



LRC REALITY CHECK

Marc Ostrander is the March Employee of the Month



Congratulations to Marc Ostrander for being selected as the March Employee of the Month. Marc was hired at LRC on April 26, 1981. Marc's co-workers who nominated him state that he does a great job of respectfully and professionally addressing patient grievances. Marc has built rapport with several patients and he aids the treatment team in answering patient questions related to their court proceedings. Most recently, Marc has been influential in helping the clinical staff work with Developmental Disability Services in regards to one of the patients in Building #5. He coordinates the flow of information between agencies, keeps statistical data, and helps complete paperwork. Marc helps keep the clinical treatment team members organized and focused, which can be a daunting task.

Marc went above and beyond the call of duty in organizing and facilitating office moves while the annex was under construction. He worked many hours coordinating with Maintenance, the grounds crew, and IT. He even personally moved furniture. Due to Marc's efforts, the move was smooth and productivity was not negatively affected. Marc is the "go to" guy in Building #5. Due to his years of service, he knows how to get things done. Marc is a hard worker who is always willing to lend a hand to a coworker. He is also always willing to listen and provide sound advice.

Congratulations, Marc, and thank you for all of your hard work!



The Employee Recognition Committee needs Employee of the Month, Supervisor of the Quarter, and Team of the Quarter nominations. Nominate

your fellow co-workers today. Nominations can be sent to Linda Jiskra or Sharon Ziers. Nomination forms can be found on the shared drive in the LRC Forms and Templates folder.



On the Other Side



“The rabbit hole went straight on like a tunnel for some way, and then dipped suddenly down, so suddenly that Alice had not a moment to think about stopping herself before she found herself falling down a very deep well. Either the well was very deep, or she fell very slowly, for she had plenty of time as she went down to look about her and to wonder what was going to happen next. First, she tried to look down and make out what she

was coming to, but it was too dark to see anything; then she looked at the sides of the well, and noticed that they were filled with cupboards and book-shelves; here and there she saw maps and pictures hung upon pegs.”

Many of you probably recognize this passage from Down the Rabbit Hole; the first chapter of Alice in Wonderland by Lewis Carroll. I read Alice in Wonderland probably 30 or 40 years ago and had probably seen a Disney cartoon about it at some time, but had never given it another thought until recently. Last year I got a new smart phone with all the fancy apps on it including I-books. One of the books that comes free in I-books is Alice in Wonderland. A couple months ago I was stuck somewhere and I began reading it on the smart phone while waiting for whatever it was I had to do. If you have ever read Alice in Wonderland, you will be engrossed with all of the imaginative fantasy in the story. For someone to think up such a tale is just brilliant creative talent. But there is much more than just a fairy tale here; there are teachings about life in this story.

I bring this up because recently I have felt like Alice falling in the rabbit hole. Back in the last week of January I had a medical episode that landed me at the urgent care center. On Monday afternoon I was sitting at my desk after walking back from checking out the annex behind Building 5 and waiting to meet with human resources, when I suddenly had abdominal pain that came out of nowhere. Of course, I thought it was something I ate and it would go away. But after 24 hours, I was doubled over in pain, gave in and went to the urgent care center. They thought I had prostatitis, gave me antibiotics and referred me to the urologist. The urologist said I did not have prostatitis, but did have a bad bladder infection. He wanted to run some tests. After a cystoscopy and CT scan, he decided I had communication between my bowel and bladder so he sent me to a gastroenterologist for a colonoscopy. Meanwhile my internist was concerned about a pain in my left hip and leg and sent me for an ultrasound of my legs and a MRI of my lower back. After all of this, it was concluded that I need surgery to repair the intestinal problem and I will need to have a pinched nerve in my back taken care of at a later date. During the last two months I have felt like Alice; falling down the rabbit hole; taking this pill for that pain; chasing rabbits, cats, mice, fish, caterpillars, turtles and assorted other things down; and generally feeling out of control as I get re-

ferred from one doctor to another and go to this place or that for each of these procedures. Like in the book, the people (doctors and nurses in my case) speak to me in strange riddles, idioms and languages. They talk to me but I feel they are really talking around me as they assess my information and move the subject (me) along in the process. They are polite but they are detached because they know that when they are finished with me they will probably never see me again, especially if they do their job right and I am healed. I feel like Alice because through this process the medical people emphasize that each step is my decision; but it is really not my decision as they maneuver me down the algorithm to determine my illness. Each test leads to another decision with more uncertainty just like with Alice where each chapter centers around another event (tea party, etc.) which leads to more experiences. Like Alice, I have felt a lot of emotion the last two months as I have gone through the phases of accepting the condition I have and the remedy to fix it. I wonder, what is going to happen next?

This got me to thinking; if this is how I feel after just two months in the “healthcare system,” I wonder how some of our patients feel who have SPMI and have been in the “mental health system” most of their lives. No wonder some of them “act out” like they do. Being the object of another person’s work makes you a thing, regardless of how compassionate the care giver is. Our job is to help people get well and manage their mental illness and in doing that, their wellness becomes a goal we want to achieve or a task we want to accomplish. How often do we talk around them while assuring them, the guardians and ourselves that their care is self-directed? How often do we actually let them make choices; or do we make the decisions for them and they agree? Do we ask them what they would consider to be good mental health for themselves?

I have been a hospital administrator for over 30 years, but this is only the second time I will be an overnight patient in a hospital. I will be on the other side of the healer-patient relationship for a while and by the time you read this will hopefully be on the road to recovery. I hope that you will consider what it means to be on the receiving end of healthcare and apply that to our work here. You do good work and I thank you for that.



Best Wishes for a Speedy Recovery, Bill.

Kudos—Now That's PCC

- ◆ **Kudos to Paul Day** for completing several projects in Building 3, making it a safer environment for patients and staff.
 - ◆ **Kudos to Jeff Van Lent** for getting needed supplies for Building #3.
 - ◆ **Kudos to Bill Garreans** for taking over the Canteen so our patients and staff have a place to eat on campus. You are doing a great job!
 - ◆ Kudos to Chris Coultner for jumping right in during Compliance Specialist training and helping with investigations.
 - ◆ **Kudos to Irene Hirschman, ADON**, for staying consistent and helping to reduce seclusion and restraint in Building #3. This is a work in progress and Irene gives 200% daily.
 - ◆ **Kudos to Tanner Mitten and David Paz** for keeping the Risk Management Department up to date with bundles of information.
 - ◆ **Kudos to John Andreini** for his amazing hard work in managing all the fitness equipment on campus and working to ensure swift repairs for our patients and staff. Well done!
 - ◆ **Kudos to Mark Vaske, Andy Miller, and Jeff Van Lent** for setting up and dismantling the Wayne George conference room for the Gail Scott session on March 27.
 - ◆ **Kudos to the three new PCC Facilitators** who came happy and eager to Gail Scott's workshop on very short notice (1 day). **Thank you to Phil Jefferson, Dale Huddle, and Charles Wooldridge.** Awesome additions to the PCC Facilitator Team—LRC employees will benefit.
 - ◆ **Kudos to all of the PCC Facilitators.** They worked very hard with Gail Scott on March 27 & 28 to polish our next behavioral roll-out, "Building Relationships" for LRC employees. Everyone please thank them when you attend the workshop.
- They have stepped out of their roles and taken a risk to make the information sharing a better experience for all of us! **Kudos to Rachel Johnson, Emily Claussen, Anne Regelean, Scott Loder, Darrell Gressley, Randy Willey, Dale Huddle, Charles Wooldridge, Phil Jefferson, and Marilyn Olsen.**
- ◆ **Kudos to Heidi Fahrbruch.** She recently escorted a patient to St. Elizabeth's. A nurse at the St. E's Radiology Department who used to work at LRC said that Heidi did a great job, managed the patient very well, and represented LRC well.
 - ◆ **Kudos to Chris Silvey, DDS,** who is always very respectful to LRC patients, and thorough with their dental treatment. Dr. Silvey gives the patients options and respects their decisions.
 - ◆ **Kudos to Adam Koenig,** for jumping in to the Whitehall 3-11 Youth Security Supervisor (Team Leader) position.
 - ◆ **Kudos to the Whitehall program.** A youth's guardian ad litem said that he would recommend Whitehall to any of his colleagues. He is appreciative of the work Whitehall staff did with one of his youth.
 - ◆ **Kudos to Lisa Holz** for going to Whitehall to review applications and assist with the interview process.
 - ◆ **Kudos to Bill Gibson** for implementing the PCC initiative to create a better work environment, promote teamwork, and give employees a stock on how LRC conducts business. We appreciate the trust, the confidence, and the belief Bill has installed in us to know we can get the job done. The Forensics team appreciates having a voice and having the support from you.
 - ◆ **Kudos to Denise Den** for helping anywhere she is needed outside of her nurses' role when called upon.
- All the hard work she does and her support is greatly appreciated.
- ◆ **Kudos for Gordon Tebo and Jeff Van Lent** for the painting and remodeling work they are doing in Building 9.
 - ◆ **Kudos to the Building #3 Team Leaders and to Irene Hirschman and the treatment teams** for the work they are doing to reduce seclusion and restraint.
 - ◆ **Kudos to the Therapeutic Recreation Department** for hosting TR staff from Mosaic to familiarize them with the LRC worksite.
 - ◆ **Kudos to Terri Harmon** for the work she did deep cleaning the offices on the first floor of Building #14.
 - ◆ **Kudos to Psych Extern, Renu Thomas,** for being accepted to an internship in Ohio.
 - ◆ **Kudos to Jennifer Jennings** for all the hard work and success she has had in discharging Building 14 patients over the last 14 months.
 - ◆ **Kudos to Amanda Longwell and Brenda Dickinson** for the top notch communication of first floor patient care needs.
 - ◆ **Kudos to the LRC Grounds Crew** for their quality work on keeping the campus gorgeous, with a special kudos to LRC Arboretum Curator, Dave Nicklas, for his prompt and awesome job of tilling the garden for Building #14. Your hard work is greatly appreciated and does not go unnoticed!



Strut Your Stuff.....by Anne Regelean

Our LRC Wellness Committee would like to congratulate Wendall Roberts as our March “Strut Your Wellness Stuff” winner!! Wendall has made exercise a part of his daily routine! He explains that when he was younger, he was an avid weight lifter. Years of constant lifting is tough on the joints and so now he’s focusing on other forms of exercise. Using the treadmill and exercise bike are now a main part of his routine, but he still incorporates circuit training on the weight machines. At least 5 times a week, Wendall gets up and heads to the gym by 4am. He squeezes in those early morning workouts before he heads to work. Wendall said, “Debbie (Roberts) has been a great motivator for me...she works out like crazy and so watching her

motivates me to continue, she just attacks her workouts....plus the endorphins are addicting.” He commented on the fact that he just truly enjoys feeling better. Wendall’s short term goal is to get up each morning that he is scheduled to work out, and do something. He knows that not every workout is going to be fun, but doing something is considered a “win”. His long term goal is to keep his weight down and continue to make better choices when it comes to the food he eats.

Congratulations Wendall!!! Our Best Wishes on meeting your goals! Way to go!



Walk This Way.....by Nina Anderson-Trumble

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

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Laurel Hadley	330 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Emily Rokusek	1221 miles
Susie Brown	1943 miles
Crystal Buhrmann	4205 miles





TEES AND TREES

TENTH LRC WELLNESS EMPLOYEE GOLF TOURNEY

Friday April 27th, 2012 (ARBOR DAY)

Tee times beginning at 9:30 am
Pioneers Golf Course

4 person Best Ball

\$15.25 per person = 9 holes

\$23.75 per person = 9 holes + cart

Senior Citizen

\$13.00 per person = 9 holes

\$20.00 per person = 9 holes + cart

Due to gas prices there may be a fuel surcharge

Golf skills not needed!!

Have fun with employees and friends!

Must signup by **APRIL 18th**

Contact Nina Trumble x5006

Antonina.AndersonTrumble@nebraska.gov

This is an LRC Elective Activity

Around The Web.....by Tom Schmitz



March 23, 2012 marked the two-year anniversary of the Health Care Law. On this date, Secretary Sebelius announced MyCare, an HHS initiative to educate Americans about new programs, benefits, and rights under the health care law. Here is an easy to read and easy to navigate site that offers information on health care providers, wellness and prevention, and insurance options. There is also a video feature that presents personal stories from a patient's point of view and an opportunity to record your own story to share with others. This website presents the newest, most accurate information on health care reform. Check it out. <http://www.healthcare.gov/>

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

- | | | |
|--|---|--|
| 1. Way of the Peaceful Warrior by Dan Millman | D. Smart | 10. Back When We Were Grownups by Anne Tyler |
| 2. The 7 Habits of Highly Effective Families by Stephen R. Covey | 6. The Book of the Horse edited by P. Macgregor-Morris | |
| 3. The \$64 Tomato by William Alexander | 7. The Big Book of New American Humor edited by William Novak | The Resource Center is Monday through Friday, 8:30 to Noon and 1:00 to 5:00 p.m. in Bldg. #10. |
| 4. Fish, The Basics by Shirley King | 8. Once Upon a Time by J. Randy Taraborrelli | |
| 5. Thriving in the Midst of Change by | 9. Whispers by Belva Plain | |



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



Spring has arrived, bringing with it an abundance of policy reviews and revisions. The Policy Committee has been hard at work reviewing and revising the following policies:

- | | | |
|---|--|--|
| EC-Security-08 (LRC) Patient Body Search | EC-Security-02 (LRC) Identification Badges | PC-46 (LRC) Human Shield |
| EC-Security-09 (LRC) Sharps, Tools and Knife Use | EC-Security-03 (LRC) Assigned Keys | PC-66 (Whitehall) Staff Expectations for Supervising Youth |
| EC-Security-07 (LRC) Room and Building Search | EC-Security-12 (LRC) Workplace Violence | PC-37 (LRC) Patient Employment |
| EC-Security-11 (LRC) Security Psychiatric Emergencies Staff Assistance | HR-33 (LRC) Employee Use of Exercise Equipment | PC-56 (LRC) Handoff Communication |
| EC-Security-13b (Whitehall) Push To Talk Cell Phones | HR-23 (LRC) Employee Dress Code | MM-12 (LRC) Medication Disposal |
| EC-Security-14 (LRC) Code Gray Protocol for Missing/Lost Keys & ID Badges | PE-01 (LRC) Admission Procedures | MM-15 (LRC) Metabolic Syndrome Monitoring |
| EC-Security-19 (LRC) Electronic Monitoring GPS | PE-02 (Whitehall) Admission Procedures | MM-03 (LRC) Physician Medication Orders |
| EC-Security-13a (LRC) Talk-About Radios | CC-02 (LRC) Transfer of Patients Between DHHS Facilities and Between LRC Buildings | MM-07 (Whitehall) Whitehall Medications: Change of Shift Accountability |
| EC-Emergency-02 (LRC) Emergency Weather | PC-02 (LRC) Seclusion and Restraint | MM-17 (LRC) High Risk Medications |
| | PC-04 (LRC) Assault Precautions | MM-20 (LRC) Hazardous Medications |
| | PC-04a (LRC) Highly Restrictive Status | RI-01 (LRC) Patient Rights & Responsibilities |
| | PC-04b (LRC) Patient Safety Precautions | RI-12 (LRC) Patient Grievances |
| | PC-30 (LRC) Staff Supervision of Patients | RI-14b (Bldg 14) Visiting Procedures |
| | PC-15 (Whitehall) Run Risk Precautions | RI-37 (LRC) Limited English Proficiency Language Assistance, Speech, Language & Hearing Services |
| | PC-25 (LRC) Laboratory, Pathology, Critical Lab Values and Medical Services | |

HR Corner: Open Enrollment is Coming Soon! By Sharon Ziers

What We Know:

1. Open Enrollment should begin around the first of May. The exact dates will be announced in the next few weeks.
2. All employees need to make sure their NIS "Self Service" IDs and passwords are active.
3. All employees need to make sure their home address is correct on their paycheck stubs so their addresses are correct in the NIS system.

What is not yet known:

1. What the exact coverage and premiums for the insurance plans will be.



Stay Tuned and watch for more Open Enrollment News.

For those of you who wish to elect the Wellness "PPO" Health Insurance option, Bio-metric screenings must be completed. The Biometric screenings are the third step to qualify for and remain enrolled in the Wellness PPO option. The Biometric screenings will be held at LRC on Friday, April 20 in Building #14 on the third floor in the Staff Development area. The two screening times are 0700 to 1100 hours, and Noon to 1400 hours. Employees and their spouses must complete the Biometric screening if both wish to be enrolled or eligible for the Wellness "PPO" Health Insurance. To sign up, log into the WellnessOptions website at www.wellnessoptions.nebraska.gov and click on the "Health Scheduler" button to schedule your personal appointment. If the LRC times do not work for you, there are other locations listed on the Health Scheduler.

Thank You for All You Do!

In March and April, the following professional weeks are observed! The LRC Reality Check Editorial Board wants to thank each of you for the work you do each and every day!

March was Professional Social Work Month: Thank you to Tami Cervantes, Sandi Waldron, Keri Christner, Christy Rupe, Kerry Held, Tracy Prenosil, Lacey Meyer-Amavi, Jessica Shiveley, Anne Alberico, Roly Bretos, Jennifer Jennings, Lisa Laurell, Stan Wiegert, Jodi Kehler, Gary Madison, Allyson Headrick (Intern)

Registered Dietician Day: March 14 Thank you, Paula Nicholls and Anne Regelean

Patient Advocacy Week was April 9-15: Thank you to our Recovery Specialists: Annette Murrell, Scott Loder, Sandy O'Meara and Amanda Owen-Doerr

Doctor's Day: March 30 Thank you to all of our Medical Staff: Dr. Dewan, Dr. Moore, Dr. Tatay, Dr. Siddiqui, Dr. Shoiab, Dr. Ahmed, Dr. Hartmann, Dr. Chaturvedi, Dr. Schwartz, Dr. Connolly, Dr. Roy, Dr. Silvey, Dr. Ullman, Dr. Black, Dr. Kilgore, Dr. Barrett, Dr. Cimpl-Bohn, Dr. Browning, Dr. Buchta

April is Occupational Therapy Month: Thank you to Jennifer Bennetts and Sara Van Cleave

Administrative Professional Week: April 22-28

Thank you to all of our Administrative Professionals: Nancy Liebers, Jane Ahl, Carol Harris, Carol McDowell, Stacey Wiltshire, Linda Jiskra, Marilyn Bailey, Meloni Lines, Diane Ellis, Leah Becker, Becky Roberts, Audrey Kelly, Steve Carter, Penny Rotthaus, Karen Thaut, Sue Childress, Vickey Bulin, Dana Volk, Linda Page, Debra Hostetler

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



Kasey Farwell, SSII, Bldg. 10



Tracy King, SSII, On Call



Nathalie Maule, Food Service Cook



Joan Stepan, LMHP



Andrew Kirsininkas, SSII, Bldg 5



Kristi Wilson, RN, Bldg 5



Nancy Green, RN, Bldg 5



Susan Enlow, SSII, Bldg 3



Timothy Turner, Housekeeper,
Bldgs. 3 & 5



Shelly Bailey, YSS II, Whitehall



Jessamy Schachtschabel, SSII,
On-Call

*Please join us in
welcoming these new em-
ployees to LRC!*

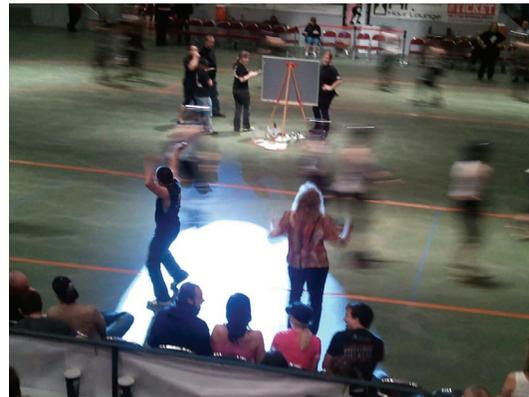
Welcome!

Roller Derby Night Photos

Thanks to everyone who participated in the LRC Roller Derby night. It was a high energy, action packed night! We had over 60 employees, family and friends attend!

Thanks for your continued support of and participation in LRC wellness committee activities!

I also want to add a congratulations to Stacey Wiltshire for winning the dance-off competition at the roller derby. She won free food from Qdoba. Congratulations, Stacey!



Cemetery Beautification Groundbreaking



DHHS Behavioral Health Director, Scot Adams, Carol Coussons de Reyes from the Office of Consumer Affairs, and Craig Thelen, DAS Building Division, joined LRC on March 29, 2012 in holding a groundbreaking ceremony for the cemetery beautification projects starting this spring at LRC, HRC, and NRC. Small parks will be installed at the two LRC cemeteries and at the HRC and NRC cemeteries with new flowering plants, flagstones, fences, a bench, and markers commemorating the patients buried on each of the Nebraska State Hospital grounds. The markers will read, "For all that was, for all that might have been, grant us rest and peace."

The LRC cemeteries were in use from 1875 when the State Hospital opened until 1957. To this day, we receive a few requests each year from people researching their ancestry who wish to visit the grave of a relative buried on our grounds. The purpose of the project is to remember and honor the lives of the people who lived and died here.

LRC would like to thank Scot Adams, Craig Thelen, and Carol Coussons de Reyes for their help with the groundbreaking ceremony. Thank you to Rachel Johnson for leading those in attendance in blessing the cemetery grounds and the beautification project. Thank you to the Maintenance Crew and to the Compliance Specialists for giving people a lift to the cemeteries with their go-carts. Thank you also to everyone who attended!!



Northern Ponca Drummers



The Northern Ponca Drummers shared songs and tradition with the Building #5 community on March 10th. Did you miss them? They will be returning to LRC for an encore presentation in Building #3 at the end of April. Watch for details!

DIVERSITY COMMITTEE QUOTE OF THE MONTH:

Everyone is entitled to their own opinion, but not their own facts.

-Daniel Patrick Moynihan

Roger Glenn Retires from LRC

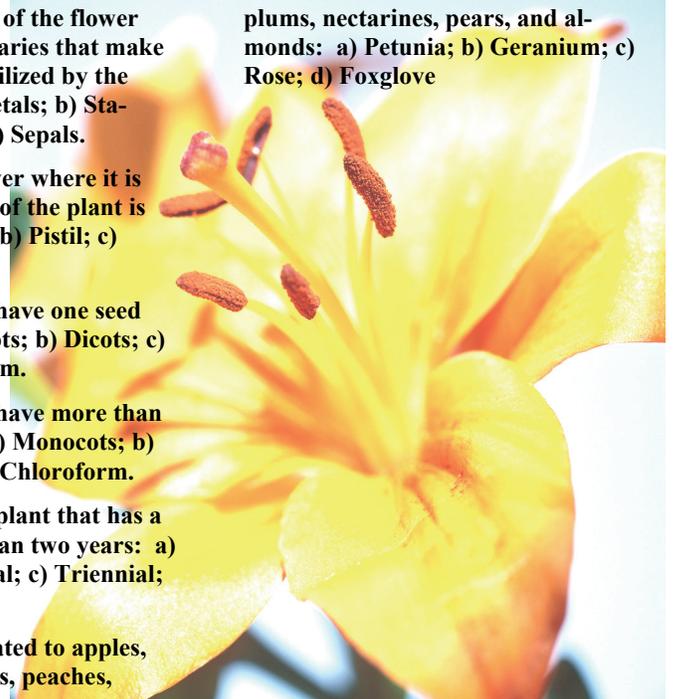
Congratulations to Roger Glenn. Roger retired from the State of Nebraska on April 3, 2012 after serving over 19 years. Roger was an SSII staff member in Building #5 for several years. He plans on enjoying retirement life with lots of fishing and hunting activity. Many thanks for your years of service to LRC, Roger!



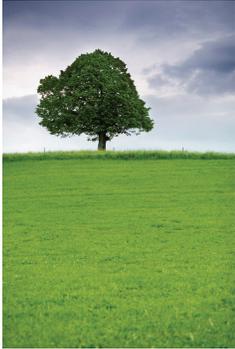
Reality Check Trivial Pursuit.....by Jane Ahl

Spring came a little early this year and the flowers are blooming! This month's trivia questions are about flower parts. Get your horticulture hat on to answer these questions.

- 1) Flowers are the part of the plant that hold the reproductive parts of the plant in the groups of plants called: a) Gymnosperms; b) Angiosperms; c) Ferns; c) Carpels
- 2) The parts of the flower that are the leaf-like, outermost layer altogether called the calyx are the: a) Petals; b) Stamens; c) Carpels; d) Sepals.
- 3) The colorful parts of the flower within the sepals altogether called the corolla are: a) Petals; b) Stamens; c) Carpels; d) Sepals.
- 4) The male part of the flower that contains the pollen-producing parts is the: a) Petals; b) Stamens; c) Carpels; d) Sepals.
- 5) The innermost part of the flower that contains the ovaries that make the ovules to be fertilized by the pollen are the: a) Petals; b) Stamens; c) Carpels; d) Sepals.
- 6) The base of the flower where it is attached to the rest of the plant is the: a) Receptacle; b) Pistil; c) Fruit; d) Ovary.
- 7) Plants whose seeds have one seed leaf are: a) Monocots; b) Dicots; c) Ferns; d) Chloroform.
- 8) Plants whose seeds have more than one seed leaf are: a) Monocots; b) Dicots; c) Ferns; d) Chloroform.
- 9) What do you call a plant that has a life cycle of more than two years: a) Annual; b) Perennial; c) Triennial; d) Recurrent
- 10) Which flower is related to apples, raspberries, cherries, peaches, plums, nectarines, pears, and almonds: a) Petunia; b) Geranium; c) Rose; d) Foxglove



Upcoming Events



April 26, 2012: Arbor Day Celebration!

Join us in celebrating Arbor Day on Thursday, April 26 at 1:30 p.m. in front of the newly renovated pond. 7 trees will be planted this year in memory and in honor of several LRC employees. John Andreini and the TR staff will lead the patient activities including a poetry and art contest. Dick Campbell will visit our campus to say a few words in honor of the LRC Arboretum. A nature walk after the tree plantings will occur.

Memorial Trees will be planted for Michael Pickett, Sr., Wanda Dierenfeld, Polly Griess (former Volunteer Coordinator and Adult Educator for LRC), and Dick Rasmussen (former long term LRC pharmacist). An In Honor Tree will be planted for Dan Powers, Office of Consumer Affairs, to honor the work he has done nationally to restore state psychiatric hospital cemeteries. The Diversity Committee will also be planting a tree.



May 2, 2012: Health Fair Date!

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

Save the Date! Don't miss out!

May 5, 2012: Cinco de Mayo Celebration!

Come party with the Diversity Committee on Cinco de Mayo in the Building #5 patio garden area. The Diversity Committee will be holding its annual raffle drawing for prizes. Tacos and beans will be the lunch fare. Please bring a salad or a dessert to share with your amigos.



LRC Recipe Box

Egg and Cheese Nests: Submitted by Tom Schmitz

Ingredients:

- | | |
|--|-------------------------|
| 2 russet potatoes, peeled | 1 shallot, minced |
| 1/2 tsp salt | 2 garlic cloves, minced |
| 1 tsp freshly ground pepper, divided | 1/4 tsp ground paprika |
| 1/4 cup sharp cheddar cheese, shredded | 8 medium eggs |



1. Generously grease a muffin tin and set aside. Using a box grater, shred the potatoes and transfer them to a bowl; sprinkle with the salt and allow it to sit for 10 minutes. Gather the potatoes in the center of a cheese cloth (or a bed of paper towels) and wring the potatoes dry, removing the excess water. There will be quite a bit.
2. Transfer the dried, shredded potato back to the bowl and add the shallot, garlic, pepper and paprika. Mix until combined.
3. Preheat the oven to 400 F. Spoon about 2 Tbsp. of the potato mixture into each muffin cup, lining the bottom and the sides. Since the potatoes will shrink when baked, make sure you go all the way to the top of the muffin tin when lining the sides. Bake for 10-15 minutes, and until the outer sides appear lightly golden brown.
4. Decrease oven to 350 F. Remove from oven. In the center of each hash brown nest, add a tsp. of grated cheese, and then top with one egg. Bake for an additional 10 minutes, and until whites are set, but yolks still appear soft.
5. Allow to cool for 2 minutes in pan. Using a butter knife, run it around the edges of each hash brown nest and gently remove it. Top with freshly ground pepper and serve immediately.

Cream Puffs: Submitted by Teresa Hansen

- | | |
|-------------|-----------------|
| 1 cup water | 1/2 cups butter |
| 1 cup flour | 4 eggs |

Filling:

- 1 3.3 oz package white chocolate instant pudding and pie filling mix
- 1 1/4 cups cold milk
- 1 cup whipping cream, whipped

Decorations:

- | | |
|---|--|
| Large marshmallows | Decorator sugar |
| Toothpicks | Vanilla-flavored candy-coating (almond bark), melted |
| Mini semi-sweet chocolate chips | Black string licorice, cut into thin 3/4-inch strips |
| Small round pink candies, such as mini candy-covered chocolate pieces | |

Powdered sugar

Directions: Heat oven to 400 F. Combine water and butter in 2-quart saucepan. Cook over medium heat until mixture comes to a full boil (4 to 7 minutes). Reduce heat to low; stir in flour vigorously until mixture leaves sides of pan and forms a ball. Remove from heat. Beat in 1 egg at a time until mixture is smooth. Drop dough by 1/4 cupfuls, 3 inches apart, onto ungreased baking sheet. Bake for 35 to 40 minutes or until puffed and golden brown. Pierce each puff gently with fork to allow steam to escape. Cool completely. Prepare pudding mix, using 1 1/4 cups milk, as directed on package. After pudding is set, gently stir in whipped cream. Cover; refrigerate until serving time. To create bunnies, cut off cream puff tops. Cut large marshmallows crosswise into 3 pieces. Dip cut-sides into decorator sugar for ears. Using toothpicks, attach sugared marshmallows into top of cream puff for ears. Use melted candy coating to attach chocolate chips for eyes. Just before serving, fill bottom half of cream puff with 1/3 cup filling. Press licorice strips for whiskers and pink candies for nose into filling. Place decorated cream puff top over filling. Sprinkle with powdered sugar.



LRC Recipe Box

Springtime Quiche: Submitted by Teresa Hansen

Ingredients:

Crust:

1 cup flour
1/4 tsp salt
1/3 cup butter
2 Tbsp chopped fresh chives
3 to 4 Tbsp cold water

Filling

6 slices crisply cooked bacon, cut into 1-inch pieces
1/4 lb fresh asparagus spears
4 oz (1 cup) shredded cheddar cheese
1 1/2 cups of half & half
5 eggs, slightly beaten
1/4 tsp salt
1/8 tsp pepper



Directions:

Heat oven to 375 degrees F. Combine flour and salt in medium bowl; cut in butter with the pastry blender or fork until the mixture resembles coarse crumbs. Stir in chives and enough water just until flour is moistened (Mixture will be crumbly). Shape into ball; flatten slightly. Roll out dough into ungreased 10-inch quiche pan; unfold, pressing firmly against bottom and sides. Trim crust to 1/2 inch from edge of pan. Crimp or flute edge of crust. Sprinkle bacon over bottom of crust. Cut half of the asparagus into 1-inch lengths, cut remaining asparagus into 4-inch lengths.

Combine 1-inch asparagus pieces, cheese, half & half, eggs, salt and pepper in medium bowl. Pour over crust. Place 4-inch asparagus spears in random pattern on top of egg mixture. Bake for 40 to 45 minutes or until golden and set in center. Let stand 10 minutes before serving. Serve warm.



Food Bank Drive



Now that we are all thinking about food after reading the recipes, here's a reminder about the Food Bank Drive!

The 2012 Food Bank of Lincoln Drive for State Employees began on April 4. The barrels will be picked up on April 25. As in previous years, the Food Bank personnel want to stress how much they and the needy people in our community appreciate the generosity of State Employees. LRC employees continue to respond to the challenge of meeting the needs of the Food Bank without fail.

This year, the requests are similar to years past. Canned food (no glass containers), canned juices, paper goods, and diapers are great donations. Cash is always welcome as the Food Bank, along with the generosity of local merchants, can turn one dollar of cash into \$6.00 worth of food. Donations of cash or checks made out to the Lincoln Food Bank should be sent to Sharon Ziers in Human Resources, Administration Building. Sharon can also give you a receipt for tax purposes.

The Food Bank has a new way for people to donate this year. Check out their website and their link to the Virtual Food Drive!

The theme for this year's Food Drive is "We Have Met the Hungry and It is Us." It is "us," our friends, our neighbors, our co-workers, and sometimes ourselves. If life is being a little kind to you these days, give what you can.



Linda Jiskra—Editor—479-5388

Audrey Kelly—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

Susie Brown— 479-5432

DHHS LINCOLN REGIONAL CENTER

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

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: Teresa Hansen, Anne Regelean, Wendall Roberts, Nina Anderson-Trumble, Sharon Ziers



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

1. Martin Luther King, Jr. was born in **1929**.
2. Kareem Abdul Jabbar is famous for **basketball**.
3. **Coretta** was Martin Luther King, Jr.'s wife's name.
4. Ella Fitzgerald won **13** Grammy awards.
5. George Washington Carver invented **peanut butter**.
6. The 65th Secretary of State, Colin Powell, graduated from **George Washington University**.
7. "**I Spy**" was the first starring role of Bill Cosby in a dramatic television show outside of his stand-up comedy.
8. **Michael Jordan** led his team to six NBA crowns and became the greatest black commercial entrepreneur ever.
9. "**Thriller**" was the best selling album of all time world wide.
10. Barack Obama was born in the year **1961**.

