



# LRC REALITY CHECK

## Courtney Hall is the March 2010 Employee of the Month



Congratulations to Courtney Hall on being selected as the LRC Employee of the Month for March!

Since Courtney was hired in 2006 with the State of Nebraska, she has proven herself to be a valuable employee. Courtney's co-workers state that she creates opportunities for patients to learn and practice healthy leisure skills. She teaches them coping strategies and ways to prevent relapse. In addition, Courtney encourages independence and most importantly, encourages a healthy lifestyle.

As Chairperson of the Wellness Committee, Courtney strives to empower LRC employees across the campus to improve healthy habits. She is charismatic and well liked by everyone. Courtney applies the principles of Therapeutic Recreation to all aspects of her job duties in order to benefit both patients and co-workers. Most recently, with her leadership, the 2010 LRC Health Fair attracted 180 employees and 37 vendors!

Through the Wellness Committee, Courtney encourages socialization and camaraderie of employees through team sports, volunteer efforts, and other family-friendly events. Her positive attitude is evident by her willingness to help out on the units in Building #3, by her flexibility in her work schedule, and by her overall hard work. Courtney is someone who "practices what she preaches" by attending lunch-and-learn presentations, participating in yoga classes offered at LRC, and either working or participating in other LRC elective activities such as bowling, blood drives, volleyball, and golf tournaments.

Courtney's supervisor nominated Courtney for the New Professional of the Year Award from the Nebraska Recreation and Park Association, and she won this award in 2008. Courtney's supervisor, Gayle, says that she only wishes that Courtney could be cloned! Courtney, thank you for all your hard work and once again congratulations!



### Kudos.....

- **Kudos to all of the staff** who helped with ward coverage so SOS staff members could attend the funeral of LRC employee, Steve Hincker. This was very much appreciated.
- **Kudos to the LRC Boiler Room staff, Marvin Jiskra!** Doug Ahlberg, Lancaster County Emergency Manager, gave accolades to Marvin who mans the 800 mHz radio for LRC. Marvin consistently responds to the monthly radio checks. Doug Ahlberg says that LRC is included in the county-wide medical responder "random" tests and we bring up their compliance statistics! The efforts of the LRC Boiler Room staff are recognized and appreciated.
- **Kudos to Shauna Kister, SSII.** Shauna noticed that patient chart labels were missing the middle initial. Shauna's observa-

tion led to a policy change. The IM-28 Documentation Guidelines Policy will be revised to state that at a minimum, the patient's name (last name, first name, and middle initial when known) and facility chart number must be recorded.... Identification labels are provided for this purpose."

- **Kudos to Building #5 staff** for reducing seclusion and restraint incidents in the months of February and March! During the week of March 15-22, no seclusion or restraint incidents occurred!



**Time Flies (When You're Having Fun)**

I am sure everyone has heard the adage that time flies when you're having fun. That saying seems appropriate this year because it feels strange to me that it is almost the end of March and that 2010 is already 25% over. Maybe it is because the snow has stuck around so long that it doesn't seem like this year should be going by this fast. But it is and this month marks my five year anniversary as CEO at LRC. Next month I will have worked for the State of Nebraska for nine years starting in 2001 at HRC and I will have been at NRC for three years. When I started working with the State in 2001, I told Ron Ross, who was the Agency Director at the time, that I would do this job for a "couple of years" until my daughters were out of high school. My youngest daughter will graduate from law school next month. So, time really does fly when you're having fun. Not that every day of the last five years has been fun with all of the challenges we have had to endure. But, when I add up all the plusses and minuses, the net result is that the last five years at LRC have been a rewarding experience for me which is why I continue to try to make LRC a better place for you to work and a better place for our patients to heal.

As I have related to you several times in this column, each month I try to tie the focus of this column to the previous month so we have some continuity in the record of the progress we are making on our major initiatives. Last month I told you that this year we have several initiatives we want to accomplish:

- Finish the renovations to the security center in Building 5
- Begin the ADA renovations to Building 5
- Fill the Team Leader positions by the end of April
- Prepare for our next Joint Commission survey
- Improve upon how we provide active treatment in all of the programs, and
- Continue to improve safety

Last month I focused on the current trends in our statistics on peer to peer abuse, restraint and seclusion and client related employee injuries. I also touched on enhancing active treatment in our work with Dr. Fields and the Team Leader positions. This month I want to update you on these last two initiatives.

As I told you last month, after almost one year since the concept was first discussed, the first group of Team Leaders has been selected. They are now in training and will be working on the units in a few weeks. I still expect that we will fill all 18 Team Leader positions by the end of April. I know that this has taken a

long time to happen, however it was important that the concept be fully developed before being deployed. There will still be many questions about their role in the organization. I am committed to making this endeavor a success because I believe that these positions are vital to taking the quality of care provided at LRC to the next level. This change will put more decision making for patient care in the hands of those of you working on the unit with the patients. This effort will not be without its challenges but I am sure it will be one of our many successes in 2010. Please take a minute to congratulate the individuals who have been selected as the Team Leaders.

This brings me to my second point. We know that peer to peer abuse and restraint and seclusion are directly tied to active treatment. The better the active treatment, the less restraint and seclusion we should have. Even though we passed a CMS B-Tag survey on active treatment last September, we have room for improvement. We have enlisted the services of Dr. Richard Fields to help us take our active treatment efforts to the next level. You may remember that Dr. Fields worked with us a couple of years ago to address issues raised in surveys by CMS and the Joint Commission. While there is nothing wrong with our active treatment protocols, we have to ask ourselves, can we do better. Dr. Fields returned in March to continue to work with us to enhance our active treatment. During his visit we discovered that we need to expand our thinking beyond the nuts and bolts of what active treatment is, to what the focus of our patient care should be in the future. This is a far more reaching undertaking. We need to rethink the role of the patient in their care and how all of the different disciplines contribute to that experience. We need to have a more patient center focus in our approach to treatment. We'll be talking at length about this over this coming year because this process will involve an assessment of our current practices, the identification of desired improvements and the development of measurements to gauge the improvement in what we do. This is a classic continuous quality improvement endeavor that will elevate what we do at LRC to a new level. It will also take some time to achieve results.

If I had to use a football analogy to try to explain where we are as an organization at this time, I would say that for the last five years we have been on defense with all of the external pressures like Immediate Jeopardy that we have had to address. We are now going to get to play some offense. And everyone knows being on offense is more fun.



## Getting to Know Our New Team Leaders.....by Linda Jiskra



**MATT**

**Matt Ahlstedt** will be the Team Leader for second shift for the second floor of Building #14. Matt says he was a farm boy for 20 years, and then worked as a Certified Nurse Assistant for one year. From there, he went to the Norfolk Regional Center, where he worked for five or six months. He came to LRC in December, 2003 where he worked for five years in the former CTP program. He has worked in Building #10 for one year. Matt notes that with his new Team Leader position, he will have worked on all shifts now at LRC. Matt wants to say “hi” to all of his new Team Members. He states he will be keeping a positive outlook, hopes to lead by example, and will keep his eyes and ears open for ways to develop the Team Leader position further.

Matt describes himself as a fountain of useless, though often interesting, trivia, and that he likes taking a “Patch Adams” approach.

**Scott Collier** will be the Team Leader for S5 in Security on the 7-3 shift. Scott has worked at LRC for 10.5 years. Prior to LRC employment, Scott worked at a group home for two years. He has also worked at Lincoln Public Schools as a paraeducator, and has worked for Region V. All in all, he has 14 years of experience in working with people in the human services field. Scott hopes to be the best he can be in his new role and wants to make a difference by being a good role model and representing LRC in a positive and professional manner. He wants to build morale, teach, and be a person that his staff members want to follow. Scott wants his Team Members to know that he wants them to be the best team on campus and strive for other teams to want to be a team like their own. Scott wants to set the bar for what a team should be.

Scott collects African Cichlids (fish from Africa). He has a 75 gallon aquarium. Scott is active in the community; he coaches sports for the YMCA, for Small Fry, and for Parks and Recreation. Scott is from Lincoln, NE. He played college basketball for two years at a junior college in Springfield, Illinois. Scott says that he enjoys working in jobs that involve a team. His goals are to always strive to be better at what he does.



**SCOTT**

**ABBY**



**Abby Hawthorne** will be the Team Leader for S5 in Security on the 3-11 shift. Abby has extensive experience in the human services field. She worked at BSDC from 1996-1997, and then worked at LRC from 1997-1999. She then worked for the Department of Correctional services, first at the Nebraska Correctional Youth Facility from 1999-2005, and then at Tecumseh from 2005-2008. She returned to LRC in 2008 and has worked on S5 since that time. Abby says that she is looking forward to making positive changes for the staff and patients on S5. She wants to tell her Team Members that “we are going to do great.”

Abby was born and raised in Lincoln. Her interests include quilting, going to auctions, and being with friends and family. Abby is attending Southeast Community College prerequisite classes for nursing school. Abby says that she is an avid animal lover and has cats!

## Getting to Know Our New Team Leaders.....by Linda Jiskra



**JANAЕ**

**Janae Hood** will be the Team Leader for SOSR on the 7-3 shift. Janae has worked as an SSII staff at LRC for the past two years. Prior to that, she managed the Whiskey Creek restaurant for six years. Janae is looking forward to creating a positive work environment which will promote a higher level of patient care. She wants to maintain consistency for staff and patients alike. When asked what she would say to her Team Members, Janae stated that she would tell them that she appreciates their work, and that she hopes we can all learn from each other to reach our goals together. Janae says she took this position to help support her SSII Team Members.

Janae has a new daughter, four-month-old Zoe. She has two labs, Buddy and Candy. Janae's future goal is to go to graduate school for Clinical Psychology.

**Kyle Malone** will be the Team Leader for S1 and S2 on the 7-3 shift in Security.

Kyle worked in the former AFS program for three years at LRC, and then worked for 7.5 years in the SOS program in FMHS. His experience at LRC totals 10.5 years.

Kyle is looking forward to new changes and challenges. He wants to tell his Team Members that he is looking forward to working with them, and that he will do his best to be the best Team Leader/Supervisor that he can be for them.



**KYLE**

**Cindy Huelsdonk** will be the Team Leader for the 7-3 shift in Building #10. Cindy has worked for over three years at LRC in Building #10.

She is looking forward to teaching and preparing SSII Team Members on how to do a great job and be very knowledgeable about their jobs.

Cindy says to her Team Members that teamwork and communication will be our best assets. "Let's support each other and make the best team we can!"



**CINDY**

## Getting to Know Our New Team Leaders.....



**KERI**

**Keri Schell** will be the Team Leader for the second floor of Building #3 on the 7-3 shift. Keri is new to LRC! Prior to being hired for the Team Leader position, Keri was working for Developmental Disabilities Service Coordination and Adult Protective Services. She has prior management experience at Developmental Services of Nebraska where she worked for three years. She has approximately 10 years of experience in the Human Services Field in a variety of positions. She is looking forward to being in a position where she can provide “just in time” assistance, development support and education to staff and patients. She is also looking forward to learning from her Team Members.

She wants to tell her Team Members that she is really looking forward to meeting and working with them.

Keri has two children and is a student at Doane College, working towards a double major in Human Relations and Public Administration. In her free time, she enjoys painting and reading (preferably not school textbooks)!



**JAY**

**Jay Schmitz** will be the Team Leader for the 3-11 shift in Building #10 in General Psych. Jay began working at LRC in 2005 as a PTII in the former Short Term Care program. He transferred to Building #3 when the adolescent program moved out and the adult admission program moved to Building #3 from Building #10. Jay was promoted to a Psych Specialist in January of 2009 in Building #10 and stayed in that role until being hired for the Team Leader position. Jay is looking forward to his new challenging position and hopes to pave the way for others interested in this position. Jay would like to tell his Team Members that he will do his best to lead a great team in a safe, secure, and therapeutic environment. He hopes his Team Members will remember that this is a new experience for him and though it will be a challenge at first, it will work out GREAT in the long run.

Jay likes sports, Go Big Red football, baseball, basketball and softball. His parents and his sister live in Las Vegas, Nevada which he describes as a great place to visit. Jay and his older brother live in Lincoln.



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



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

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



*Our March winner is Karen Thaut.* Sharon Ziers nominated Karen for her continued weight loss success. Karen has lost 65 pounds and a total of 72 inches since September. Karen found that the Metabolic Diet was just what she needed to succeed. It’s a combination of protein and controlled carbohydrates. The three meals a day plus three Metabolic Diet shakes satisfy her craving for sweets. Karen is also working out for 30 minutes, three times a week. Karen reports that her goal is to lose another 60 pounds! Congratulations Karen and good luck with reaching your goal!



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

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

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Susie Brown	225 miles
Barb Rebentisch	250 miles
Lori Wieneke	263 miles
Kevin Crable	325 miles
Emily Rokusek	500 miles
Crystal Buhrmann	700 miles



So clip on your pedometer and report your “mileage” to Nina Anderson or Courtney Hall. Get your feet movin’ and get your name on the milestone achievement board! Good luck catching up with these folks!



# Bowling Night!



Thanks to all those that attended Bowling Night sponsored by the Wellness Committee on February 26, 2010. There was a grand total of 11 teams totaling 53 participants!

Congratulations to the **Highest Scoring Team**: Anne Regelean, Anita Fairchild, Billy Haughton, Sandy Harrison, and Bob Herechski. Team members won – 2 Free Games at Sun Valley Lanes.

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



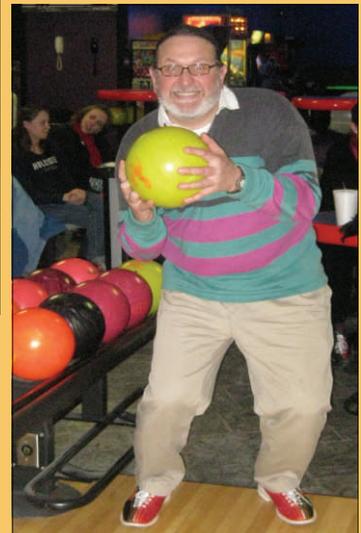
Nancy, Kerry, Tracy, Christy, & Ardell



Winning Team



Roberts and Wiltshires



Don Holmquist



John



Happy Dance



Nina



The Holmgrens



## Hockey Night a Success.....by Nina Anderson-Trumble

*LRC Night with the Lincoln Stars was held on Friday, March 5, 2010. The Wellness Committee wants to thank all those who participated in the LRC Hockey Night. Due to the overwhelming success of the events, the Stars have invited us back again next year. We hope you had a fun and enjoyable evening with your fellow LRC employees, families, and friends!*



## Nebraska WISEWOMAN Program: Taking Care of Hearts and Minds Alike by Cathy Dillon

*Cathy Dillon is the WISEWOMAN Program Manager, Division of Public Health, Nebraska Department of Health and Human Services*

Heart disease is the number one killer of Nebraska women, yet so many of us worry about cancer, breast cancer in particular. Fortunately for Nebraska women and those who love them most, the Nebraska Department of Health and Human Services' Every Woman Matters (EWM) Program offers screening and education for the early detection and prevention of breast cancer and heart disease. So how does WISEWOMAN fit in?

Thanks to federal funding from the Centers for Disease Control and Prevention, eligible Nebraska women between 40 and 64 can benefit from WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) services as a fully integrated part of the EWM program.

"Without this program, I would probably go most of my life without the medical attention I need," said a program participant.

The EWM Program has reached more than 70,000 women since it began screening for breast and cervical cancer in 1991. As one of the first 12 programs to receive WISEWOMAN funding in 2001, Nebraska has since helped over 19,000 women receive screening and education to help reduce their risk of heart disease, stroke and diabetes under the WISEWOMAN Program. Risk factors include elevated cholesterol, high blood pressure, obesity, sedentary lifestyle, diabetes and tobacco use. Education is aimed at increasing physical activity, improving nutrition and tobacco cessation.

"I lowered my cholesterol from 250 to 215, went down two dress sizes in clothing, and my blood pressure was so much better. All of this means so much to me," said another program participant.

It's important that Nebraska women have an opportunity to live a healthy life, but some may not have access to screening services and education. WISEWOMAN closes that gap for many women who wouldn't otherwise be able to make health a priority. Services are aimed at low-income, uninsured or underinsured women ages 40 to 64. Special efforts are made to reach populations of women at higher risk for cardiovascular disease – African American, Hispanic and Native American.

Helping women live healthier lives means more than just putting their minds at ease when it comes to breast or cervical cancer. With the WISEWOMAN Program, it can mean putting their hearts at ease too. For more information visit [www.dhhs.ne.gov/womenshealth/ewm](http://www.dhhs.ne.gov/womenshealth/ewm).





## Maintain Your Brain .....by Anne Regelean

On March 24<sup>th</sup>, your LRC Wellness Committee sponsored the presentation: “Maintain Your Brain.” This was put on by Teresa Stitcher-Fritz, from the Alzheimer’s Association of the Great Plains. The presentation provided information on the difference between dementia and Alzheimer’s disease. Ms. Stitcher offered several ways to keep your brain & body healthy as we age. One of the biggest things she stressed was to keep a healthy lifestyle. This includes finding an activity you enjoy to keep you physically active, consuming heart healthy foods that are also good for your brain, keep your brain active (music, puzzles, reading), and getting help if there are signs of depression.

The national Alzheimer’s Association chapter has a website with a lot of won-

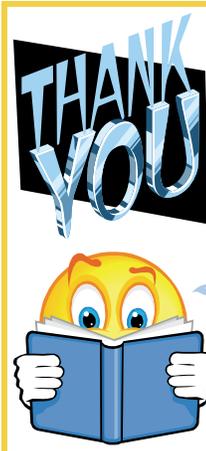
derful information. It includes “brain healthy” recipes and puzzles to sharpen your mind. Check out: [www.alz.org](http://www.alz.org)

The Alzheimer’s Association has created a list to help you recognize the warning signs of Alzheimer’s:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.

7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood or personality.

If you have any questions or concerns, you are encouraged to contact the local Alzheimer’s Association chapter. [www.alz.org/greatplains](http://www.alz.org/greatplains) or call 1-800-272-3900 or 402-420-2540



LRC wants to send a **BIG THANK YOU** to Linda Cumming. In November 2009, Linda Cumming called in a response to a LRC request for gently used books in the Lincoln Journal Star’s feature, “A Time for Giving.” Linda Cumming asked if LRC could accept book donations at a later time. Fast forward to March 25, 2010 when Linda and her husband, Dick, delivered books—three hundred and seventy-eight (378) books to be exact!!! The books were obtained through the generosity of the Cummings, their family members, their friends, and the fellowship of Holy Trinity Church! A portion of the books will be placed into circulation through the Resource Center and others will be distributed to the patient units.—Gayle Resh

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

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

### Revised Policies:

- ◆ PC-37 (LRC) Patient Employment Program
- ◆ IM-28 (LRC) Documentation Guidelines
- ◆ R1-02 (LRC) Informed Consent
- ◆ R1-12 (LRC) Patient Grievances
- ◆ PC-16 (Whitehall) Treatment Planning Process
- ◆ PC-67 (LRC) Personal Safety Plan

- ◆ EC-Security-01 (LRC) Visitor Identification Badges

### New Policies

- ◆ MM-15 (LRC) Metabolic Syndrome Monitoring
- ◆ MM-16 (LRC) Psychotropic Medications



# WELCOME New Employees.....by Susie Brown

## Please join us in welcoming these new employees to LRC:

- ◆ Amanda Cue, Mental Health Practitioner I, Whitehall
  - ◆ Tara Beaman, SSII, On-Call
- ◆ Julie Lemka, Barber/Beautician, Building #10
  - ◆ Megan Davis, SSII, Building #5
  - ◆ Levi Fulliton, SSII, Building #5
- ◆ Tabbetha Tallman, Nurse II, Building #10
  - ◆ Keri Schell, Team Leader

## Check Out These New Books.....By Tom Schmitz

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

### RESOURCE CENTER

Mon –Fri.8:30-12, 1-5  
Bldg. #10



## AROUND THE WEB.....by Tom Schmitz

**~ Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose. ~ Maureen Killoran**

- ◆ We are all aware of the presence of stress in our daily lives. Be it at work or at home, there is stress. We may be living with a lot of stress or just a little, but there is no doubt that we all have daily challenges, great and small, that add stress to our lives. How we process and manage this stress can affect our emotional, spiritual and physical well being.
- ◆ [MedlinePlus](#) from the [U.S. National Library of Medicine](#). has an excellent web Site dedicated to [Stress](#). This is a very comprehensive web page that covers the common topics (what, why and where) and the more sensitive subjects of job burnout and the Broken Hearted Syndrome. There are interactive tutorials, stress tools, medical references and the latest news updates all available in 10 different languages from a respected resource. Check it out and check your stress in.

Many thanks to Gayle Resh for sharing this blast from the past! It looks like an agenda for a workshop on active treatment in 1969! The workshop was sponsored by LRC and the Registration fee was only a dollar!!!

ACTIVITIES DEPARTMENT WORKSHOP

Tuesday, February 18, 1969  
Lincoln State Hospital  
Box 271  
Lincoln, Nebraska

Purpose: To present to nursing home personnel, and other interested people, ideas which can be used in starting or continuing an activities program.

AGENDA

- 8:30 a.m. Registration and Welcome
- 9:00 a.m. Technique Demonstration
- 9:30 a.m. Administrators' Meeting with Social Service
- 9:30 a.m. Session I                      Session II                      Session III  
                     Woodcrafts                      Crafts - Nylon and Plastic                      Knitting, Crafts Burlap and Yarn
- Sessions will change at 10:10 a.m. and 10:50 a.m.
- 12:10 p.m. Lunch: Hospital Cafeteria - 75¢  
                     or  
                     Service at Hospital Canteen
- 1:00 p.m. Volunteer Resources
- 1:45 p.m. Administrators' Meeting resumed
- 1:45 p.m. Let's Work with Music!
- 2:30 p.m. Craft Demonstrations - Decoupage and Scrap Materials
- 3:30 p.m. Evaluations - Tour

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Detach here and return immediately if interested.

Registration is limited - Fee \$1.00.

Name of organization (if any): \_\_\_\_\_  
\_\_\_\_\_(number) will attend.

We will meet in the B Building.  
It can be identified by the rounded front.

Rose Harzlicek,  
Activities Director



## POETRY & ART WORK - Nature Theme

Patients should turn their poetry and artwork to their  
Therapeutic Recreation staff

By Thursday, April 22.



Art & Poetry will be displayed in

Administration and judged for 1st and 2nd place-  
Winners will be announced at the

**ARBOR DAY CELEBRATION-**

**THURSDAY APRIL 29, 2010 @ 1:00.**



The Lincoln Regional Center's 32nd Annual Arbor Day Celebration will be held on April 29, 2010, beginning at 1:00 p.m. near the pond by Security, Building #5. The program will include a special guest speaker and recognition of patient art and poetry. Trees will be planted in honor of Jim Locklear, former Director of the Nebraska Statewide Arboretum, and in honor of Rose Hanzlicek, former Director of Therapeutic Recreation at LRC. Rose was employed for almost 50 years at LRC before retiring in 2006. She will again be participating in our Annual Arbor Day celebration. In addition to these plantings, a memorial tree for Steve Hincker will be planted.

Following the ceremony, there will be a group walk to the tree planting. Following the group walk, there will be a reception in the Administration parking lot west of Building #10, south of Administration. All are welcome to join in.

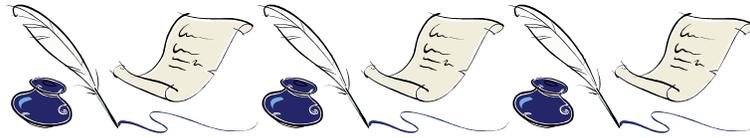
*The Lincoln Regional Center Arboretum provides a unique dimension to the statewide system, focusing on the relationship between landscape plants and mental health. Through the ages, treatment of the mentally ill has endorsed the integration of nature into therapy.*



***The LRC Reality Check Editorial Board would like to express their deepest sympathy to friends and family members of Steve Hincker and Mark Quinlan. Steve Hincker was a long time LRC SSII staff member who passed away on March 2, 2010. Mark Quinlan, Boiler Room employee, passed away on February 2, 2010 a few weeks after beginning LRC employment. If you would like to donate to the Arboretum Memorial Tree Fund, please contact Deb McTee at 479-5423.***

Creative Writing Group – 2E Women – LRC

March 6, 2010



"I vow with all beings..."\*

When I think about all the ones I've known  
I vow with all beings  
I feel sorrow in my heart for the pain they have owned  
I also feel blessed that I was able to know them. **Jeanette G.**

As I learn to look at my faults  
As I lay here holding back tears  
I vow with all beings  
To be the Mother, Daughter, Sister I know I can be. **Elizabeth R.**

Despite all the shame; despite the pain-  
I vow with all beings  
To make my treatment work-  
To be the me that I really need to be! **Cindy G.**

When thoughts and worries enter my mind and I feel the pain  
I vow with all beings  
To have faith, work through and move forward  
I am strong. **Brenda G.**



\*("I vow with all beings" is patterned after a poem from the AIDS Project Los Angeles Writer's Workshop)

Deb Paulus, CTRS – Recreation Therapy



**Open Enrollment for Fiscal Year 2010-2011 will take place April 19 through May 14. Be sure to sign up for your benefits which will begin on July 1!**

- ⇒ Bio-Metric screenings will be held at LRC on April 21 and April 22 from 7:00 a.m. to 11:00 a.m., and from 2:00 p.m. to 4:00 p.m. each day. The screenings will be held in Room 5 on the third floor of Building #14. **You must participate in the Bio-Metric screenings in order to be eligible for the “Wellness PPO” Blue Cross/Blue Health Insurance. Employees may use one hour of their work time to complete the Bio-Metric Screenings.**
- ⇒ Spouses of employees may also complete their bio-metric screenings on these two days.
- ⇒ **How to sign up:** Log into the wellness options website at [www.wellnessoptions.nebraska.gov](http://www.wellnessoptions.nebraska.gov) and click on the “Health Scheduler” button to schedule your personal appointment. Or you can click on “wellnessoptions/Biometric Screenings” to view two additional screening options to qualify for the Wellness PPO Plan, BC/BS Health Insurance. **Remember—you must fast for 12 hours before your Bio-Metric Screening as lab will be drawn.**



## Food Bank Drive



The Food Bank Drive at LRC will be held from April 5 to April 16! Food barrels will be placed in each building on campus.

- ◆ Suggestions for donations include any non-perishable boxed or canned goods. The Food Bank does request that no food items in glass containers be donated.
- ◆ Personal hygiene items are also always needed ( i.e., toilet paper, toothpaste, soap, shampoo, etc.) and diapers are always needed too! If you would rather donate cash, please contact Sharon Ziers at 479-5431.
- ◆ Egg cartons are also collected by the Food Drive Barrels as farmers use these to donate eggs to the Food Bank.

**Donating to the Food Bank is a great way to help people in need in our community!! Let’s strive to beat last year’s food drive totals! Last year, LRC employees raised 262 inches of food, and \$10.00 cash donations, which was our second highest . The all time high was in 2008 where 385 inches of food was collected! We can do it again!!**



# Photo Album



Scott Loder with Stacey Werth-Sweeney

# 30 YEARS

*Scott Loder was recognized for 30 years of service at the February 9, 2010 Employee Recognition Ceremony. This photo of Scott with his supervisor, Stacey Werth-Sweeney was inadvertently left out of the February 2010 edition of Reality Check. Congratulations, Scott, on your years of service!!*

*Here's a photo of Gayle Resh, Therapeutic Recreation Supervisor, spreading St. Patrick's Day cheer in Administration. She told several Admin. employees who missed the wearing o' the green that day that they were lame. She helped the cause by giving people green beads to wear! Thanks Gayle for sharing the green!!*



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

This month's trivial questions are on March Madness!

1. What high school did John Wall go to? a) Bloomfield Tech, b) Andrian, c) Word of God Academy; d) Glenbrook North.
2. What is the hometown of Patrick Patterson? a) Kansas City, Missouri, b) Charlotte, North Carolina, c) Huntington, West Virginia, d) Oskosh, Nebraska.
3. Which Midwest team was not in the NCAA Men's second round tournament? a) Purdue, b) Michigan, c) Northern Iowa, d) Ohio State.
4. Which conference is Wake Forest in? a) PAC-10, b) ACC, c) Big East, d) Big 12
5. Who does Evan Turner play for? a) West Virginia, b) Purdue, c) Clemson, d) Ohio State
6. Who is the Head Coach of Duke? a) Chris Collins, b) Mike Krzyzewski, c) Nolan Smith, d) Matt Painter
7. Where is Xavier University? a) Boston, Massachusetts, b) Cincinnati, Ohio, c) Louisville, Kentucky, d) Philadelphia, Pennsylvania.
8. What team does Dalton Pepper play for? a) Syracuse, b) Purdue, c) West Virginia, d) Kentucky
9. What was the final score of the second round tournament between Texas A&M and Purdue? a) 68-78, b) 61-63, c) 59-69, d) 65-87.
10. Which team does Pete Reynolds play for? a) Washington, b) Butler, c) Kentucky, d) Cornell



## Basketball Cake—A “Taste of Home” recipe submitted by Tom Schmitz

### Ingredients:

- 1 package (18 1/4 oz) chocolate cake mix
- 1 1/2 cusp vanilla frosting
- Orange paste food coloring
- 4 pieces black shoestring licorice



Prepare cake batter according to package directions. Pour into a greased and floured 2 1/2 quart ovenproof bowl. Bake at 350 degrees F for 60 to 70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to a wire rack to cool completely.

In a small bowl, combine frosting and food coloring. Place cake on a serving plate. Spread with frosting. Gently press a meat mallet into frosting so texture resembles a basketball. For seams, gently press licorice into frosting. Yield: 12-16 servings.

## Texas Caviar with Avocado

### Ingredients:

- |   |                                  |
|---|----------------------------------|
| 2 (15.5 oz) cans of black-eyed peas, drained and rinsed | 1/2 cup chopped jalapeno peppers |
| 2 tomatoes, chopped                                     | 8 fluid oz. Italian dressing     |
| 1 medium sweet onion, chopped                           | cayenne pepper to taste          |
| 2 avocados, peeled, pitted, and chopped                 |                                  |

In a large bowl, mix black-eye peas, tomatoes, sweet onion, jalapeno peppers, Italian dressing, and cayenne pepper. Stir in the avocados just before serving.



## Holiday Glazed Ham for Easter

### Ingredients:

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 boneless fully cooked ham (5 lb) | 2/3 cup packed brown sugar |
| 1/2 cup butter                     | 1/2 cup orange juice       |
| 2 Tbsp. all purpose flour          | 1/2 tsp. ground cinnamon   |
| 1 cup apple jelly                  | 1/2 tsp. ground nutmeg     |
| 1/4 tsp. ground cloves             | 1/4 cup sugar              |



Place ham on a rack in a large roasting pan. Bake uncovered at 325 degrees for 1 1/4 hours. For glaze, melt the butter in a saucepan; stir in flour until smooth. Stir in the jelly, brown sugar, orange juice, sugar, cinnamon, nutmeg and cloves. Cook and stir over medium heat until smooth. Brush some of the glaze over the ham. Bake 30-35 minutes longer or until a meat thermometer reads 140 degrees. Let stand for 5 to 10 minutes before slicing. Simmer the remaining glaze and serve with ham. Yields: 15 servings.



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Reality Check Mission Statement:

Publish an employee-generated newsletter that is interesting.



**Nebraska Department of Health  
and Human Services**

*It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!*

*Special Thanks to this month's contributors: Sharon Ziers, Courtney Hall, Nina Anderson-Trumble, Diana Walker, Anne Regelean, Karen Thaut, Scott Collier, Abby Hawthorne, Keri Schell, Kyle Malone, Janae Hood, Jay Schmitz, Matt Ahlstedt, Cindy Huelsdonk, Gayle Resh, Deb Paulus and the Creative Writing Group on Women's 2 East, and Cathy Dillon from DHHS Division of Public Health, Program Manager for WiseWoman.*

**February Trivial Pursuit Answers.....by Jane Ahl**

1. **67.1%** of the United States had snow on the ground on February 12, 2010.
2. **Milk, vanilla, sugar,** and snow are the ingredients for snow ice cream.
3. The song, "Frosty the Snowman" became popular in **1950.**
4. **Gene Autry and the Cass County Boys** were the first group to sing "Frosty the Snowman."
5. It has been **90 years** since Washington D.C. saw as much snow as they did this year.
6. The last recorded accumulating snow in Jackson, Mississippi was in **1985.**
7. The average snowfall in Walla Walla, Washington is **5 inches.**
8. **2009** had the record for the coldest days for the years between 1887 and 2009.
9. Between the years 1948 and 2009, **1965** had the highest total inches of snow in Nebraska, which was 19 inches.
10. **Rutgers University** has a Global Snow Lab.

*Spring is on its way.....*

