



LRC REALITY CHECK

Jennifer Bennetts is the May Employee of the Month



Congratulations to Jennifer Bennetts, Occupational Therapist for Psych Services, for being selected as the May 2013 Employee of the Month. Jennifer's co-workers state that she approaches people with compassion and a positive "can do it" attitude.

She is an advocate for the patients by providing them a sense of hopefulness and encouragement to move forward in their lives. She is very diligent at developing therapeutic techniques to meet individual needs. Jennifer works very hard to establish a safe environment where patients can learn and grow which promotes recovery. She is also respectful of where the patients are in their treatment at any given moment.

Jennifer exemplifies LRC's Person Centered Care behaviors and values not only by her commitment to excellent patient care but also in the relationships she establishes with co-workers. She works with treatment team members to develop strategies for success. Her work is thorough and she is always willing to take on new challenges. She also seeks out learning opportunities to build new skills to become a better team member and caregiver. Jennifer is a positive influence to those around her. She shows respect in her interactions with both patients and co-workers. In addition, she always has a smile on her face and a positive comment for others. She is very supportive of the various groups of people she works with in the different buildings at LRC, and she shows commitment to everyone's success. Jennifer is always willing to stop what she is doing to lend a hand and take on new tasks. She displays a consistent commitment to excellence while keeping the patients' best interest in the forefront. In appreciation of her hard work, Jennifer received a gift card to Scheels! Congratulations, Jennifer!

PCC Facilitators are the Team of the Quarter



Congratulations to the PCC Facilitators for being selected as the Team of the Quarter for 1st Quarter for their continuing work in leading PCC workshops. In the first quarter of 2013, the Facilitators led several PCC Communication/Serving People with Excellence workshops for all LRC employees.

The PCC Facilitators worked together as a team to finalize the workshop curriculum and make it a great learning opportunity for all employees. The Facilitators set the tone of the workshop, focusing on employee needs to establish a relaxed learning environment.

The PCC Facilitator Team are the leaders in getting PCC information out to all employees. They go above and beyond their normal work duties to fulfill this expectation while also getting their own work accomplished. These team members have worked with each other and with the LRC consultant, Gail Scott, to develop all of the workshops. They have rearranged their schedules to accommodate the workshops and have made the workshops fun for employees to attend. PCC concepts continue to be incorporated into treatment planning and in the daily work environment, having a positive impact on people served at LRC as well as employees. Many thanks to all of the PCC Facilitators: Emily Clausen, Darrell Gressley, Dale Huddle, Phil Jefferson, Rachel Johnson, Scott Loder, Merilyn Olsen, Anne Regelean, Randy Willey, and Charles Wooldridge!

Good To Be Back

Last month, I told you that in the last week of February I had an operation to reverse my colostomy that I got last summer. That operation went well and I have been back at work for a little over two months now. I have gained back most of my weight and I have gotten my strength back. For all intents and purposes, I am almost back to normal. I still have digestive challenges that will continue for a while but these are manageable. I want to thank all of you who have welcomed me back. Your kind words of encouragement are appreciated. If I have not run into you since coming back, I hopefully will soon as I am able to get out and around more.

I said last month that I thought that my absence may have caused some interruptions in our operations at LRC as some things had been put on hold until I returned. Well, almost all of the things I thought were put on hold were not and I want to thank Stacey and the rest of you for keeping things running smoothly while I was away.

As we near the midway point of the year, I want to review our progress on our three main priorities. First, we are continuing on our journey on our Person Centered Care initiative. We are well into the WE CARE behaviors. I have seen positive results of this effort around campus particularly since I have been back at work. We need to keep that momentum going. Gail Scott returned to campus last week for another round of education and training. We will be continuing to work on the Communications effort which we started this year. We will also be initiating work on the Accountability and Education behaviors.

Next month in the Reality Check, we will be spotlighting where we are on our PCC journey after three years of intensive work. We will be showing data on how PCC has benefited the hospital, and interviewing staff on how PCC has benefited them personally at work. We will be summarizing positive initiatives taken at LRC such as an increase in the number of Kudos recognized and an increase in participation in work-community related events as a result of PCC. Having been gone for a good bit of last year, I can readily see significant change in how we operate as an organization. There are communal events like March Madness and the Cinco de Mayo festival that celebrate our relationships and camaraderie. There are hundreds of examples of how we have changed as a community. Leadership reviewed some of these achievements during Gail's visit and we are organizing them into categories so we can see just how much has been accomplished. You might

not be able to see the breadth of this change because it is a culmination of many smaller incremental changes. But, if you are gone for a while like I was, you immediately notice something different when you return.

Second, we can expect a visit from the Joint Commission for our triennium survey any time after July 1. The last time they were here was in January 2011. Stacey and others will be reading us for the survey. One area of focus from our last survey was active treatment in our patient schedules particularly on weekends and evenings. We have done a lot of work in this area in the past year. Our focus in 2013 will be to continue to work on improving active treatment. Dr. Richard Fields will be here in June to run a mock survey to assess our readiness for our survey later in the year. Based on this visit he will recommend improvements for our survey readiness. Many activities are already underway. Stacey has updated the FAQ booklet and it will be distributed soon. There is new training for the team leaders on the leadership standards. Many Environment of Care scans have been completed and work is underway to correct problem areas.

Third, our use of restraint and seclusion is still too high. We need to reduce the number of hours our patients spend in restraint or seclusion. Very few of our patients account for the majority of our restraint and seclusion. This has been true for the last several years. We have got to find a way to manage this relatively small group of patients and their aggression. We will also be working on a solution to discharge of those patients that seem to be stuck at LRC. Many of our high utilizers of restraint and seclusion are also the folks that we can't get discharged because of the restraint and seclusion. We have got to address this group of highly complex patients. If we do, we could almost be a restraint free facility.

In addition to the above initiatives, we will also be focusing on psychiatrist recruitment. In the last six months, four psychiatrists have left LRC to accept other positions. It seems that it is either feast or famine when it comes to mental health professionals. A couple years ago we had a full complement of psychiatrists and were short on psychologists. Now it is the other way around. LRC is working with a recruitment agency to recruit new psychiatrist.

In closing, it is good to be back. Last summer was not much fun for me. This summer holds much better promise. I hope all of you get out and enjoy the sunshine and warm weather.

LRC MOTTO

It is that time of year where I am sure you and your families are like mine where you have had graduation parties, weddings, and springtime celebrations to attend now that it has finally stopped snowing! Attending graduation ceremonies I always look to see what the Senior Class Motto is....here are some good ones:

Some men see things as they are and ask, Why? I dream things that never were and ask, Why not?

- Robert Kennedy

- If you can imagine it, you can achieve it; if you can dream it, you can become it.

- William A. Ward

- The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands during challenges and controversy.

- Martin Luther King

I think when I graduated in 1986 our class motto was something to the effect that we were "Looking forward to looking back." Our class motto meant more than some prophetic statement. The entire class had to work together and come up with something all of us could agree with. The choice of our class motto was our way to unite and embrace a philosophy that would emphasize the importance of sticking together and having a common ground.

Much like a class motto, our mission statement, "The Lincoln Regional Center helps people manage their mental illness through person-centered care," is like our creed. It is the premise that drives our everyday interactions with each other and the force to ensure that we provide quality care to our patients. It is the foundation of what we do and the groundwork on what the expectation and direction is for all of us to follow. Our vision statement of "Helping people rebuild their lives" would also be like our class motto, our way to unite and our slogan for team spirit. The person centered care journey at this point should start becoming a natural way of interacting with one another and an expected and formal way of how we conduct our day-to-day business, regardless of the role that we play.

In the near future, a new classification will be posted for someone to be our Person Centered Care (PCC) specialist/advocate.

That person will be our head of the class, our person to ensure that the concepts taught in the variety of workshops you have attended thus far are filtering into the work we do and the environments our patients live in. That person will have a job that will require them to live, breath, and walk PCC. I think it could be a very exciting job and one that potentially someone here in our midst could be promoted in to.

The recent Memorial Day holiday marks the true beginning of summer and the excitement of all the variety of activities we are better able to do when it's warm outside. Memorial Day is also a day of remembrance for all of the people who died in our nation's service. Those men and women are heroes in their own right and also lived by a motto and a creed. According to Wikipedia, here are the mottos for the variety of military branches in our country:

Army: "This We'll Defend"

Coast Guard: "Always Prepared"

Navy: "Not Self, but Country"

Marine Corps: "Always Faithful"

Air Force: "Aim High...Fly, Fight, Win"

Navy SEALs: "The only easy day was yesterday"

Navy Rescue Swimmers: "So Others May Live"

National Guard: "Always Ready, Always There"

Army Rangers: "Sua Sponte"

Air Force Pararescue: "That Others May Live".

So while our jobs are not military, I do believe that the roles that you play in helping people rebuild their lives is nothing short of heroic. When you fight the good fight and when you do what you think is best for the patient and our hospital, you are a hero and you are doing work that is of high moral integrity. Be proud and continue on your heroic work of helping people rebuild their lives!





Kudos—Now That's PCC

- ◆ **Kudos to John Weyer, RN Supervisor**, for helping staff become recertified in Mandt.
- ◆ **Kudos to the LRC Grounds Crew (Dave Nicklas, LeRoy Dinslage, and Mark Townsley)** for their work this spring planting new trees and making the campus look beautiful. **Kudos to the Arboretum Committee** for organizing another great Arbor Day Ceremony.
- ◆ **Kudos to Tabby Tallman, RN**, for being a go-getter and taking initiative at Whitehall.
- ◆ **Kudos to Carol Wierda** for working on the campus schedule to balance therapy and school time for the youth.
- ◆ **Kudos to Dr. Mindy Abel** for covering therapy groups when facilitators were on leave.
- ◆ **Kudos to Dr. Dewan** who is a great role model for Person Centered Care at Whitehall.
- ◆ **Kudos to Bill Gibson** for being a terrific CEO.
- ◆ **Kudos to the LRC Social Workers** for continued and increasing success in managing very complex discharge planning needs.
- ◆ **Kudos to all of the Administrative Professionals at LRC** - April 24 was Administrative Professional Day. Thank you to Jane Ahl, Kristen Augustine, Sara Banset, Leah Becker, Marilyn Bailey, Steve Carter, Sue Childress, Diane Ellis, Carol Harris, Linda Henslee, Perry Holmgren, Nancy Liebers, Meloni Lines, Melissa Lockwood, Linda Page, Becky Roberts, Karen Thaut, Dana Volk, and Stacey Wiltshire.
- ◆ **Kudos to the RNs and SSII staff in Building #3.** It's been a very active month and everyone has done such a great job keeping up and having great attitudes!
- ◆ **Kudos to LisaMaria Robertson** for switching her schedule to accommodate helping out on the 2nd shift while Building #3 is in the transition of finding a new Team Leader.
- ◆ **Kudos to Kurt Lockard and Jimmy Thimsen** for working together to clean up patient storage. Kurt and Jimmy have been putting in a lot of hours to organize this area.
- ◆ **Kudos to Pharmacists, John Sweazy and Sara Steele**, for assisting Dr. Silvey in caring for a patient with complex dental pain issues.
- ◆ **Kudos to Rob Jones, Pharmacy Technician**, for helping to solve technical issues during the conversion to the new computer system.
- ◆ **Kudos to Daniell Moore, SSII staff** in Building #3, for graduating from Doane with a Master's Degree in Mental Health Counseling. She also received the Dean's Award as the top student, as chosen by students and professors.
- ◆ **Kudos to Building #5 second shift** for doing an outstanding job in patient care and working together as a team. Thanks for all the hard work, everyone!
- ◆ **Kudos to everyone who assisted with a medical emergency in Building #5** during the week of May 20. Everyone performed professionally and did an excellent job of responding rapidly to provide exceptional care in a stressful situation.
- ◆ **Kudos to Mel Lines** for getting admission medication information to the Pharmacy.
- ◆ **Kudos to the Diversity Committee** for putting on a wonderful and yummy Cinco de Mayo feast and celebration!
- ◆ **Kudos to Jodi Kehler** for being selected as the Diversity Employee of the Year for 2013!
- ◆ **Kudos to the Wellness Committee** for sponsoring a fantastic Health Fair on May 22, and Kudos to everyone who participated.
- ◆ **Kudos to Vince Dawson** for recognizing and verbalizing an issue with patient room assignments.
- ◆ **Kudos to the LRC Maintenance Crew** for their response during a recent flooding of the phone room in the Administration building. Maintenance dried out the room and found a tree root issue that contributed to the problem.
- ◆ **Kudos to the PCC Facilitators** for their work with Gail Scott on May 21 in developing a follow-up plan for the Communication piece of the WE CARE PCC initiative.
- ◆ **Kudos to the LRC Team Leaders** for developing this quarter's Quarterly Training on Mandt and De-Escalation techniques. **Kurt Lockard** did a terrific job of presenting a demonstration of the training in the May 22 All Supervisor Meeting.
- ◆ **Kudos to all the staff involved with a recent intervention on S4.** Remarkable teamwork!
- ◆ **Kudos to Bruce Rafferty** for helping with an admission in Building 5.
- ◆ **Kudos to Kurt and Gordon and all others involved** for replacing the washing machine on 1 West in Bldg 3.
- ◆ **Kudos to Cindi Hunter** for taking Marilyn Olsen's weekend hours so she could enjoy her daughter's graduation.
- ◆ **Kudos to Wendall Roberts** for transporting staff to Company Care when needed.
- ◆ **Kudos to Kyle Malone** for ensuring employees were kept informed during phone outages in Building #14.

Cinco de Mayo Celebration Photos

On Friday, May 3, 2013, the LRC Diversity Committee sponsored and hosted its annual Cinco de Mayo Celebration. A record number of employees attended the event and enjoyed yummy food, great prizes, and wonderful camaraderie. Here are some photos of the day.



More Cinco de Mayo Celebration Photos



Diversity Employee of the Year is Jodi Kehler



The Diversity Committee is pleased to announce that Jodi Kehler is the recipient of the 2013 LRC Diversity Person of the Year Award. Jodi is presently a Social Worker in the Forensics Mental Health Services program in Building 5. She was nominated by co-workers for her great skills in cultural awareness when working with the majority of the culturally diverse and non-English speaking patients and working with outside agencies to facilitate diverse transitional activities that result in successful placement. Jodi was presented this award at the LRC Cinco de Mayo celebration!

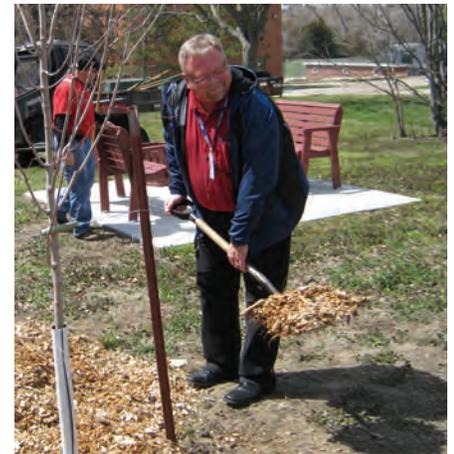
Arbor Day Celebration



On April 25, 2013, LRC held its 35th annual Arbor Day celebration sponsored by the Arboretum Committee and the Therapeutic Recreation Department. Dr. George Edgar, who writes a gardening column for the Lincoln Journal Star was our guest speaker. Dr. Edgar is also a former LRC Chaplain. The T.R. Department announced patient winners of the Art and Poetry contest and presented the new painted trash barrels for the campus. Patients across the campus and youth at Whitehall painted the barrels to depict tree and nature scenes.

Memorial trees were planted to remember the following LRC employees who have passed away: Caryn Gekas, Charlie Sams, Tu Nam, Pete Troy, Terri Schnirl, James Haase, Robert Osborne, MD, Reid DeVoe, and Jim Allison. A tree was also planted this year in memory of LRC Employee, Stan Wiegert's son, Damon, who was killed in a motorcycle accident last year with donations from Stan's co-workers. Several family members of the people being remembered with a tree planting attended the ceremony to help spread mulch around their loved ones' tree.

Many thanks to the Grounds Crew, the Arboretum Committee, and the T.R. Department for making this special event possible each year.



Wellness Committee News

Golf Tournament Held on April 26th!

It was a great morning for golf! Thanks to everyone that came out for the annual golf tournament at Pioneers Golf Course. There was a three-way tie and the winner was determined by a score card playoff! Congratulations to Zeb Moseman, Tom Carman, Don Meredith and Dick Meredith. The continued support of Wellness Committee events is very much appreciated.



The next LRC Blood Drive will be held on June 19 from 11:00 a.m. to 3:00 p.m. in the Building #3 parking lot in the mobile blood bank.

Did you know? The average adult has 10 to 12 pints of blood in his/her body.

Someone needs blood every two seconds. 43,000 pints is the 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.

We will be doing a drawing for a free t-shirt, two people will be chosen out of the list of participants. If you have questions about donating, contact MaKayla Campbell at 479-5005 or at Mikala.campbell@nebraska.gov.

The Wellness Committee wants to extend a huge THANKS to everyone that came out to the annual health fair! We thank you for your continued support and we hope that you found the fair to be educational and fun!

It was a bit breezy and cool for May, but we made the best of it and had a great turnout! This year we had 138 employees and 34 vendors attend the fair. Some of the new vendors for this year were Lincoln Family Funeral Care, Doane College, Wesleyan University, State Treasurer, Natural Grocers, Melaleuca, Good Life Fitness, Fit 4 Lincoln and A La CARTe.

We are always open to new ideas for future health fair vendors. If you did not have an opportunity to give feedback, please email any committee member your thoughts/ideas and we'll be sure to include the information.

We hope to see you all next year!

May Strut Your Stuff Winners.....by Anne Regelean

Ready go get a lil' dirty?? That is what these LRC staff members decided to do over the weekend! The LRC Wellness Committee would like to recognize Sara Gould, Nicole Zimmerman, Christy Rupe, Crystal Buhmann, Caitlin Curran, Makayla Campbell, Diana Walker, Becky Meulemans and Jodi Kehler as this month's "Strut Your Wellness Stuff" Winners! Over the Memorial Day weekend they participated in the Color Run 2013 in Omaha!!

The Color Run is a crazy, colorful 5K! It was sponsored by the City of Omaha and Habitat for Humanity of Omaha. This 3.1 mile course is meant for folks of all speeds, ages and sizes. Our group from LRC had a great time! They all like to run for exercise but they tackled this 5K to strictly have a good time. Starting out with white shirts, they ended the Run wearing a rainbow of colors. Throughout the course the runners were showered in color! Congrats to these ladies for being great examples of how you can stay fit...and have fun!!



Wellness Committee Event!!

LRC Night with the Lincoln Saltdogs

Come watch the Lincoln Saltdogs take on Kansas City Saturday, June 15th at 7:05pm
Fireworks after the game!!!

Saturday, June 15th 2013

First Pitch is at 7:05 pm



**ALL LRC EMPLOYEES
AND THEIR FAMILY
AND FRIENDS ARE
INVITED**

Questions?? Contact Nina Trumble 5006 or Antona.AndersonTrumble@nebraska.gov.

The Saltdogs Event Order form can be printed from the S:drive in the Wellness Committee folder!



FAMILYCHALLENGE

The second annual LiveWellNebraska.com Family Challenge begins Monday, June 3. This six-week challenge is a great way to learn and practice healthy-lifestyle behaviors as a family, and you could win one 10 fun weekend family getaways! It is not too late to sign up! To see how it works and to get your family on the path to a fun and healthy summer, go to:

<http://livewellfamilychallenge.com/>

Last year's family prizes included a ski trip to Laramie, Wyoming, and trips to Platte River State Park and Mahoney State Park.

The LiveWellNebraska.com Family Challenge is a program of the Nebraska Sports Council and the LiveWell Challenge Series. LiveWellNebraska.com is the presenting partner, with support from Platinum Partners, Blue Cross and Blue Shield of Nebraska, St. Elizabeth Regional Medical Center, and Nebraska Orthopaedic & Sports Medicine. Learn more at:

<http://nebraskasportscouncil.com/>

Please Welcome these New Employees.....by Nichole Newman



Carra Anderson, On Call SSII



Cheyenne Bice, On Call SSII



Craven Carvalho, SSII, Bldg 10



Debbora Day, SSII, Bldg #3



Abby Frank, SSII, Bldg



Ellen Harrach, SSII, Bldg 3



Allison Hunt, SSII, Bldg 3



Jayme John, On-Call SSII



Brenda Kahny, Therapist



Oscar Love, SSII, Bldg 5



Michael Marquis, Food Services



Marcus Miles, On-Call SSII

More New Employees



Bret Nelson, SSII, Bldg 5



James Reinsch, Maintenance Specialist



Marvin Sheldon, Boiler Room

LRC Game of Clue.....by Jane Ahl

The Conservatory Clue – There are five people in this department.

The Billiard Room Clue – You have definitely talked with at least one of them at one time.

The Kitchen

This department has male and female employees

The Library

Clue – There are no patients in this building.

The Ballroom

Clue – They work with a variety of forms.

This is our own LRC game of CLUE! Your job is to try to figure out from the clues in the “rooms” in the mansion what Department this is. Please see the questions below about each staff member in this department. Submit your answers to the questions to Jane.

1. Who in this Department has gone bungee-jumping, overseen a lawn-mowing crew in high school, and enjoys wood-working?
2. This employee grew up in a round house and has hiked a mountain in the Southern Alps in New Zealand and is immune to smallpox.
3. Who has lived in Japan, has a twin, and can instruct people in Tae Kwon Do?
4. This person is named for a soap opera character, collects garden gnomes, and sings Bennie and the Jets.
5. This employee has been to Bermuda, plays golf left-handed, and has a Pom-a-poo for a pet.

Around The Web.....by Tom Schmitz



Spring is here, the birds are singing, the tulips are blooming and the trees and bushes are flowering. So much to enjoy for those without the watery eyes and congested breathing. Yes, May is National Asthma Month! There are many excellent web sites that provide good information regarding asthma and allergy relief.

<http://www.niaid.nih.gov/topics/asthma/Pages/default.aspx>

<http://www.nlm.nih.gov/medlineplus/asthma.html>

The warmer weather also brings out the bugs and May is Lyme Disease Awareness Month too. From May through July, people get tick bites and tickborne diseases more than any other time of the year in the United States, but many may not know they are at risk. The Centers for Disease Control and Prevention reminds Americans to learn about this common tick-borne disease and take steps to protect themselves if they live in or visit areas with Lyme disease activity such as gardens, parks, and lakes.

http://www.cdc.gov/media/matte/2012/05_ticks.pdf



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

1. *I Want to Change My Life* by Stephen Melemis
2. *How to Disagree Without Being Disagreeable* by Suzette Haden Elgin
3. *Silent No More* by Aaron Fisher
4. *Just a Matter of Thyme* by Roxie Kelley and Friends
5. *1001 Natural Remedies* by Laurel Vukovic
6. *2 Week Total Body Turnaround* by C. Freytag
7. *The Healthy Back* by Kim Davies
8. *The Art of Strategy* by Carl Ewald
9. *Crazy Brave* by Joy Harjo
10. *A Thousand Splendid Suns* by Khaled Hosseini

The Resource Center is open Monday through Friday, 9:00 to Noon, and 1:00 to 5:30 p.m.



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

The Policy Committee continues its long and tedious journey through the LRC Policy Manual! Here is the list of policies revised in April and May:

- ◆ PC-02 (LRC) Seclusion and Restraint
- ◆ PC-12 (LRC) Exposure Reports
- ◆ PC-27 (LRC) Off Campus Discharge Related Activities
- ◆ PC-30a (LRC) Supervision of Patients Inside the Building
- ◆ PC-23 (LRC) Off Grounds Medical/Dental Vision Care
- ◆ EC-Emergency-04 (LRC) Bomb Threat Response/Code Yellow
- ◆ EC-Safety-01 (LRC) Incident Accident Reports
- ◆ EC-Security-07 (LRC) Room & Building Search
- ◆ HR-39 (LRC) Attendance Policy
- ◆ HR-06 (LRC) Performance Evaluations
- ◆ MS-01 (LRC) Physician Peer Review
- ◆ LD-06 (LRC) Tarasoff/Duty to Warn
- ◆ LD-07 (LRC) Victim Notification
- ◆ MM-10 (LRC) Adverse Drug Reactions
- ◆ MM-03 (LRC) Physician Medication Orders
- ◆ MM-05 (LRC) Pharmacist Review of Prescriptions and Medication Orders

These policies will be sent to you for review on the LINK EDC system. Watch for your notification email, and don't forget to "sign" the acknowledgement statement verifying you have reviewed them!

May Diversity Quotes

In observance of Asian Pacific Heritage Month, we offer a few regional, cultural quotes:

- ◆ *A bird does not sing because it has an answer. It sings because it has a song.*
- ◆ *A bit of fragrance clings to the hand that gives flowers.*—Chinese Proverb
- ◆ *Nana ka maka; ho'olohe ka pepeiao; pa a ka waha (Observe with the eyes; listen with the ears; shut the mouth. Thus you can learn).* -Hawaiian quote



May Artist of the Arboretum



Amber Roland is our Artist of the Arboretum for May. Amber provided a presentation on her artwork on Tuesday, April 30. Amber is a lifelong Nebraska resident who grew up in Wilber, NE. In 2003, she received an art degree from Doane College in Crete, NE. She has had her work displayed in numerous venues and shows in the area, and has received many awards and much recognition. She experiments with various forms of media and techniques including printmaking, pastels, acrylics, and “whatever she can get her hands on.” She finds inspiration in the details of nature and also in found objects, such as random items lying around the house, hidden in attics or tossed in the garbage. She states that the search for that spark of creativity is just as fulfilling as the work itself, and she loves to search for new subject matter. Amber says that her personal creative process is typically guided by the mistakes she makes which leads to an interesting piece of work. She usually has a vague idea of what she wants to paint, but in the end, the painting itself guides her to the final stroke.

Many thanks to Amber for sharing your art with us through the month of May! And Many Thanks to Carol Coussons de Reyes from the DHHS Office of Consumer Affairs for coordinating the featured artist displays and presentations.

Please stop by the Administration lobby to view these paintings:

Creeper (shown in photo)

Thoughts Branched Out

Slightly Dirty

Tulips in Chaos

Lady in Chaos

Jodi's Canvas

LRC Recipe Box.....by Teresa Hansen

Whiskey Glazed Flat Iron Steaks and Grilled Potatoes

Ingredients:

1/2 cup whiskey	1 Tbsp brown sugar	Kosher salt & fresh ground pepper
4 cloves garlic, smashed	1/4 cup olive oil	1 tsp white wine vinegar
1 1/2 lb Yukon gold potatoes	2 Tbsp chopped fresh chives	



Four 8-oz flat iron steaks or filet mignon steaks

DIRECTIONS: Preheat a grill on medium-high heat. Whisk together the whiskey, brown sugar, 1 1/2 tsp salt and 1 tsp pepper until the sugar and salt are dissolved. Stir in two Tbsp. of the oil and the garlic. Add the steaks, turn a few times to coat with the marinade and let stand at room temperature for 20 minutes.

Meanwhile, quarter each potato lengthwise to form wedges and put in a medium pot. Cover with cold water to cover by one-inch and add salt until the water tastes like sea water. Bring to a boil over medium-high heat, reduce the heat to medium and simmer until tender (but not falling apart) about 15 minutes. Drain well. Toss with 1 Tbsp olive oil.

Remove the steaks from the marinade and pat dry with paper towels. Pour the marinade into a small pot and bring to a boil. Boil for 2 to 3 minutes until slightly reduced, making sure the sugar does not burn, to make a glaze and sauce for the steak.

Grill the steaks until an internal temperature on an instant-read thermometer reads about 130 degrees F, 3 to 4 minutes per side, brushing with the boiled marinade several times in the last few minutes of grilling time (if you are cooking the filet mignon steaks, you will need to increase this time to 8 to 10 minutes per side to account for the thicker cut). Transfer to a large plate to rest for 5 to 10 minutes. While the steaks grill, add the potatoes to the grill and grill until well-marked and crispy, turning to grill all sides, about 5 minutes total. Transfer the potato wedges to a bowl. Toss the grilled potatoes with the remaining 1 Tbsp oil, chives, vinegar, and salt and pepper to taste. Remove the garlic cloves from the remaining glaze and serve drizzled over the steaks with the potatoes on the side.

4th of July Firecracker Jell-O

Ingredients:

1 1/3 cups boiling water, divided	1 pkg (3 oz) Jell-O berry blue gelatin
1 pkg (3 oz) Jell-O cherry gelatin	1 envelope Knox unflavored gelatine
1 cup milk, divided	3 Tbsp sugar
1/2 tsp vanilla	20 maraschino cherries with stems, well drained, patted dry



Directions: Add 2/3 cup boiling water to berry gelatin mix in small bowl; stir 2 minutes until completely dissolved. Repeat with cherry gelatin mix. Cool. Meanwhile, sprinkle unflavored gelatin over 1/4 cup milk in medium bowl; let stand 5 min. Bring remaining milk to a boil in saucepan. Remove from heat; stir in sugar and vanilla. Add to plain gelatin mixture; stir until gelatin is completely dissolved. Cool 10 min. Spoon berry gelatin into 20 (1 oz) plastic shot glasses sprayed lightly with cooking spray, adding about 2 tsp to each. Refrigerate 15 min or until set but not firm. Top with unflavored gelatin mixture, adding about 2 tsp to each cup. Refrigerate 10 min. Insert cherry, stem end up, into white gelatin layer in each cup. Refrigerate 2 min. Cover with cherry gelatin, adding about 2 tsp to each cup. Refrigerate 2 hours or until firm. Remove from cups before serving.

Broccoli Salad

Ingredients:

4 cups broccoli florets	1 1/2 cups seedless green grapes, halved
1 cup chopped celery	1 cup raisins
1/3 cup light mayonnaise	1/4 cup salted sunflower seed kernels
1/4 cup plain fat-free yogurt	3 Tbsp sugar
1 Tbsp white vinegar	



Directions: Combine broccoli, grapes, celery, raisins, and sunflower seeds in a large bowl. Combine the mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture, and toss well. Chill for one hour.

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



It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month's contributions go to: Amber Roland, the Diversity Committee, the Wellness Committee, Anne Regelean, and Teresa Hansen.



April Answers to the LRC Clue Game.....by Jane Ahl

1. The featured department in the April Clue Game was the **HSTS staff!**
2. **Julie Valencia** is the HSTS staff who is the purse connoisseur.
3. **Nina Trumble** is the HSTS with the Master's degree in Forensic Science and who loves to vacation in Vegas.
4. **Lindsey Gonzales** used to be a roller skating waitress.
5. **Mike Roberts** has a 3rd degree black belt in Tae Kwon Do.
6. **Nancy Goff** once travelled to Machu Picchu Peru to attempt to make contact with extraterrestrials.
7. **MaKayla Campbell's** mom and dad worked as a LPN and PTII staff at LRC in the 1990s.
8. **Crystal Buhrmann** has travelled to three continents and she collects lip stuff.