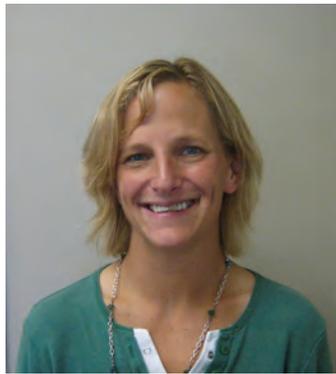




Jennifer Jennings is the April Employee of the Month



Congratulations to Jenny Jennings, Social Worker in Building #14, for being selected as the April Employee of the Month. Jenny is an integral part of the Sex Offender Services program. She has been invaluable in facilitating patient discharges from the Transition Program. She is a liaison with community employers, assists in setting up outpatient mental health and medical services for patients prior to discharge and is responsible with communication between the various Mental Health Boards and LRC. She works on finding financial assistance for patients who qualify for benefits. Jenny has adjusted her hours to work evenings to provide additional groups, perform work site checks on community employed patients and worked diligently to discharge a difficult population of patients. She was able to facilitate the discharge of 17 patients in 2011 and already six patients in 2012.

Jenny facilitates GED preparation activities and worked to help a patient access GED preparation courses in the community. It has been truly amazing the way Jenny has worked to discharge patients with the safety of the community and the patient needs always in the forefront.

Jenny supports her co-workers, providing coverage as needed and volunteering to facilitate new activities. She attends meetings and provides input to improve work flow and patient care. Jenny works well with others and keeps the treatment team informed of relevant information related to patient care. She handles patient requests in a professional manner as well as directives that are noted to change given individual patients and discharge circumstances. Jenny is flexible and works well under pressure. She has a can-do attitude. She has created strong working relationships with community providers and resources, which make everyone else's job easier. She has garnered the trust of the team and is encouraging and supportive. She has refined her interpersonal skills to master interactions with a variety of people.

Congratulations, Jenny, and thank you for all your hard work!

Bruce Raffety is the May Employee of the Month



Congratulations to Bruce Raffety for being selected as the May Employee of the Month! Bruce's co-workers who nominated him state that over the past year, he has altered his schedule in order to train the 11-7 shift Compliance Specialists. The 11-7 shift person is the only one working the overnight hours. Bruce has been flexible in his schedule to work long hours to ensure the night shift Compliance Specialists were trained and up to speed so that they did not feel they were completely on their own when they first started this role.

Bruce introduced the 11-7 shift Compliance Specialists to the Team Leaders, the ADONs, and worked side by side with them until they were comfortable working on their own. This is an excellent example of PCC as it helps ensure that the entire Compliance Specialist Team operates efficiently and effectively for the campus. Bruce has done this willingly and without asking for any extra benefits for himself. He demonstrates willingness and flexibility to help his teammates succeed and these selfless acts are sometimes hard to come by. Due to Bruce's assistance and coaching, the 11-7 shift staff have felt much more confident in their role. His training has included working side by side with the 11-7 shift Compliance Specialists on completing fire drills, abuse/neglect investigations, and Ward Observation Reports, which helps the entire campus.

Congratulations, Bruce, and thanks for all of your hard work!

As you know from the last newsletter entry from Bill Gibson, he has been out for the past few weeks due to having surgery. He is planning on returning later this month, however, due to some unforeseen issues, he will likely return around July 4th. We wish him well and hope that he will be recovered and back to work, most importantly the golf course, as soon as possible. In the interim, I have had the honor to fill in for him and his role as the CEO. The progress that continues on this campus is amazing. In the past month, Building 3's Seclusion and Restraint numbers are at an all-time low. In 2012, the monthly average for Building 3 is 59 incidents a month. In April they had 22 and as of May 28, there were less than 10 incidents. That said—it's not all about the "numbers" it's about staff working well together as a team, building on each other's strengths and utilizing your abilities to help and assist thereby making a difference.

In addition to the daily routine, CMS was here this past week to investigate an allegation that we were not protecting our patients from abuse. Fortunately they found this allegation to be untrue and found that we do in fact have measures in place to protect and help our patients and although we can't stop all events from occurring, the events are minimal and we do what we need to do to correct and make necessary changes if need be. Last week Administration Building went from having a simple carpet replacement plan to a full blown asbestos abatement project. At the same time we were interviewing and trying to recruit a new physician. Dr. Tatay told me when I started in 2002 as the Program Director of Short Term Care that our job is like that of a fireman. We respond to emergencies and put out fires! As Bill was very aware when he was planning on being gone, the show must go on. Thankfully the relationships and team building our teams have accomplished has helped to make these events seemingly surmountable.

Right now most of you have participated in the Relationship Building workshops for the Person Centered Care initiative. Building Relationships takes time, energy and the ability to make conscious choices each day to do the right thing. Aristotle even said that relationships are hard and that it requires a lot to be a happy person. *"One must have a certain amount of knowledge about oneself and about human nature which means one must battle ignorance and self-deception. One must understand what the true ends of life should be. One must be capable of arranging one's life as a rational pursuit of the final end. One must cultivate the good judgment to make the appropriate choices of what to do and one must master one's emotions. Not everyone may be up to the challenge."*

In the Relationships Workshops you all learned whether you are a:



The thought process behind identifying what shape you most resembled was to help you and your Team know your strengths and what talents you bring to the table. Our roles are unique, the patients and people we serve are unique, and therefore, we need to recognize that we are unique. When a team member moves to another shift, another department or another building, a new team member is added and that in turn brings on a whole new dynamic and a new challenge. I have had conversations in several meetings over the years about how our roles here at LRC are unique and challenging in that we are not a factory where at the end of the day we can walk out stating we packaged this many boxes or helped in the process of building an engine for a car. Pinpointing exactly what one will do in your work day and what you will do, can be very trying at times. There are unforeseen things that occur, fires to put out, and people who need us to respond to their crisis. We have to work together, realize that we all need to help out and do our share and sometimes that means our share is more than others on the Team. We have to be up for the challenge to make our relationships with one another a good fit, not just for our betterment, but for the betterment of those around us and ultimately the patients we serve.

In July I will start my 23rd year at LRC which is the equivalent of literally half of my lifetime. On July 24, 1989 I started working as a Psychiatric Technician II on the 3-11 shift in Building 3, formerly the Adolescent and Family Services Program. I have been very fortunate and grateful for the opportunities that I have been able to take hold of in order to be where I am today at LRC. I spent many years working at the Whitehall Campus, which was a very good experience and one that I thought I was making a huge mistake walking away from when I chose to move back to the main campus and work with the adult population. When I hear people say I don't want to leave my building or I don't want to leave my coworkers—I get that! But at the same time I will tell you that experiencing other areas, other buildings, other coworkers will expand your horizons and give you a sense of fulfillment and new challenges that could end up being the best moves you ever make. Some of the best relationships in my lifetime have been the ones that I have encountered here at LRC. So don't be afraid to make a move or a change, be up for the challenge!

Justin Major is the Employee of the Quarter



Congratulations to Justin Major, SSII, for being selected as the Employee of the Quarter for the 1st quarter of 2012. He became eligible for the Employee of the Quarter award when he was selected as the January Employee of the Month. Justin was hired at LRC on June 19, 2007. Since then, he has proven himself to be a valuable employee. Justin's co-workers who nominated him state that he carries himself in a manner that exudes the core values of LRC's mission and vision. He interacts with both staff and patients with a smile, and a calm demeanor. He maintains a therapeutic rapport during patient interactions, especially in escalating situations.

Justin treats all people with respect and shows a genuine interest in their wellbeing. He communicates with your co-workers on a professional and personal level. He shows a caring attitude towards the patients, and works hard to involve them in activities and conversations. He does not dwell on the negative. Instead, he makes sincere and positive comments. Justin's professional, therapeutic demeanor sets an exemplary standard for patient care among his co-workers. Justin is a valued member of the Building #3 team. His positive attitude makes it a joy for his co-workers to work with him.

CONGRATULATIONS!

Irene Hirschman is the Supervisor of the Quarter



Congratulations to Irene Hirschman, ADON, for being selected as the Supervisor of the Quarter for the 1st Quarter of 2012. Since Irene became the ADON for Building #3, the use of seclusion and restraint in this building has decreased dramatically. Irene has helped to redefine the expectations of 2 West, which has contributed to the success of some of our patients.

Irene is described as being firm but kind, and consistent and fair with the patients. She responds to the patient needs with energy and enthusiasm, including the monthly pizza parties that the women enjoy. She has an abundance of positive energy which she uses constructively to build up employees she supervises. Irene is quick to acknowledge good work. She provides leadership through her actions. She is accessible, knowledgeable and approachable. She encourages the nurses and the Team Leaders to do the best work they are capable of. Irene acknowledges the work of others and shows great leadership.

Irene always has a positive outlook and a cheery disposition, as well as kind words for everyone. She lives PCC concepts! Congratulations once again, Irene, and thank you for all that you do!

Maintenance Department Selected as Team of the Quarter



Congratulations to the LRC Maintenance Department for being selected as the Team of the Quarter for the 1st quarter of 2012. The LRC Maintenance Department Team members are: Kurt Anderson, Randy Becker, Mark Craft, Paul Day, Leroy Dinslage, Steve Hendricksen, Anthony Jacobs, Marvin Jiskra, Tom Mahloch, Thom Marsh, Jeff McCain, Andy Miller, Dave Nicklas, David Scott, Gordon Tebo, Mark Townsley, Pete Troy, Steve Urban, Jeff Van Lent, and Ed Yeager.

The Maintenance Department was nominated due to the accomplishments occurring every day within their team. Some are big and some are small, yet all are important to the crew, the employees, and to the patients at LRC. Accomplishments are as varied as completing daily routine safety checks on patients' personal electrical items to as-

sisting vendors and contractors with bigger projects. There are approximately 700 to 800 work orders completed each week.

Major projects over the last year have included the new Annex for Building #5. Team members came together to get everything moved into the new annex. A major snowfall occurred in early February. When the snow hit us hard, staff came in at all hours to clean and maintain the campus streets and sidewalks to make it safe. Two offices in the Administration building were remodeled in the first quarter of 2012, and painting projects throughout this building began. Spring arrived early this year, and we not only hear birds singing, but we also hear mowers, tillers, and other equipment being operated by the grounds crew to maintain the beauty of our campus. The Grounds and Maintenance crews have worked hard improving our roads and sidewalks, and have installed handicap ramps, parking lots, and renovated the duck pond (for which the ducks are very grateful). Employees checking out cars also need to check out the facelift in the Boiler Room. It is not nearly as dark and scary as it used to be.

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

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

The Arboretum is a source of pride to LRC. Employees, patients, and visitors can enjoy over 400 species of woody plants, which is one of the largest collections in Nebraska. Ongoing beautification of the grounds is always occurring, which makes the campus very appealing. Entering the buildings gives people the same welcoming feeling due to the constant updates that are occurring. Many thanks to the Maintenance crew for all that they do!



Kudos—Now That's PCC!



- ◆ **Kudos to Tammy Foley** for going above and beyond to assist employees with the Learning Promotion Advisory Board (LPAB) forms. Your prompt and extra hard work is greatly appreciated.
- ◆ **Kudos to Building #3 staff, Paul Lamb, Kurt Lockard, Julie Schoff and Amy Jappert** for assisting with a patient on 2 West who was choking during the lunch meal.
- ◆ **Kudos to all of the Maintenance staff** who helped with the “behind the scenes” activities in setting up for the Health Fair.
- ◆ **Kudos to everyone who attended the Health Fair, and Kudos to everyone who assisted to make it possible for co-workers to attend.**
- ◆ **Kudos to the Wellness Committee** for holding another great Health Fair this year!
- ◆ **Kudos to Rob Uttecht and Casey Cosgriff and the two ladies from Lincoln Wildlife Rescue** for helping to save 6 baby ducklings after they were swept down the culvert drain in the pond. (DCC—Duck Centered Care—occurs here too!)
- ◆ **Kudos to Brian Lassalle Dugas and Scott Schnirl** for their work maintaining the guitars in Building #14. The patients are very thankful for this resource, and Therapeutic Recreation appreciates the help!
- ◆ **Kudos to the Social Workers** for their success in some difficult discharges lately. The Social Workers have been quite creative with their discharge placements and plans.
- ◆ **Kudos to Linda DeVore** for getting items purchased and organized for the Treasure Chest program!
- ◆ **Kudos to LRC Supervisors, PCC Champions, and PCC Facilitators** for completing the workshop with Gail Scott on Tuesday, May 15. Kudos to the PCC Education Committee for participating in Gail’s two-day workshop on May 16-17.
- ◆ **Kudos to LRC employees** for completing the PCC Relationship Building workshops this month.
- ◆ **Kudos to the Staffing Office** for the very successful management of overtime in spite of several current vacancies on the 11-7 shift. Thanks for all of your efforts and great job!
- ◆ **Kudos to Dave Nicklas** who over the years has made the LRC grounds a place of beauty and education for both staff and patients. Thank you for your hard work and years of dedication to the beautification of the Arboretum.
- ◆ **Kudos to Joan DeVries** for fixing the front door to Building #3.



Ducklings at the LRC pond—Photo by Rachel Johnson

THANK YOU!!!



On April 26, 2012 during the annual Arbor Day celebration at LRC, Dave Nicklas received a surprise, a Blue Fir tree planted in his honor with his wife, his children and grandchildren present. Dave shared the following thank you to all LRC:

A heartfelt thank you to each of you special people involved in our Arbor Day 2012 ceremony. The extra effort made in planning the “surprise” tree planting, with my family in attendance, made it a truly memorable occasion. I have been so blessed these past 40 years to spend each day working with nature on this campus at a job I truly love. As I said, “The Arboretum has been the “frosting on the cake” of my job. Its development wouldn’t have happened without the cooperative effort of so many, particularly the Nebraska Statewide Arboretum, Dr. Klaus Hartmann, and our Arbor Day guest speaker, Dick Campbell of Campbell’s Nurseries. The purchases and

donations of so many trees and other plant material through the many years have contributed to the continued beautification of the LRC grounds. It is my hope that this campus will remain a source of tranquility and enjoyment for patients, staff, and visitors in the years to come.

Dave Nicklas, Curator

RC Arboretum

Arbor Day Celebration Held on April 26, 2012

Spring granted us perfect weather this year to plant a grand total of 7 trees on April 26, 2012 during the annual LRC Arbor Day celebration. Dick Campbell from Campbell's nursery was the guest speaker for the day, and LRC patients were awarded prizes for their art and poetry contest. Trees were planted to remember and honor the following people:

- * A Sugar Tyme Crabapple tree in memory of Wanda Dierenfeld.
- * A Red Pointe Maple tree in memory of Polly Griess.
- * A Royal Raindrops Tree in memory of Michael Pickett, Sr.
- * A Hoopsii Blue Spruce in memory of Dick Rasmussen, LRC Pharmacist from 1973 to 1996.
- * A Vanderwolf Pine Tree in honor of Dan Powers, Office of Consumer Affairs, and the national work he has done to commemorate people buried in state cemeteries across the country.
- * A Baby Blue Eyes Spruce tree in honor of our LRC Arboretum Curator, Dave Nicklas.
- * A tree was also planted by the Diversity Committee to honor the Diversity Employee of the Year. The 2012 recipient of this new award is Amanda Cue.

Many thanks to the Arboretum Committee and to the Therapeutic Recreation Department for making this event a long-standing tradition at LRC, and a very special day for all who participated.





Arbor Day Golf Tournament



The Annual Arbor Day Golf Tournament was held Friday April 27th, 2012.

The wellness committee would like to thank the 5 teams that came out and played regardless of the approaching storm. It was a bit windy, but everyone had a great time!

Congratulations to the winning team Jay Schmitz, Matt Ryan, Dustin Ostermann and Darren Arena!

The wellness committee appreciates your continued support and participation in wellness activities.



Food Bank Results.....by Sharon Ziers

Thank you to everyone who donated to the State of Nebraska Food Bank Drive in April . The following are the “non-scientific” measurements of food donations from LRC as well as cash donations.

Whitehall: Whitehall was the biggest single building/program donator at LRC with three filled barrels of food and four grocery sacks. 123 inches of food and \$60.00 of cash was donated.

K-Building: Donated 26 inches of food

Administration building: Donated 26 inches of food.

Building #5: Donated 23 inches of food.

Building #10: Donated 17 inches of food.

Building #3: Donated 17 inches of food.

Building #14: Donated 15 inches of food.

Total food donations at LRC: 131 inches of food.

The grand total of LRC’s donations to the food bank was 254 inches of food and \$78.24 in cash, which the Food Bank can turn into \$469.44 of food with their super purchasing powers!

On behalf of the Lincoln Food Bank, thank you for your generosity. Every little bit helps.



Open Enrollment is Here



OPEN ENROLLMENT ENDS ON JUNE 8TH

- ◆ Benefit elections made during Open Enrollment will be in effect for the benefit plan year that runs from July 1st, 2012 through June 30th, 2013. Benefits enrollment is occurring through LINK and the Employee Work Center at <http://link.ne.gov>. A training video on how to complete Open Enrollment is available on the LINK site under News and Updates.
- ◆ User IDs and Passwords for the new Employee Work Center (EWC) have been distributed. If you have not received your user ID or password, please contact the DHHS Help Desk at 1-800-722-1715 or email them at dhhs.helpdesk@nebraska.gov.
- ◆ Employees wishing to make changes to their long term disability (LTD) benefits must contact their Human Resources Representative to obtain the correct paperwork.
- ◆ Critical information about the benefits, costs and plan design is available under the Wellness and Benefit Links at <http://link.ne.gov>.
- ◆ The Options Enrollment Guide is available on-line. The Options Guide contains very important information for this year’s Open Enrollment. The guide is well crafted with information you need to know about all of the various benefit programs and the new premium rates.
- ◆ Who must participate in Open Enrollment?
- ◆ All full-time AND part-time employees working at least 20 hours per week must enroll/re-enroll online in benefits.
- ◆ Employees newly hired after May 1st, 2012 do NOT need to complete Open Enrollment. Elections made as a new hire take effect on July 1st and last through June 30th, 2013.
- ◆ Employee who work less than 20 hours per week do not need to participate in Open Enrollment.
- ◆ Health, dental, vision, and flexible spending plans **WILL END ON JUNE 30th** unless you re-enroll!
- ◆ DHHS employees will have easy access to highlights, links and other Open Enrollment information through the Need to Know section of the DHHS Intranet home page. Please direct any Open Enrollment questions to your Human Resources Representative.

Wellness Committee Health Fair.....by Diana Walker

Our Annual 2012 Health Fair Highlights—Check It Out!

This year, the Wellness Committee brought some changes to improve the health fair. Staff spoke and the committee listened! The biggest change was moving from the cold winter season to a steamy 83 degree day! The Health Fair was held on May 2nd from 11:00 a.m. to 4:00 p.m. The exhibits were located in the Ballroom of Building #3 and outside along the parking pad. Along with the date change, we added vendors outside and invited Heoya’s food truck to attend. There was produce, baked goods, beeswax products and so much more! Even “The Godfather” from Godfather’s Pizza was in attendance promoting “Lite Line” pizza options and providing samples. We achieved a total of 174 staff attending. A total of 30 vendors participated in the event. Here is a taste of what the Fair had to offer, just to name a few:

Best Care EAP	The Barkley Center	Wellness One of Lincoln
Midwest Myotherapy	Mary Helen Peters—produce & goodies	Princeton Produce
Akins	Liz Merey—yoga	Tom—LRC Resource Center
Godfather’s	Spiritual Wellness	K & D’s Bees
The Vitamin Shoppe	Saint Elizabeth’s Hospital	Capitol Humane Society

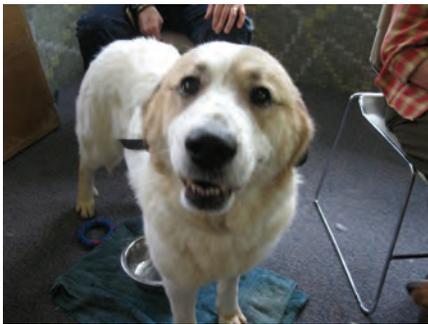
Midwest Myotherapy remained the most popular site with THREE massage therapists. Staff were able to receive massages 10 minutes long. The Barkley Center, back by request, provided free hearing checks. St. Elizabeth’s Company Care completed body fat screenings and St. Elizabeth’s Cancer Center completed skin analysis of the face. One person in attendance that completed the skin analysis found out she had basal cell carcinoma forming and was able to be directed to the next booth over to dermatology. It is great to hear that this was detected early for the best treatment possible and we wish the person good luck with treatment. Examples such as this are a great reminder why it is important to look after our health and utilize available services when they are provided. Additional vendors provided quality information concerning their facility or products, and of course, FREE PRODUCTS were given out. Raffle prizes were provided by attending vendors for over 50 winning recipients.

We would like to extend our sincerest Thanks to the Grounds/Maintenance Department for all their hard work and assistance with the Health Fair.

Proudly sponsored by the Wellness Committee at the Lincoln Regional Center.



More Health Fair Photos



Nurses' Recognition Reception Held

Many thanks to all of our LRC Nurses! National Nurses' Week was May 6 – May 12. On May 9, LRC held a Nurse Recognition Reception for all nurses in Building #10. Here are a few photos from the day!



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

THANK YOU!!

**National Medical
Transcriptionist
Week:**

May 16-22

Thank you to Linda
Page and Dana Volk

**Teacher
Appreciation Week:**

May 16-22

Thank you to Morton
School Teachers: Carol
Wierda, Judy Vana,
Kelly Champion,
Darlene Drees

Diversity Committee Celebrates Cinco de Mayo with LRC



Diversity Employee of the Year Award

Amanda Cue has received the Diversity Employee of the Year Award for 2012. This is the first year the Diversity Committee has recognized an LRC/ Whitehall employee with this award for outstanding service and achievement in Cultural Awareness and Acceptance. Amanda was selected on the basis of impressive nominations made by her peers, clients, and supervisor.

The award was presented to her at the LRC Cinco de Mayo celebration on May 4.

Amanda received a certificate and a large blooming perennial in a pot. A tree was also planted during the LRC Arbor Day Celebration on April 26 to commemorate Amanda and future Diversity Employee of the Year award recipients. Each year, the Diversity Employee of the Year recipient will have their name engraved on a plaque that will be posted in the Administration building lobby. Thank you, Amanda, for your excellent contributions to diversity at LRC.



Amanda Cue (center) with Diversity Committee Members Stephanie Wolf and Tom Schmitz

Diversity Quotes for May

137 years later, Memorial Day remains one of America's most cherished patriotic observances. The spirit of this day has not changed—it remains a day to honor those who died defending our freedom and democracy.—Doc Hastings

The price of the democratic way of life is a growing appreciation of people's differences, not merely as tolerable, but as the essence of a rich and rewarding human experience.—Jerome Nathanson

Around The Web.....by Tom Schmitz

Most of you are aware of the great opportunities that are available to you through access and utilization of the many diverse materials offered in the Resource Center. The collection covers professional journals/ texts on psychiatry, psychology, nursing, social work, occupational therapy and recreational therapy for all staff and leisure reading items for patients. The complete catalog is online accessible. It is searchable by title, author and subject.

It can be found at this web address:

<http://bf200s62/quest/servlet/presentquestform.do?site=105&viewMode=0>

Please save this to your favorites for quick and easy access.

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

1. Chicken Soup for the Mother's Soul
2. Who Are You and What do You Really Want?
3. The Nurses' Story by Carol Gino
4. WRAP for the Effects of Trauma by Mary Ellen Copeland
5. The Amazing Trivia Quiz Challenge by C. Brown
6. How to Say It by Rosalie Maggio
7. The Garden Primer by Barbara Damrosch
8. The Spider and Other Stories by Carl Ewald
9. Being a Dog is a Full Time Job by Charles Schulz
10. The Perfect Storm by Sebastian Junger

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



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

The Policy Committee resumed its monthly study of policies and revised the following policies in the months of April and May:

IM-01a (LRC) Medical Record Completion

IM-01b (LRC) Ward Chart Thinning Policy

IM-17 (LRC) Hardware and Software Use

IM-19 (LRC) Telefacsimile (Fax) Transmission

IM-22 (LRC) Removal of Protected Health Information from Hospital Grounds

IM-24 (LRC) Use of Unsolicited Information from Friends/Family Members

IM-35 (LRC) Monitored Phone Calls for Release of Information

IM-28 (LRC) Documentation Guidelines

LD-12 (LRC) Policy and Procedure Process

PC-02a (LRC) Safety Stabilization Procedure

PC-25a (LRC) Waived Testing

HR-01 (LRC) Recruitment Process

HR-40 (LRC) Supervisor File

IM-01b (LRC) Ward Chart Thinning

PC-16 (LRC) Treatment Planning Policy

PC-66 (Whitehall) Staff Expectations for

Supervising Youth

PC-15a (Whitehall) Run Risk Precaution

PC-28 (LRC) Off Grounds Discharge Related Activities with LRC Supervision

PC-02 (LRC) Seclusion and Restraint

EC-Emergency-02 (LRC) Code Orange Emergency Weather Policy

EC-Miscellaneous-06 (LRC) Transportation Services

R1-04 (LRC) Ethics Committee

R1-09 (LRC) Human Sexuality

Strut Your Stuff.....by Anne Regelean

As our May “Strut Your Wellness Stuff” winners, the Wellness Committee would like to recognize all of the LRC employees that participated in the “Live Healthy Nebraska 100-Day Challenge”!

There are three teams from LRC that participated:

Mass Reduction: Rebecca Roberts, Michael Roberts, Wendall Roberts, Debbie Roberts, Stacey Wiltshire, Stacey Werth-Sweeney and their friends/family, Mike Sweeney, Dave Wiltshire, Stephanie Stearley and Mark Stearley.



Motivation a Must: Nina Anderson-Trumble, Emily Rokusek, Crystal Buhrmann, Makayla Campbell, Linda Jiskra, Nicole Zimmerman, Jodi Kehler and Anne Regelean.



Twisted Sister: Marilyn Bailey, Caitlin Sabatka, Lori Rasmussen, Cindy Dykeman and Diana Walker.

The “Live Healthy 100-Day Challenge” is a program sponsored by Live Healthy America and the Nebraska Sports Council. More than 8,000 Nebraskans participated in the program that encouraged adopting healthier nutrition and physical activity habits. As a State, Nebraska lost 14 tons and reported more than 20 million activity minutes! Congratulations to all of the LRC participants!! Keep up the healthy habits!

New Newsletter Feature Coming: “Clue”.....By Linda Jiskra



“Clue” will be a new feature in the LRC Reality Check newsletter that will spotlight different departments across the campus and highlight things each team wants LRC employees to know about their area. This will help us all learn more about the different areas, the people who work in them, and the roles they play in our entire team at LRC! “Scavenger Hunt” trivia questions will be developed about each featured team for employees to find the answers to. This feature will start next month, with the Pharmacy Department being under the magnifying glass.

Blood Drive at LRC on June 13th

We have appointment times available!

Did you know?

***The average adult has 10-12 pints of blood in his/her body.**

***Someone needs blood every two seconds.**

***43,000 pints: amount of donated blood used each day in the U.S and Canada.**

***One donation can help save the lives of up to three people.**

In addition, LRC employees can donate blood in Sandy O'Meara's name by filling out "Count Me In" cards at the LRC Blood Drive. Sandy O'Meara, LRC Recovery Specialist, needed blood transfusions after a recent surgery and donations will help ensure her blood type (O-positive) is available.

**Any questions? Contact MaKayla Campbell
479-5005, makayla.campbell@nebraska.gov**



Pasta Salad

Ingredients:

- | | |
|--------------------------------------|---|
| 1 (16 ounce) package penne pasta | 1 cup distilled white vinegar |
| 1/2 cup white sugar | 1 (16 ounce) bottle Catalina salad dressing |
| 1 cup Italian-style salad dressing | 1 cucumber, chopped |
| 2 (2 ounce) cans sliced black olives | 1 tomato, chopped |
| 1/2 cup chopped onion | 1 cup chopped baby carrots |
| 1 green bell pepper, chopped | 1/2 teaspoon celery salt |
| salt and pepper to taste | |



Directions:

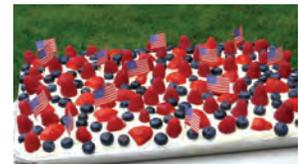
Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. In a small saucepan, bring vinegar and sugar to a boil. Boil for one minute. In large bowl, combine vinegar mixture, Catalina dressing and Italian dressing. Mix well. Add pasta, cucumber, olives, tomato, onion, carrots, and bell pepper; toss. Season with celery salt, salt and pepper.

Refrigerate until serving. Serves 10

Fourth of July Cake

Cake

- | | |
|---|----------------------------------|
| 18 Tablespoons (2-1/4 sticks) unsalted butter, room temperature | 3 cups sugar |
| 7 large eggs | 1 cup sour cream |
| 1-1/2 teaspoons vanilla extract | 3 cups all-purpose flour, sifted |
| 1/3 cups cornstarch, sifted | 1 teaspoon salt |
| 1 teaspoon baking soda | |



Frosting

- | | |
|--|------------------------------------|
| 1-1/2 pounds cream cheese (3-8 ounce packages not low-fat), room temperature | 1 pound unsalted butter (4 sticks) |
| 1 pound powdered sugar | 1-1/2 teaspoons vanilla extract |
| Blueberries, Raspberries and Strawberries | |

Heat the oven to 350° F. Butter and flour an 18 by 13 by 1 1/2-inch sheet pan. Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed, until light and fluffy. On medium speed, add the eggs, 2 at a time, then add the sour cream and vanilla. Scrape down the sides and stir until smooth. Sift together the flour, cornstarch, salt, and baking soda in a bowl. With the mixer on low speed, add the flour mixture to the butter mixture until just combined. Do not over mix! Pour into the prepared pan. Smooth the top with a spatula. Bake in the center of the oven for 20 to 30 minutes or until a toothpick comes out clean. Cool to room temperature. For the icing, combine the butter, cream cheese, sugar, and vanilla in the bowl of an electric mixer fitted with the paddle attachment, mixing just until smooth. Spread the icing on the top of the cooled sheet cake and decorate with the fruit.



DHHS LINCOLN REGIONAL CENTER

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

Lincoln Regional Center
PO Box 94949
Lincoln NE 68509-449
linda.jiskra@nebraska.gov
Phone: (402) 479-5388
Fax: (402) 479-5591



LRC Reality Check Editorial Board

Linda Jiskra—Editor—479-5388

Audrey Kelly—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month's contributions go to: Teresa Hansen, Anne Regelean, Diana Walker, Stacey Werth-Sweeney, MaKayla Campbell, Nina Anderson-Trumble, Sharon Ziers

April Trivia Pursuit Answers.....by Jane Ahl

1. Flowers are the part of the plant that holds reproductive parts of the plant in the group of plants called angiosperms.
2. The parts of the flower that are the leaf like outermost layer are altogether called sepals.
3. The colorful parts of the flower within the sepals called the corolla are petals.
4. The male part of the flower that contains the pollen producing parts is the stamens.
5. The innermost part of the flower that contains the ovaries that make the ovules to be fertilized by the pollen are the carpels.
6. The base of the flower where it is attached to the rest of the plant is the receptacle.
7. Plants whose seeds have one seed leave are monocots.
8. Plants whose seeds have more than one seed leaf are dicots.
9. A plant with a life cycle of more than two years is a perennial.
10. The rose is a flower that is related to apples, raspberries, cherries, plums, peaches, nectarines, pears, and almonds.

