fabulous!

We love to share our good news. We love to hear good news, as long as it's not better than our own good news, right? The more time we spend comparing what we are thinking to what others are saying, the more distressed we can become.

Did you know this is how social media can cause distress? Teddy Roosevelt said, "Comparison is the thief of joy." Comparing yourself to others will set one of you up to win, and the other to lose. In person-centered care, we strive for the win-win instead.

Use social media for the reasons you initially joined, such as keeping in touch with your friends and family. Enjoy and "like" with the click of your mouse seeing your best friends' pictures of vacations and grandbabies. But social media can also enhance narcissism. Cultivating an exaggerated self-image begs a few questions: who are you trying to impress and why? And how are you going to feel when your friends don't bite and give you the feedback you are craving?

Being aware of your behavior and motivations may point you to something else you CAN do to grow the life-enhancing behaviors you might enjoy that will pave the way toward your goals. Practicing a few positive affirmations instead:

Accept who you are. If you feel the need to apologize, that's your little voice telling you to make some minor adjustments. Overall acceptance leads to self-knowledge, which leads to confidence. You don't have to always be right, nor perfect; *just own it!*

Work with what you have. I've had grey hair since I was a teenager. I stopped coloring it in the last year so I can be the best platinum-haired woman I can be! I have saved more time, money, and energy that I could have ever imagined. *The most important thing to wear is a smile!*

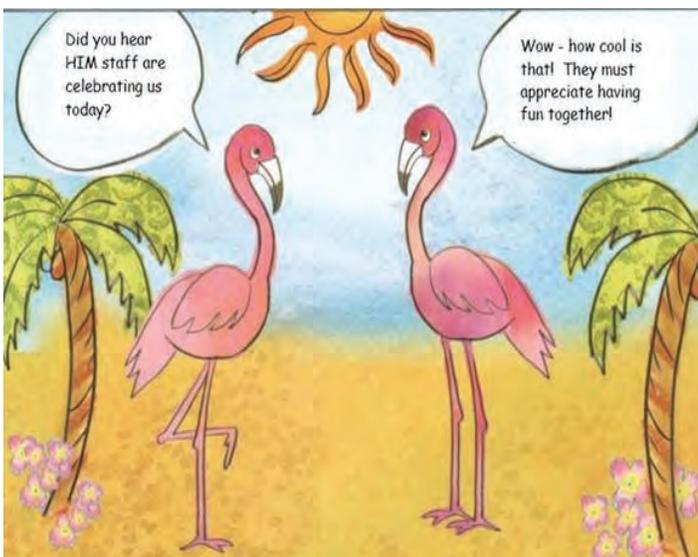
Be brave! Try new things! Engage your mind and body in checking off items on your bucket list. Enjoy your life TODAY. You can always make another list! And if you're like me – throw out the list and be spontaneous! *You will only regret what you don't try.*

Loving who you are today puts you in the moment. The past is no place to dwell, and the future isn't here yet. Practicing a few mood-enhancing habits can grow you into the "you" that you want to be.

Sway today... be the YOU you've always dreamed of – you CAN do it!



Cartoon submitted by Leah Becker:



Kudos to LRC's HIM Department for showing us to have fun at work! HIM staff celebrated the "fun calendar" days of June, including Flamingo Day. Thank you to Leah Becker for submitting this fun cartoon. In addition to Flamingo Day, they celebrated "Donald Duck Day," "Super Hero" Day, Beach Ball Day, Fudge Day, "Yell Fudge at the Cobras in North America Day," "Ice Tea Day," "National Egg Day," "Sunglass Day," and many others! Here is a photo of the entire LRC HIM Department wearing their fun sunglasses for Sunglass Day!





Good Catches



The Compliance Specialists are keeping track of ‘GOOD CATCHES’ on a spreadsheet. All of the names of people with Good Catches at the end of the month will have their names thrown in a fishbowl to win a ‘Good Catch’ patron of the month award. Here are the good catches the Compliance Specialists found in March:



- Rocki Roth used great Mandt skills during an intervention!
- Steve Carter made a quick call to Maintenance when the fire alarm light was pulled off of a wall by a patient so the Fire Department would not respond.
- Housekeeping staff have been awesome to all other staff. They took turns running the sally port doors when the control panel was broken. They are always nice and courteous to everyone!
 - Audra, SSII staff, found plastic sleeves from cups on the unit and took action to remove them.
 - Annette Murrell did a great job of presenting information about the Recovery Specialist position at a conference.
- Fernando Sotelo, took the initiative to put laundry carts away and informed the Team Leader this was done when HIM staff were not available.



Bo Orton receiving Good Catch Award from Team Leader, Kristen Woods. Bo’s Good Catch was for having his RADAR on and finding a pill in a patient’s room.



Fernando Sotelo receiving Good Catch Award from Housekeeping Supervisor, Les Adams.

Congratulations to Bo Orton, SSII, for winning the May Good Catch Award and to Fernando Sotelo, Housekeeper for winning the June Good Catch Award!



Thank You for a Successful Event.....by Rachel Johnson



I am in such deep gratitude to all of our persons in care and staff for such a wonderful, inspiring and smooth-running day as recording artist Lisa Weyerhaeuser (middle) along with singer/songwriters DeAnn (far side) and Destiny (close) were warmly welcomed to LRC on Sunday, June 22.

There were soooooo many **unexpected** heart-touching moments. Destiny shared her own story of childhood trauma and the harmful coping choices she made before coming to faith. She was positive and a powerful example to everyone. DeAnn also shared her song about the oak tree with the men in B14. It was fitting and a blessed challenge to the 25+ in attendance. Lisa by far is the rock of

this group, she was mentored by Larry Norman, a pioneer in Christian Rock music. She DONATED a box full of CDs and tapes for us to share!

There were so many people who made getting our attendees to and from to the event run like clockwork! Your work blessed not only our patients but also impressed our guests. They took special time to pray for all of our SSII staff while looking at the picture board in Building 5.

Special shout out to Therapeutic REC!! You gals made me smile so hard my face hurt! Bless you, bless you, bless you....

Thank you also to Corrine McCoy and Linda Marcy for your special gifts to the day.

*The **BIGGEST** and **BEST** thanks of all goes to Perry Holmgren, without whom none of this would have happened.* (And for me, on a personal level..... Thank you Perry.....I now have 3 new amazing sister-friends!)

At the end of the day, after the very last worship, I approached Lisa, DeAnn and Destiny. They had waited for me to gather things to leave the building. I was tired. But they were full of energy, leaning into one another and whisper-chattering. I approached and asked if they had any last questions - They all looked up at me and grinned and said “**Ya! When can we come back?!**”

And the blessings flow.....

Artist of the Arboretum.....by Linda Henslee



Many thanks to Paulissa Eliana Kipp, CPSWS, for visiting LRC on July 2. Ms. Kipp discussed her artwork and gave a powerful message about accepting yourself and doing what makes you happy. Ms. Kipp is a published author, artist, motivational speaker, Certified Peer Support and Wellness Specialist, photographer, and a mental health trauma survivor advocate. She works to bring awareness to the need for social change through art, words, and a fierceness of spirit. Her art is described as revealing the beautiful, the curious, and the often overlooked.

Her art will be displayed in the lobby of the LRC Administration building throughout July.

Strut Your Stuff Winners.....by Becky Meulemans



Congratulations to the May Strut your Wellness Stuff Award Winners, Jennifer Bennetts, Stacey Werth-Sweeney, and Kyle Diefenderfer for running the Lincoln Half Marathon!

Jennifer ran the Lincoln half marathon this year and met her goal time! She ran with her husband for support and motivation. Jennifer completed a full marathon 12 years ago and completed one half-marathon since then. She said it was harder now to find time to train with her priorities being kids, work, and just life. She feels that the crowd at the Lincoln Marathon is motivating and there is a great energy. Another motivator this year was the thought of beating her older brother of 7 years; however, he won by 2.5 minutes. When asked about tips for others who might be interested, she said, "Absolutely do it!" Jennifer found it helpful to find a training program and found that it was a great reason to allow herself to take time to care for herself by exercising regularly. She found it to be like any other goal; if

you establish objectives and steps along the way, anyone can complete it. While running it, she did not think she wanted to run another half marathon, but now that it's done, she thinks she would like to. Way to go Jennifer, keep strutting your wellness stuff!

Stacey completed the half marathon, running alongside her twin sister. Despite difficulty finding time and some injuries while training, they stuck with it and managed to complete it. Stacey was motivated by the marathon to stay active during the winter. She stays active in other ways too by playing volleyball and taking spinning classes. She believes that since we encourage patients to be physically, mentally, and spiritually healthy, we have a responsibility to live that way too. In general, she feels exercise is beneficial for her to feel better, reduce stress, and sleep better. This was their second year completing the Lincoln half marathon and they achieved the same time as last year. For Stacey, running is not something she has ever really enjoyed, but she explained how it feels good to do something that is very challenging. She believes that everybody could do it and have that cool medal hanging at home. She said that you see all different kinds of people accomplish it; some of the participants have disabilities, one man ran the whole thing with his National Guard equipment on, and another man pushed his grandpa in a wheelchair the entire way! Congrats Stacey, way to strut your wellness stuff!

This was Kyle's 5th year running in the Lincoln Marathon. This year, his experience was a bit different since his wife ran along with him in the half marathon. He explained that even though this year happened to be his worst time, it was a fun run because there were people cheering him on the whole time. Kyle's experience in the army has had him running for years. When asked about a tip for others, he suggested that you start small and work up to it, start with fun 5Ks. He said for him, the races "get addictive" and he certainly plans to do more marathons in the future! Awesome job Kyle, congrats on strutting your wellness stuff!



Congratulations to the June Strut your Wellness Stuff Award Winners, Todd Schave and Perry Holmgren! They have been recognized by their co-workers for their healthy lifestyle habits and have both made gradual changes in order to become healthier individuals.

When Todd was 40 pounds overweight, he made the decision to get healthy and lose weight. Slowly but surely, by exercising and eating healthy, fresh foods, it worked! He found that it was much easier to lose 3 pounds at a time rather than 40. When he was in college, Todd had a back injury and found that it hurt to run downhill or even flat, but surprisingly, uphill didn't hurt. He started out by simply jogging up the stairs at Hastings Regional Center and then walking down them. He worked up to jogging by walking/jogging on a track at Hastings then worked up to paths. Currently he makes sure to go out jogging 4-5 times per week and says he enjoys the trails right here at LRC. Todd also enjoys biking with his wife and occasionally swimming. He takes precautions to avoid injury, like toe lifts to protect his shins, and if there is an injury, for example, plantar fasciitis, he makes

sure to start again very slowly to get back into routine. Todd has a philosophy to just keep moving and be faithful, rain or shine. Todd's dedication to a healthy routine is motivating to us all. Way to strut your wellness stuff Todd!

Strut Your Stuff Winners.....by Becky Meulemans



This past January, Perry Holmgren made a decision to change his lifestyle. His motivation came as he thought about his decision to become a seminar presenter with Atlanta-based Walk Through the Bible Ministries. He explained how he realized that presenting a 4-5 hour seminar would require a lot of energy and stamina, and decided losing weight could help with that. He started making wiser food choices, and supplements his diet with Garcinia Cambogia which, he says, has helped him have fewer between-meal cravings and reduced belly fat. He has found his exercise niche riding a Schwinn Airdyne for 30 minutes several times a week to work his upper and lower body. Perry started noticing gradual changes and achieved his weight loss goal of 35 pounds by June 1. In addition to becoming more physically healthy, Perry continues a habit that is great for his mental health: eating his lunch outside. He says he finds he is recharged enjoying the fresh air and sunshine on our beautiful campus. When asked what tips he might offer others who might be considering similar lifestyle changes, he says, “You’ve got to find

your ‘why.’” By this he means that each person can be successful if they find a big enough reason to change. He says that the reason may be different for each person. For him, he has come to view physical health as an area of stewardship. Perry says that, as a Christian he wants to do all he can to protect his health so that he can be available for God to use in any way that He wants for as long as He wants. Way to go Perry, keep strutting your wellness stuff!

Bryan Heart Health Mobile Screening Comes to LRC.....by Diana Walker

Thanks to everyone who signed up and took advantage of the wonderful opportunity for a FREE Heart Health Screening this year. 24 individuals attended this event. They were able to receive a comprehensive report regarding blood sugar, cholesterol, triglycerides, blood pressure, and family history report for at-risk of heart disease. If you have feedback on this event or any suggestions on how to improve it, please email Diana Walker at diana.walker@nebraska.gov.



LRC's Annual Health Fair has Big Turnout.....by Diana Walker

Our Ninth Annual Health Fair was a huge success once again, with beautiful weather to top off the day! We would like to thank everyone that attended and supported our event. We are pleased to report we had 37 vendors and Heoya's Food Truck was here for a portion of the event. Heoya's had a generator issue and had to leave early so we apologize to all that were unable to eat at the food truck this year. We had a total turnout of 163 attendees and once again, invited Corrections personnel to participate in this special event with us. We had new vendors such as Joseph's College of Beauty that provided paraffin wax and manicures, Whole Foods, Running Company, Kim Foundation, and the Children's Museum. The Children's Zoo also attended and brought animals to pet, observe, and learn about. We thank everyone that completed a survey to let us know what went well and what we can improve next year. Even the vendors completed the survey! WHAT A SUCCESS!! The next two pages show some photos of the day.



Health Fair Photo Collage

Get Out
Get Active
Get Involved



Diversity Committee Quotes for July 2014



When we lose the right to be different, we lose the privilege to be free.

—Justice Charles Evans Hughes,

America is not like a blanket - one piece of unbroken cloth. America is more like a quilt - many patches, many pieces, many colors, many sizes, all woven together by a common thread. **Rev. Jesse Jackson**

Jesse Jackson

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism. ~**Erma Bombeck**

New LRC Medical Staff.....by Linda Henslee

Please welcome our two new Medical Staff Members: Dr. Roger Donovick, Medical Director, and Dr. Lori Anderson!

Dr. Roger Donovick, is LRC's new Medical Director. He came on board on June 2 and has been very busy getting acclimated to LRC! Dr. Donovick comes to us from Oregon, where he was an Associate Professor at the Oregon Health and Sciences University and did clinical work at the Oregon State Hospital. Dr. Donovick was previously the Medical Director at the Los Angeles V.A. Domiciliary which was a 300-bed residential care facility. In addition, Dr. Donovick was a Medical Director at the Matrix Institute in L.A., and was an Associate Professor and the Director of the Hospital Addiction Services at the UCLA Neuropsychiatric Institute. Dr. Donovick obtained his medical degree at the New York Medical College and completed psychiatry residency training at UCLA. Dr. Donovick says that he is very impressed with the people in Lincoln, NE. He believes them to be the friendliest people in any place he has lived. He is happy with Lincoln's family-friendly environment and with its local culture, including its museums and the Children's Zoo. He is enjoying watching thunderstorms coming in, and says Lincoln has the most beautiful oak trees he has seen and beautiful historical old homes. Dr. Donovick is very happy to be working at LRC and says that even though he has only been here for one month, it feels like he has been working with everyone for a much longer time. He notes that LRC has a very positive work environment. Welcome, Dr. Donovick—we are very happy to have you here!



Dr. Lori Anderson is a new psychiatrist at LRC. She has just moved to Lincoln to care for her mother. Over recent years, she moved between Virginia, where she worked for Augusta Health and on Capitol Hill, and California, where she worked for Kern Medical Center and in multiple prison facilities of the California Department of Corrections and Rehabilitation. Dr. Anderson is a Captain in the California Air National Guard, slotted to become Flight Surgeon; she reported for duty in California as recently as April 2014. In addition, Dr. Anderson has been a Healthcare Fellow with the U.S. House of Representatives, working with Representative Michael C. Burgess, MD (Texas-26) on federal healthcare legislation. Dr. Anderson says that she has lived all over the world. She was born in Kansas but lived for 8 years in Europe and spoke French before speaking English. She had a great experience as a school teacher in San Antonio, TX and also was previously a missionary in Germany for the Church of Jesus Christ Latter-day Saints. Dr. Anderson lived in Lincoln years ago, studying sciences and piano performance at UN-L. She went to medical school at the University of Texas

Southwestern Medical School, and has a master's degree in Molecular Biology. She states that she is a fan of Dr. Tom Osborne and likes Lincoln for its exciting weather and wind storms, parks, and hard-working people. She is excited to be working at LRC! Welcome, Dr. Anderson—we look forward to working with you!

“Summer Time and the livin’ is easy” as the old song goes, or maybe you prefer “Those Lazy, Hazy, Crazy Days of Summer.” Either way, summer is a season to enjoy and savor the freedom it brings in the outdoors. We should always be aware that more freedom brings responsibility for ourselves and others. Below are two excellent web sites that can keep you and your pets safer this summer. The first is from the National Weather Service and explains the dangers of lightning with the use of moving graphs and cool colors. The second FDA site deals with the bane of all pet lovers: Fleas & Ticks, and their treatment and prevention:

<http://www.lightningsafety.noaa.gov/overview.htm>

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm169831.htm>



Check Out These New Books for Julyby Tom Schmitz

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|--|---|
| 1) <i>America the Beautiful</i> by Katharine Bates | er |
| 2) <i>To Build the Life You Want, Create the Work You Love</i> by Marsha Sinetar | 6) <i>Total Health for Men</i> by Men’s Health |
| 3) <i>Live a Little, Laugh a Lot</i> by B. Bancroft | 7) <i>Clear Your Clutter with Feng Shui</i> by Karen Kingston |
| 4) <i>Journaling for Joy</i> by Joyce Chapman | 8) <i>The Sentinel</i> by Arthur Clarke |
| 5) <i>Reflections on Forgiveness and Spiritual Growth</i> By Andrew Weaver | 9) <i>No Ordinary Lives</i> by David Johnson |
| | 10) <i>American Family Style</i> by Mary Carter |

The Resource Center in Building #10 is open Monday through Friday: 9:00 to Noon, and 1:00 to 5:30.



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

Summer is in full force now and so is the LRC Policy Committee. They reviewed and revised this hefty list of policies in June!

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|---|--|---|
| <ul style="list-style-type: none"> • PC-66 (Whitehall) Staff Expectations for Supervision of Youth • PC-02 (LRC) Seclusion and Restraint • PC-06 (LRC) Suicide Prevention • PC-29 (LRC) Patient Transfer to and Supervision at Acute Care | <p>Medical Facilities</p> <ul style="list-style-type: none"> • IM-28 (LRC) Documentation Guidelines • IM-28a (Bldg 14/Whitehall) Documentation Guidelines • IM-27 (LRC) Release of Information from Patients’ Record • MS-03 (LRC) Disaster Credentialing • EC-Hazard-04 (Preconstruction | <p>Risk Assessment)</p> <ul style="list-style-type: none"> • EC-Emergency-05 Disaster Responsibilities—Volunteer Practitioners • EC-Security-13 Two Way Radios • RI-08 (LRC) Organ/Tissue Donation • RI-24 (LRC) Patient Property |
|---|--|---|

Welcome these New LRC Employees..... by Nichole Newland



Lori Anderson, MD, Psychiatrist



Claire Baweja, SSII, On-Call



Sasheeny Bell, SSII, Bldg 5



Jennifer Blankenship, LMHP, Bldg 5



Jane Blount, Activity Specialist, Bldg 5



Jessica Bogle, SSII, On Call



Shandra Cooper, RN, Bldg 5



Craig Draper, SSII, Bldg 5



Jerry Forstrom, RN, Bldg 5



Patricia Lott, SSII, Bldg 3



Ruthie Lott, SSII, Bldg 3



Nicole Mayse, RN, Bldg 3



Monet McCullen, SSII, Bldg 3



Sarah Owen, Activity Specialist, Bldg 5



Jordan Pieper, SSII, Bldg 5



Lindsay Seivert, Food Service Cook

Welcome these New LRC Employees..... by Nichole Newland



Cristy Twombly, RN, On Call



Timothy Welling, SSII, Bldg 5



Amy Wilkason, SSII, Bldg 3

Returning Employees



Returning Employee:
Anthony Blazio, SSII, Bldg 5



Returning Employee:
Kevin Crable, SSII, On-Call



Returning Employee:
Elizabeth Stebbins, YSII, Whitehall

Please join us in welcoming all of our new employees!



Congratulations to Keith Sintek, Food Services Cook, who retired from LRC employee on June 19, 2014. Thank you, Keith, for 10 years of service. A retirement party was held for Keith on the Whitehall Campus.

Strawberry & Blueberry Shortcakes

Ingredients:

5 cups flour 4 tsp baking powder
1/2 tsp salt 1 tsp nutmeg
1/4 cup sugar 1/2 cup margarine or shortening
2 cups milk

Strawberries in Syrup:

2 quarts fresh strawberries, sliced 1/2 cup sugar

Whipped Cream:

1 pint whipping cream
2 Tbsp maple syrup



Directions: Preheat the oven to 425 degrees. Sift the flour, baking powder, salt, nutmeg and sugar together in a large bowl. Slice the margarine sticks into pats and add to the dry mixture. Using a handheld pastry cutter or your fingertips, mix the margarine and dry ingredients until they resemble a coarse meal. Avoid overmixing. Make a small well in the center and pour the milk into it. Stir just until the mixture holds together. If the dough appears too sticky, sprinkle in a little more flour. Turn the shortcake dough onto a lightly floured countertop or pastry cloth and pat into a one-inch thick circle, handling it as little as possible. Do not knead the dough; doing so will make the shortcake biscuits heavy.

Use a biscuit cutter or inverted cup to cut out the shortcakes, and arrange about 1 1/2 inches apart on an ungreased cookie sheet. Bake for 10 to 12 minutes. Let cool before serving. Makes 10 to 12 shortcake biscuits. To make the strawberries in syrup, wash and hull the strawberries and slice them into a glass bowl. Sprinkle with the sugar. Stir a few times, cover and refrigerate until ready to serve. The strawberries will release some juice and make a light syrup. Stir once again before spooning the berries on top of the shortcakes.

Before whipping the cream, place a stainless steel bowl in the freezer for a little while to chill. Pour the whipping cream into the chilled mixing bowl. Add the maple syrup (you can substitute a teaspoon of vanilla extract or a couple of tablespoons of sugar) and whip with an electric mixer or a whisk until stiff. Keep refrigerated until you are ready to serve the dessert. To serve the shortcake, split the biscuits into halves. Spoon some of the strawberries and syrup onto the bottom halves. Cover with the remaining shortcake halves and spoon more of the strawberries on top. Top with the whipped cream, add blueberries if desired, and garnish.

Buffalo Chicken Wraps

Ingredients:

2/3 cup buffalo wing sauce or cayenne pepper sauce
4 boneless chicken breast halves
1/4 cup bleu cheese salad dressing
1 cup shredded Monterey Jack cheese
4 (10-inch) flour tortillas, heated



Pour 1/3 cup buffalo wing sauce over chicken in deep dish. Marinate in refrigerator 30 minutes or overnight. Grill or boil chicken 10 to 15 minutes until no longer pink in the center. Slice chicken into long thin strips. Toss chicken with remaining 1/3 cup sauce and bleu cheese dressing. Arrange chicken, lettuce, and cheese down center of tortillas, dividing evenly. Fold bottom third of each tortilla over filling; fold sides towards center. Tightly roll up to secure filling. Cut in half to serve.



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



It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month's contributions go to: Dr. Roger Donovanick, Dr. Lori Anderson, Rachel Johnson, Paulissa Eliana Kipp, CPSWS, Diana Walker, Becky Meulemans, and Teresa Hansen.

One More Recipe

Hearty Pea Salad

Ingredients:

- 2 cups frozen peas, cooked, drained
- 1/2 cup mild or sharp cheddar cheese, small cubed
- 3 hard cooked eggs, chopped
- 1 cup celery, chopped
- 1/2 cup onion
- 1/2 cup sweet pickles, chopped
- 4 slices bacon, cooked and crumbled
- 2 Tbsp. cream
- 1/2 cup mayonnaise (or more if you like)
- Crumbled cheeses (optional)
- Salt and pepper to taste



Directions: Combine the first 7 ingredients (peas through bacon). Mix cream and salad dressing. Stir dressing and salt into salad mixture. Chill overnight.