



LRC REALITY CHECK

Marilyn Bailey is the October 2014 PCC Employee of the Month



Congratulations to Marilyn Bailey for being selected as the October 2014 PCC Employee of the Month. Marilyn has been employed at LRC since September 1995. She is currently the Administrative Assistant for the SO program in Building #14. Staff and patients rely on Marilyn's knowledge and expertise for the overall smooth operation of the program. She is a valued asset to the SO program as well as to the HIM Department. Building #14 has had a Secretary II vacancy since early August, and during this timeframe, Marilyn has been providing clerical support for the entire program. She willingly takes on extra duties without complaint. She plans, prioritizes, manages her time, and completes her work in an efficient manner. She goes above and beyond to make sure work is done accurately and completely.

Marilyn recently took the initiative to reorganize patient files in the Building #14 HIM Office which was very much appreciated. Marilyn is courteous in her communications and respectful to staff and patients. She takes pride in her work and in her job responsibilities. She is supportive of her co-workers and assists wherever needed. Marilyn is a team player. She is a great role model who displays PCC behaviors. She is helpful and respectful, and shows a positive and easygoing attitude. Marilyn is dependable, friendly, and dedicated to ensuring tasks are completed efficiently and correctly.

Carol Ryan is the November 2014 PCC Employee of the Month



Congratulations to Carol Ryan, Office Clerk III, for being selected as the November PCC Employee of the Month. Carol has been employed at LRC since July 2013. Her main job function is to scan medical record documents into the Avatar electronic medical record system and import POS scanning into Avatar. She also provides reception coverage when needed in Buildings #3, 10 and in Administration. Carol is very conscientious in making sure documents are scanned consistently and accurately. She seeks out the appropriate staff when she finds errors that need to be corrected.

Carol can be counted on to assist in all of the HIM areas. She recently has been helping with discharge scanning in Administration in addition to scanning in Buildings #3, 5, 10 and 14. She assists Building #5 HIM staff with sorting of monthly filing. With the large amount of scanning on the LRC campus that needs completion, Carol works diligently and is responsible, reliable, and hard-working.

Carol focuses on her work and can be counted on to accomplish tasks. She has a friendly and helpful demeanor. She rarely misses work and is a team player when asked to do additional duties. She consistently shows PCC concepts as she is helpful and respectful to others, and displays a positive and easygoing attitude. Co-workers have noted that Carol is very pleasant and friendly and quietly gets the work done.

Round and Round

*Round and round and round we spin,
To weave a wall to hem us in,
It won't be long, it won't be long
How slow and slow and slow it goes,
To mend the tear that always shows.
It won't be long, it won't be long.*

*How the hours will bend
through the time that you spend
till you turn to your eyes,
And you see your best friend
looking over the end
and you turn to see why,
And he looks in your eyes and he cries.*

These lyrics are from a song entitled Round and Round (It Won't Be Long) written by Neil Young in 1969 and released on his hit album Everybody Knows This Is Nowhere. Although they don't really talk about the subject of change, every time I hear this song I think of change because the concept is that things go round and round and come back again.

With the elections behind us and the Governor-elect already diving into his new responsibility, change is in the air. Governor-elect Ricketts has announced that he will conduct a nationwide search for new agency leaders for the Departments of Corrections and Health and Humans Services. Kerry Winterer has already tendered his resignation. Agency Directors have been asked resign their positions and been offered the opportunity to reapply for their position within the new administration. Scot Adams has already notified those of us in the Division of Behavioral Health that he has resigned his position no later than January 7, 2015 and has also submitted an application for that same position. Some of you may think that this is a convoluted process that is unnecessary, but as Scot pointed out, every Governor will assemble his own team. We see this almost in every area of government and in business. When there is a change in federal government, there is a change in the leadership of almost every agency in Washington. These leaders are appointed and serve at the pleasure of a specific person who appointed them. When a university hires a new head football coach, there is more than likely a change in the coaching staff. The leadership of LRC looks significantly different from when I came to LRC almost ten years ago.

In July, the title of my article for Reality Check was "Why Are You Here?" I related how I attend New Employee Orientation on day three or four of the first week and visit with the new employees for about an hour and a half. I ask the new employees, when you went to the website to apply for a position at

LRC, "what were you thinking?" Before they answer, I explained how I was working in Kearney at Good Samaritan and there was a change in the CEO. The CEO I had worked with for nine years was leaving to go to another hospital. The new CEO that took over made it very clear that he was going to have his own management team and within 18 months he did just that. I explain that I didn't wait around and I talked to the Director of Health and Human Services about a CEO position at the Hastings Regional Center. I tell them I decided I would work at HRC for a couple of years until my daughters were out of high school. That was 13 years ago and I am still here. I never dreamed I would have worked for the State this long. Come the start of next year, I will have worked for three different Governors, five CEOs of DHHS, and five Division Directors. So change is something that I have become used to although my relationship with Scot Adams has been a long and rewarding one and I hope it continues. I have known scores of people in the Legislature and next year we'll have to get to know 17 new Senators.

In my September article, I was talking about taking things for granted and related my battle with health issues during 2012 and 2013 which continue today. I told you that since coming back to work in April 2013, I have been struggling to put weight back on because I have lost almost 20 percent of my intestines. Last March, the doctors finally found a combination of medicines that have been working pretty well for nearly six months but even after 2 ½ years, I know I will never be the same as I was before the first surgery. The moral of my story was, don't take anything for granted and because of this ordeal, I have an intense appreciation for the impact of change.

And speaking of change we are about to embark on yet another round of facility improvements. If you have been to the east side of Building 10, you know that the kitchen relocation project is well underway. The new fences for Buildings 5 and 3 have been delivered and installation will begin shortly. New air conditioning units have been delivered for Building 5 and are being installed. The new exhaust hood for the canteen in Building 5 has been installed and is being hooked up. The contractors for the Building 5 interior renovation upgrade have been selected and a construction schedule is being developed. The new flooring has been installed in Building 10 and the second floor is being painted. The elevator project in Building 14 will begin in January. So, things are pretty busy around campus which means we need to be extra careful of safety issues as we move into the new year.

(continued on next page)

CEO Corner.....by Bill Gibson

Finally, last year we were pleasantly surprised to learn that we were recognized by the Joint Commission as a Top Performing hospital among the hospitals accredited by the Joint Commission for 2012. Last week, we were notified that we again were recognized as a Top Performing hospital for 2013. For 2013, there were 1,224 Top Performing hospitals out of 3,317 hospitals accredited by the Joint Commission or 36.9%. To accomplish this distinction two years in a row puts us in an even more selective category; only 712 of the 3,317 hospitals or 21.5% achieved this recognition two years in a row. We have come a long way in the last nine years and we have made many, many incremental changes to get to this point. I want to congratulate all of you for making the changes necessary to achieve this recognition.

And yes, I can't resist stating one more time that I can't believe it is almost the end of the year as the holidays rapidly approach and it is almost time for our annual Christmas party in the lobby of Administration on December 17th. What a quick year it has been. And to cap it off, the weather turned with highs that went from 65 to 25 overnight. Now, that is change. And the

world goes round and round as we spin. Enjoy your holidays and be safe whether you are staying home or travelling to see friends and relatives.



Each month, the newsletter will be featuring fun photos of our therapy dog, Envy, enjoying our campus. Feel free to submit these!! This one is called, "The Staredown," and is submitted by Rachel Johnson. -- Linda Henslee

Recognizing LRC’s Stars

This month has been active with recognition and service awards and it was great to see so many people from LRC recognized for excellence in service, years of service, and recognized as the DHHS Supervisor and Employee of the Year.

The first part of October, the Woods Award recognized Jimmy Thimsen, Mike Quinby, Gary McNeil, Christy Beull, and Willie Parks. These 5 people had qualities that were noticed and recognized and that someone took the time to put it on a ballot. That’s something to be proud of. The Woods Award started in 1952 and has been recognizing employees for excellence in service at LRC ever since. If you are in the lobby of the Administration Building you will see all of the rosters of winners on the west wall. It’s very impressive! These 5 winners were all in attendance this year which was fantastic! You deserved a night to be celebrated and honored! Each of their supervisors gave great speeches on how honored they were to be there to congratulate and honor them for this award. Great job!

Jennifer Jennings and Joan DeVries were honored as the DHHS Supervisor and Employee of the Year. Both of these women were described as role models with great attitudes who are dependable and friendly, all characteristics that I have directly experienced with both of them. Jennifer has a great calm manner that helps her to sit back and see the bigger picture, which as a supervisor is a must. Jennifer has done a fantastic job leading the Social Work Department who do outstanding work and are intractably involved with patient discharges. Joan is someone that I have always admired throughout my years at LRC. In my opinion, she is a dedicated, genuine person who has worked very hard at whatever role she has been in. Her current role is massive and she does it with a smile on her face while making sure all of our i’s are dotted and t’s are crossed. I think she’s an amazing employee and I consider her one of my very own mentors throughout the years.

The Employee Years of Service saw several LRC employees hitting the 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50 years. That’s amazing! Being a civil servant is a commendable career path. You are reporting every day to some type of governmental agency that is responsible to help, assist, and serve our State. At our hospital, all of us participate in the enhancement of people’s lives and futures and that’s nothing to sneeze at. We have

incredibly important roles and jobs that mean a great deal to the wellbeing of people who need our help and assistance. That’s something to be very proud of. As one of the 25-year people honored this year, I would like to think that there is a real difference between the terms, “How long have you been there” and “How long have you worked there.” Let’s all strive to be employees who haven’t just “been here” but who have worked and have vested interest in how our hospital is perceived, how we function, and how we can make people’s lives better just by being the best employee we can be.

Having a “career” requires employees to tolerate different views, and opinions on ways to get the jobs done. It’s understanding that all of us should be working towards a main goal and mission of helping people rebuild their lives. All of our jobs have different ways of accomplishing that goal. Those employees that thrive and want longevity need to consider their personal attitude when it comes to learning, being open to exploring new talent, educational offerings, etc... There are so many people here at LRC that have developed a career path by pursuing their education, taking RN classes, APRN classes, certifications as Electricians, Nutritional classes, Social Worker and Therapy classes. It’s great to see so many people advancing their education and continuing on here at LRC. In addition we have several new Team Leaders right now, those of which have demonstrated a willingness to learn, explore new ideas, and demonstrate the willingness to take on more responsibility to help further our success here at LRC.

Most of you have already participated in the latest PCC Workshop over Education and promotion of lifelong learning. I hope that you found ways in the workshop that you can share your expertise, take advantage of learning opportunities, and that you also thought of people here that are mentors to you. If you were unable, perhaps start with the people recognized in this article and in the newsletter as they are people who did something that caused someone to stand up and take notice. Not only that, but consider if you would be on someone’s list as their mentor. Helping yourself be the best you can be helps all of us and most importantly it helps our patients. Here’s to the stars outlined here and for the ones to come!

“If you wish to achieve worthwhile things in your personal and career life, you must become a worthwhile person in your own self-development.” - Brian Tracy

Woods Award Stars.....by Linda Henslee

On October 7, 2014, the Woods Award Committee held its annual award ceremony. LRC congratulates all of this year's outstanding Woods Award recipients: Christy Beull, SSII (Building #5), Gary McNeil, SSII, (Building #5), Willie Parks, YSII (Whitehall), Michael Quinby, SSII (Building #10), and Jimmy Thimsen, Team Leader (Building #3). The prestigious Woods Award is provided by the Woods Foundation to honor SSII and Team Leader staff who show outstanding service to LRC patients, have skill, initiative and imagination in the performance of their duties, and display kindness and devotion to the patients in their care, as well as exhibit good work habits and maintain high attendance.



Jimmy Thimsen, Team Leader, with ADON Jeanann Jelinek



Michael Quinby, SSII, with Team Leader Haron Kohestani



Christy Beull, SSII, with Team Leader, Kyle Diefenderfer



Willie Parks, YSII, with Supervisor Lori Rasmussen



Gary McNeil, SSII, with Team Leader Matt Ahlstedt



“When we serve, we see the unborn wholeness in others; we collaborate with it and strengthen it. Others may then be able to see their wholeness for themselves for the first time.” - Abraham Maslow

Quote provided by Char Hurbert. Many thanks to Char Hurbert and Heidi Fahrnbruch for all of their work preparing for the Woods Award ceremony.

Coaching Winners.....by Tary Paris

What are the characteristics of a good coach? When I facilitate discussions about how we as staff can help one another succeed, the responses I typically get sound like, “A great coach is...”

- A helper
- A champion
- A team leader
- Enthusiastic
- Goal oriented
- Supportive, and most of all...

Someone who challenges me to do better than even I thought possible.

Let’s think about that for a minute. My brain defaults to sports when I first think of coaching. I grew up playing organized sports so I see some common language here. (I am six feet tall, so maybe it was more of a draft.) A coach plays the game along with us, from the sidelines, without putting on the uniform. That parallels our interpersonal relationships and how we experience coaching at work, both from our supervisors and our peers.

Sports coaches experience these same challenges because they don’t touch the ball. That’s our job as the players. They are seen as the decision makers, yet don’t have direct control. They can see the big picture and have strategies to accomplish goals, while it’s up to us to perform. Their challenge is to motivate others to perform a combination of skills for a win.

I ran track and played basketball. I enjoy both individual and team sports, and for different reasons. When I ran track, all the responsibility and motivation had to come from within me. That is how I am wired. If something needs to get done, I just do it. That’s not always a good thing, because it can make me want to take over projects, people, and teams. I think I am being assertive and “just” getting the work done, but where does that leave others? Others don’t want to be “fixed” or “have us do it for them”, they want to be “coached” – helped along the way to do it right.

Now when I played basketball, it was altogether another story. We practiced as a group and we played as a group. That gave us the opportunities to learn how each other acted and reacted to situations. We were individuals, each with a different skill set. The magic came from how we differently practiced each of those skills and formed a team that could act and react as one. We learned plays and strategies which relied on our communication and relationships. We learned how to follow directions from our coach. Our coach “played” basketball right along with us, as his duty was to remain behind the line painted on the floor, motivate, and signal us as needed. He could only watch us succeed or fail, but was entirely responsible for our results.

That sounds a lot like the successful supervisors and employees of DHHS. The supervisors have the responsibility of each of us, yet they can’t play the game for us. Successful supervisors have the skillset to do things for us, but they can’t. Their role is to bring out the best in each of us, while not doing our jobs for us. Successful employees know their duties for task completion, and also impart confidence up-chain that they are capable, best decisions and work products will be generated. Trust is reflected that decisions made in the moment within the given circumstances will be sound.

After surveying this esteemed group, those YOU nominated as DHHS Supervisors and Employees of the Year, I detected a few themes I want to share with you.

Winners:

- are aware of what motivates them; they feel a reward in doing a good job.
- appreciate and feel honored to serve their customers, veterans, and populations.
- are in humble service and know that in their work, they will be taught something new every day.
- have a sense of humor, and know the power of positivity.
- see themselves as human and fallible while strong and resilient.
- see opportunities where others may see obstacles.
- feel supported by their bosses, coworkers and teams.
- truly feel their staff provides excellent care to those they serve.
- are committed to their personal learning and growth and are open to new information.
- see how accountability fits into the big picture of the whole organization.

Congratulations to our DHHS Employees and Supervisors of the Year! May your examples be known and modeled throughout our organization!



DHHS/LRC EMPLOYEE OF THE YEAR



Congratulations to Joan DeVries, Safety Specialist at LRC for receiving the DHHS/LRC Employee of the Year award. Joan has done a great job of building a positive reputation for LRC with community agencies, and has demonstrated how LRC can help our community in the event of a crisis. Joan reviews the LRC environment to find opportunities for improvement and protect the hospital from deficiencies. She shows a constant commitment to excellence and embraces opportunities for improvement which has assisted LRC in receiving a Top Performer award from the Joint Commission and in being successful with our 2014 accreditation survey. Joan emulates a high personal standard of integrity and her work demonstrates how she holds herself accountable to this standard. Joan is a compassionate person dedicated to LRC.



DHHS/LRC SUPERVISOR OF THE YEAR



Congratulations to Jenny Jennings, Certified Master Social Worker Supervisor at LRC, for being selected as the DHHS/LRC Supervisor of the Year. Jenny approaches people with a desire to encourage learning and growth and she promotes cooperative team relationships. She invests time in others by inspiring and motivating them while giving them a sense of hope to accomplish personal successes. She is dependable and friendly and demonstrates a constant commitment to excellence. Jenny recognizes the unique skills of others to develop strategies to be successful. She takes on new tasks to challenge herself and become a knowledgeable resource for others. Jenny is a great role model for other supervisors to emulate. She treats people with dignity and respect while fostering a Person Centered Care environment, keeping everyone's interest in

focus.



Kudos—Now That's PCC!

- ◇ **Kudos to Diana Walker** for receiving the Outstanding T.R. Professional award! It is awesome to have someone of Diana's caliber working with us! - *Cindy Dykeman*
- ◇ **Kudos to Bevin Flynn** for the meticulous painting of the Building #14 entry railings, door and window frames! I've heard that a little paint goes a long way to improving things, but this was significant! —*Tammy Foley*
- ◇ **Kudos to Kim Ramsey, IS&T** for all of your hard work. You are eager to help and cordial with the way you handle and approach computer issues. -*Cait Bartman*
- ◇ **Kudos to Abby Hawthorne** for always changing out the go-carts and making sure they are ready to go. -*Merilyn Olsen*
- ◇ **Kudos to Bevin Flynn in Maintenance** for filming the PCC Video from the rooftop of Building #9 on the day of the Annual Mental Health Walk at LRC.—*Merilyn Olsen*
- ◇ **Kudos to the Maintenance Department** for helping to set up for the Woods Award Ceremony.—*Merilyn Olsen*
- ◇ **Kudos to the LRC Team that employed Envy**, our new therapy dog, and for all the team of Envy's handlers.—*Merilyn Olsen*.
- ◇ **Kudos to Abby Hawthorne** for truly being a team player. -*Merilyn Olsen*.
- ◇ **Kudos to Scott Collier** for communicating with the team on a busy day on S5. - *The Building #5 team*
- ◇ **Kudos to Mike Roberts, Makayla Campbell, LisaMaria Robertson, Lindsey Gonzales** for getting Special Treatment Plan Reviews done in a timely fashion. - *The Compliance Specialist Team*.
- ◇ **Kudos to all the staff responding to an SPE on 10/12/14** in Building #5 during which an employee was injured. Great teamwork. -*Merilyn Olsen*
- ◇ **Kudos to David Paz** for setting up the Compliance Specialists' laptop. You are the greatest. - *Merilyn Olsen*
- ◇ **Kudos to Crystal Buhrmann** for all of your helpful reminders.—*Merilyn Olsen*
- ◇ **Kudos to Chad Hohenstein** for helping me on a bad day. -*Merilyn Olsen*.
- ◇ **Kudos to Rachel Johnson** for the uplifting service she provided on September 29 for the family of Solomon Stahly placing a headstone in the LRC cemetery.
- ◇ **Kudos to LRC Employees participating in the Bryan Health Run to Overcome on 9/28/14:** Stacey Werth-Sweeney, Debbie Roberts, Becky Roberts, Becky Meulemans, Diana Walker, Lori Rasmussen, Scott Fosler, Sandy Findley, Stacey Wiltshire, Linda Henslee and DHHS employee Darrell Gressley. Team Izak walked in honor of Izak Gressley.
- ◇ **Kudos to LRC Employees participating in the Making Strides Against Breast Cancer Walk on 10/26/14:** Becky Roberts, Diana Walker, Becky Meulemans, Linda Henslee, Lisa Holz, Lori Rasmussen, Trisha Lamblin, and Diane Ellis, as well as friends and family members of these employees! This Team walked in honor of Andrea Ellis. Go Team Andrea!
- ◇ **Kudos to Bruce Raffety and Dan Wade** for helping Todd Falter unlock his car.—*Todd Falter*
- ◇ **Kudos to all who helped support the Dietary Bake/Craft Sale in October.**
- ◇ **Kudos to the Dietary staff** for another successful Bake/Craft Sale.
- ◇ **Kudos to the Maintenance staff** for always doing their work on the patient units without interfering with patient care.
- ◇ **Kudos to Abby Hawthorne and Scott Fosler.** They smelled natural gas and reported it to Maintenance. The gas leaked turned out not to be at LRC but thank you, Abby and Scott, for thinking of everyone's safety and reporting the potential concern.
- ◇ **Kudos to Mel Lines** for always being there to help me with my wheelchair when I come to the LRC campus for meetings and trainings.—*Sue Childress*
- ◇ **Kudos to Brad King, JoAnna Johnson, Tara Beaman, Tamara Welch, Brandon Frye, Dusty Trosper, Pat Byrd, Chris Leonard, Kris Augustine, Jim Tucker and Patty Stoki (Whitehall's Education Team)** for working hard on the Para Pro book and projects with the youth! - *Lori Rasmussen*
- ◇ **Kudos to Lori Rasmussen** for her hard work and dedication serving as the T.R. Internship Committee Chairperson. You have been doing a great job at this and your hard work is not unnoticed. -*Brittany Thue*
- ◇ **Kudos to my co-worker, Nichole Newland**, who covered Family Medical Leave, Worker's Compensation, and Employee Medical issues during my medical absence. She did great job and "didn't even break a sweat." -*Sharon Ziers*
- ◇ **Kudos to Erin-Ann Scott** for temporarily filling in for the HSTS position at Whitehall.—*Lori Rasmussen*
- ◇ **Kudos to Emily Claussen and Tammy Foley** for offering MyAvatar training on the Whitehall Campus.—*Lori Rasmussen*

Kudos—Now That's PCC!

- ◇ **Kudos to Brittany Thue** for networking for a potential T.R. intern from Georgia.—*Lori Rasmussen*
- ◇ **Kudos to Sue Childress** for working with the Child Care Licensure survey at Whitehall to make sure she had what she needed.—*Lori Rasmussen*
- ◇ **Kudos to Liz Stebbins** for showing the Child Care Licensure surveyor around the Whitehall campus and answering her questions very professionally. - *Lori Rasmussen*
- ◇ **Kudos to Tara Beaman** for her bubbly personality each day! - *Lori Rasmussen*
- ◇ **Kudos to John Andreini, Diana Walker, Becky Meulemans, Brittany Thue, Katelynn Glasgow, Shelby Jurries, and Cait Bartman** for all of their hard work and efforts for the T.R. Internship Committee.—*Lori Rasmussen*
- ◇ **Kudos to Leah Becker** from all of LRC for working so hard on the new MyAvatar upgrade. Your hard work and dedication on helping everything run smoothly is greatly appreciated. You were a rock star!—*Mel Lines and Tami Ernst*
- ◇ **Kudos to Kyle Malone, Janae Hood and Matt Ahlstedt for helping out the SOS Program while I was on vacation. Great Team Work! - Marilyn Bailey**
- ◇ **Kudos to Rachel Johnson** for providing a beautiful All Saints' Day ceremony on Thursday, October 30 in the LRC cemetery.
- ◇ **Kudos to Deb Day and her Canteen helpers** for making the food taste just like Mom's! - *Jeff Van Lent*
- ◇ **Kudos to Deb in the Canteen** for making awesome home-cooked healthy-sized meals.—*James Reinsch*
- ◇ **Kudos to Stacey Wiltshire and Sarah Banset** for being so nice and patient while I learn all the processes to my new position in HIM.—*Tiffany Fitzpatrick-Gutierrez*
- ◇ **Kudos to Building #5 staff** for being team players with the Dietary staff and helping with the tables between the units. This is really appreciated.- *Sherry Nielsen*
- ◇ **Kudos to John Sweazy in Pharmacy** for running all the paper MARs while Avatar was down.—*Cheryl McMurry*
- ◇ **Kudos to the nurses** for using the old system of medication administration and for helping to problem-shoot new updates in MyAvatar. —*Cheryl McMurry*
- ◇ **Kudos to Building #10 staff** for maintaining safety and patient care while the new floor was being installed.—*Cheryl McMurry*
- ◇ **Kudos to Char Hurbert and Heidi Fahrnbruch** for helping with the Woods Award ceremony and doing all the behind-the-scene activity that has to be done to prepare for this annual event.—*Cheryl McMurry*
- ◇ **Kudos to the patients and staff of Building #10—a GREAT TEAM! - Lori Anderson, MD**
- ◇ **Kudos and thank you to Jenny Jennings, Jessica Codr, and Jennifer Moran** for covering for me when I was off for a few weeks. —*Kari Christner*
- ◇ **Kudos to Scott Collier, Team Leader,** for making S5 a safer place to work each day, and for his leadership on the weekends.
- ◇ **Kudos to all of the SSIs for the work you do every day,** for your patience, kindness, teamwork, and compassion.—*From the Nurses*
- ◇ **Kudos to Terri Harmon for keeping the maintenance of-office area neat and clean and smelling fresh! - Julie Hendricksen**
- ◇ **Kudos to Andy Miller** for fixing the drip, drip, drip over our heads. Thank you for fixing the gutter.—*Julie Hendricksen*
- ◇ **Kudos to Gordon Tebo** for helping an employee during NEO with a flat tire at lunch! - *Julie Hendricksen*
- ◇ **Kudos to everyone who participated in the Chili Cook Off!** All of the chili dishes were delish! YOU were all winners for participating. I'm in next year! - *Julie Hendricksen*
- ◇ **Kudos to Cindi Hunter, Merilyn Olsen, and Abby Hawthorne** for helping us out temporarily in the Pharmacy when we are short-staffed. **Your help is greatly appreciated and demonstrates real teamwork!** - *John Sweazy*
- ◇ **Kudos to Kurt Lockard** for going above and beyond with the new Visitation Policy. He made sure visitor forms were completed to allow a patient to have a short notice visit from out-of-state friends.
- ◇ **Kudos to Tary Paris** for getting everything together for the PCC workshops and making things comfortable for the trainers.—*Merilyn Olsen*
- ◇ **Kudos to Tiffany Prester, RN and Carolyn Nash, SSII** for their Heimlich maneuvers and quick responses for two patients in need.
- ◇ **Kudos for all the hard work LRC nurses have done getting staff and patients their influenza vaccinations, and special Kudos to Vicky Buchholz for spearheading this task.** The current staff immunization rate is 85%, the highest it has ever been! - *Todd Falter*

Kudos—Now That's PCC!

- ◇ **Kudos to Gordon Tebo and all the Maintenance crew** for all their time, energy and cooperation in the setup and takedown of the materials needed for the successful Mental Health Awareness Walk.—*Tom Schmitz*
- ◇ **Kudos and a Big Shoutout to the Diversity and Wellness Committees** for all their hard work to make the annual LRC Walk for Mental Health Awareness a wonderful campus event for staff and patients.—*Tom Schmitz*
- ◇ **Kudos to Phil Jefferson** for his exceptional leadership and coordination of staff and materials for the Walk.—*Tom Schmitz*
- ◇ **Kudos to Wendall Roberts** for his hard work assimilating to a new position at Whitehall. You play a very important role at Whitehall and we are delighted to have you on our team.—*Michelle Haikalis*
- ◇ **Kudos to the LRC PCC Facilitators** for another great workshop series in progress, “PCC Education/Excellence.” - *Debbie Roberts*
- ◇ **Kudos to Dave Nicklas and the grounds crew** for pruning trees and making the campus beautiful.—*Merilyn Olsen*
- ◇ **Kudos to Erin-Ann Scott at Whitehall** for always bringing a positive attitude to work and consistently supporting her colleagues.—*Michelle Haikalis*.
- ◇ **Kudos to Envy** for brightening the spirits of our patients and employees. - *Merilyn Olsen*
- ◇ **Kudos to Matt Ahlstedt, Team Leader** in Building #14, for doing double Team Leader duty after the other Team Leader moved on.—*Gary McNeil*
- ◇ **Kudos to Building #5 RNs, Melinda Diaz, Mary Gallagher, and Allison Strom** for pitching in to help me on a very hectic day.—*Nancy Pew*
- ◇ **Kudos to Deb Day and the Building #10 Canteen staff** for preparing some wonderful food. Keep it up—you're doing a GREAT job. - *Marilyn Bailey*
- ◇ **Kudos to Despi Gallardo, Stacey Werth-Sweeney, Abby Hawthorne, and Mike St. Cin** for helping with a last minute discharge transportation. It was much appreciated ! - *Ann Alberico*
- ◇ **Kudos to Bonny Edison** who found the lost silver pen outside Building #3! - *Jane Ahl*
- ◇ **Kudos to Tim Elario, SSII**, for noticing missing MSDS sheets from Building #3—*Merilyn Olsen*

KUDOS TO ALL FOR GIVING EACH OTHER KUDOS!! 2 1/2 NEWSLETTER PAGES OF KUDOS = A LOT TO BE THANKFUL FOR AS WE ENTER THE MONTH OF NOVEMBER—WE CLEARLY ARE THANKFUL FOR EACH OTHER!!!! - Linda Henslee



Kudos to Diana Walker, for being named as the 2014 Outstanding Therapeutic Recreation Professional Award! Diana graduated from Northwest Missouri State University in 2005 with a Bachelor's degree and finished her Master's degree in 2011. She began her career as a Certified Therapeutic Recreation Specialist (CTRS) at LRC in 2007. She is currently assigned to the Sex Offender Services program. Despite changes in staffing, supervisors and day-to-day operations, Diana remains committed and optimistic in treating people. She is currently the Committee chairperson for the LRC Wellness Committee. This team has one of the top Workplace Wellness programs in Lincoln as they deliver quality programs for employees, including exercise classes, Lunch N Learn presentations, health fairs, blood drives, and golf tournaments, to name just a few of their many activities. Diana has taken on additional responsibilities this year by supervising a T.R. student intern, showing her leadership abilities and dedication to the profession.

Diana has been a member of NeRPA since 2008. She is currently the T.R. Section President where her efforts have been focused this year on not only conference planning, but also on researching and advocating for the advancement of the Therapeutic Recreation

profession to licensure.

For all of these reasons and more, I feel grateful to have this woman in my life and to have not only called her a co-worker, but also a colleague, advisor, and a great friend.—Submitted by Jeni Durfey, CTRS, CBIS

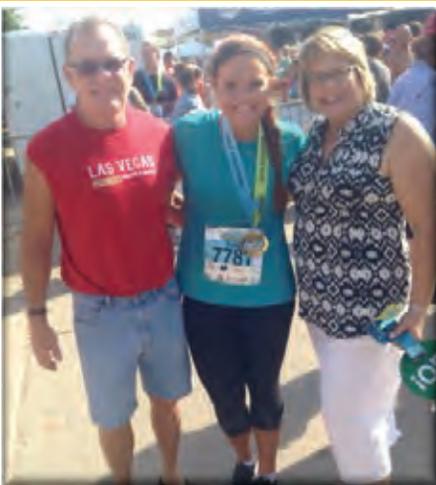
Strut Your Stuff Winners.....by Becky Meulemann



Congratulations to the September Strut your Wellness Stuff Award Winner, Rosa Vina-Racionero. She is a psych extern in Building 14 and she is being recognized for winning 1st place in fencing at the Cornhusker games this summer! She competed in the “open” division which means she was competing against women as well as men, and she was told that she’s only the second woman in Nebraska history to win 1st place in this division. She was raised in Barcelona, Spain where she had been fencing competitively since the age of nine. By age 14, she was fencing every day. Her impressive fencing career in Spain includes winning 7 Spanish National Championships and 1 international medal. She used to train up to 6-7 hours per day! However, now Rosa said she is more committed to her studies and she fences “just for fun”. She has been fencing since 2012 at the Lincoln Fencing Club and is also now a coach at the fencing club.

Rosa explained how fencing is great for personal wellness because it’s not only a physical activity but also a mental game. She says there is a lot of strategy and you must trust your instincts. Over the years, she has developed a strong social support network through fencing. She said that in fencing, the opponents give each other feedback and help each other to improve. She also appreciates the high level of respect for women in this sport.

If there is someone who is interested in fencing, Rosa recommends trying it and having fun. She said it can be complicated at first but suggested being “picky” with the details and technique in the beginning. It’s great for staying in shape and for analytical thinking. Congratulations for being incredibly talented and accomplished in this unique sport! Keep strutting your wellness stuff, Rosa!



Congratulations to the October Strut your Wellness Stuff Award Winner, Katelyn Galsgow, who is a Therapeutic Recreation Activity Specialist in Building 5. She is being recognized for running a half marathon at the end of September in Moline, Illinois as well as for the healthy changes she has made leading up to it. In the last 2 years Katelyn started running, really for the first time in her life. This summer, she ran her first race which was 7 miles and also completed a 10K before taking on the half marathon (13.1 miles).

Her training consisted of weekly long runs, cross training, and boot camps. Once Katelyn started strength training and weight lifting as part of her workouts, she noticed how her runs were easier and she was able to run harder than before. As she was training, she learned how to “feul” vs. “feed” her body. She was working to train her body and her mind as she prepared for the half marathon.

During the race, she found that the last three miles were the hardest, yet she met her personal goal to not walk at all and also was 7 minutes ahead of the pace time. After the race, she said she felt proud to not only complete it but was proud of the way she has made such healthy changes to her lifestyle. Now that the race is over, she has treated herself a few times and scaled back the workouts for a little while. However, she does not plan to stop living this healthy lifestyle and wants to run 2-3 half marathons per year until she can’t anymore. She also has a goal to run one full marathon in the next year. Awesome job Katelyn, keep strutting your wellness stuff!



Good Catches



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



- Jenna Brickner did an excellent job of redirecting patients and keeping her RADAR on.
 - Mike Pickett performed an excellent Mandt hold.
- Matt Nicholson helped co-workers during an intervention and kept his RADAR on.
 - Adrian Menendez, RN, helped SSII staff during a stressful intervention.
- Emily Diefenderfer caught the wrong date on staffing assignments which detoured possible chaos.
- Anna Robinson has been working very hard with a Building #3 patient and is very PCC and patient with this person.
- Tiffany Prester completed a successful Heimlich maneuver with a female patient who was choking on her lunch.
 - Jared Sayker helped a co-worker through the door when his arms were full.
 - Chad Hohenstein showed excellent leadership during a Code Gray.
- Matt Ryan, Ann Alberico, Lindsey Gonzales, Tiffany Prester, Steve Demers, Sandi Waldron, Les Adams, Todd Falter, Cherie Teague, Todd Shave, and Kathy Dobesh for showing excellent communication.
 - Stan Wiegert for helping SSII staff during a stressful intervention
 - Scott Collier did a good job communicating with his staff during an SPE.
- Jayme Johns, Bob Fahrbruch, Jennifer Johns, Kayla Milchling, and Stephanie Pinkston all showed great teamwork during an SPE
 - Sami Gossard kept her RADAR on and defused a hostile patient interaction
 - Casey Pratt kept her RADAR on and defused a hostile patient interaction
- Chuol helped communicate with a patient in Building #10 who has limited English proficiency.



Congratulations to Tiffany Prester, LPN, for winning the September Good Catch Award for doing the Heimlich Maneuver and to Chad Hohenstein for his great leadership during a Code Gray.



LRCs Years of Service Award Recipients Stars

And the grand total number for combined service years for LRC employees being recognized in October was.....1,010! On October 21, the annual Governor's Years of Service ceremony was held for State of Nebraska employees reaching 5, 10, 15, 20, 25, 30, 35, 40 and 50 years of service. These LRC employees were honored. Stay tuned for more information in upcoming newsletters for LRC's own Years of Service recognition ceremony which will be held in February. Thank you, everyone for your commitment and dedication to LRC! On the next two pages are photos of LRC employees attending the Governor's Years of Service recognition ceremony. Employees are photographed with Lt. Governor John Nelson, and DHHS CEO Kerry Winterer.



10 Years

Kevin Anderson
 Crystal Buhrmann
 Maggie Copple
 Reginald Farr
 Brandon Frye
 Charlene Hurbert
 Jeremy Lincoln
 R.R. Peters
 Anthony Prue
 Steven Purdie
 Anne Regelean
 Fernando Sotelo
 Billie Thompson
 John Trotter
 Judy Vana



15 Years

Susan Childress
 Scott Collier
 Ellie Friesen
 Kyle Malone
 Scott Moore, MD
 Ika Obradovic
 Lori Rasmussen
 Dustin Trospen
 Jeff Van Lent



20 Years

Dennis Connolly, MD
 Sandra Findley
 Dale Huddle
 Jennifer Johns
 Sandy Rodriguez
 Joe Schmieder
 Shawn Schwartz, MD
 Rick Whiting



30 Years

Tammy Foley
 Phil Jefferson
 Sherry Nielsen
 Laurie Reinsch
 Louise Stone



35 Years

Vicky Buchholz
 Joan DeVries
 Cindy Dykeman
 Manuel Gamez
 Nancy Goff
 Scott Loder



25 Years

Larry Birkett
 Brian Dugas Lassalle
 Scott Schnirl
 Stacey Werth-Sweeney



40 Years

Mark Vaske



50 Years

Jan Ropers

LRC Years of Service Award Photos



Kevin Anderson, 10 Years



Reginald Farr, 10 Years



Brandon Frye, 10 Years



Rachel Peters, 10 Years



Billie Thompson, 10 Years



Susan Childress, 15 Years



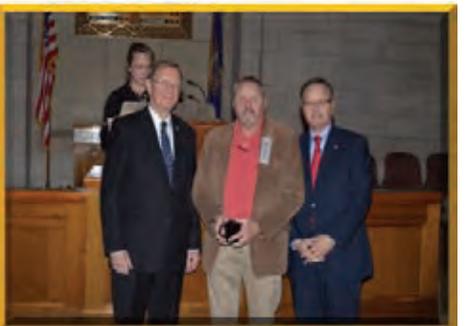
Lori Rasmussen, 15 Years



Sandra Findley, 20 Years



Dale Huddle, 20 Years



Rick Whiting, 20 Years

LRC Years of Service Award Photos



Stacey Werth-Sweeney, 25 Years



Tammy Foley, 30 Years



Laurie Reinsh, 30 Years



Joan DeVries, 35 Years



Scott Loder, 35 Years



Mark Vaske, 40 Years!!!!



Jan Ropers, 50 Years!!!

Graveside Service Held for Family Honoring Ancestor in LRC Cemetery

On September 29, 2014, a brief service was held at the LRC Calvert Street cemetery to honor the life of Solomon Ulysses Staley and to bless the headstone set in place by Solomon's descendants. Two families of his descendants came together to honor their ancestor. Patty Jackson, Solomon's great-granddaughter from Minnesota with her husband Rick, were in attendance, as well as Fay Fisher (great-grandson), wife Peggy, their son, Tom Fisher, and Gene Fisher (great-grandson) all from North Dakota, Gene and Fay's nephew, Tim Scott, from Omaha. The Jacksons and the Fishers are cousins who had never met prior to this morning at LRC.

The following is a brief synopsis of Solomon's life given to us by his descendants: Solomon Staley was born in Ohio in 1817. He lost his wife during the birth of their third child, and he subsequently moved his three children to Iowa, the new frontier. He was elected the first Sheriff of Hampton, Iowa. He married again, had one child with his second wife, and lost this wife and a baby during childbirth. His third marriage was to the eldest daughter of a large family whose father died early in the Civil War. Solomon's eldest son served in the Calvary under General Sherman. When this son returned from the war, he married the youngest of Solomon's third wife's sisters. After the weddings, the whole family moved to northern Nebraska by covered wagon and became Nebraska pioneers. Nothing is known about Solomon's hospitalization or his death in 1885.

Rachel Johnson, LRC Spiritual Coordinator, officiated at the cemetery service, with LRC Activity Specialist, Kathy Borg, playing violin. Rachel discussed the hardships that pioneers in Nebraska faced in their daily lives, including wagon accidents, rattlesnakes, prairie fires, and the relentless wind. The pioneers planted trees as windbreaks and harbors of shade, and to further commemorate Solomon Staley's life, a tree will be planted in the cemetery this year.



LRC's 5th Annual Walk for Mental Health

The LRC Wellness and Diversity Committees held their 5th annual Mental Health Awareness Walk on Friday, October 3, 2014. This year, the event was extra special as LRC celebrated the introduction of our new therapy dog, Envy. Envy was certified by Domesti-Pup to be a licensed therapy dog for LRC patients. LRC therapists spent three days in training with Domesti-Pup staff to learn how to be Envy's handlers and use her skills to help our patients in their recovery. Ann Kastl from Domesti-Pup spoke at the LRC event and discussed how their certified dogs can help people in a variety of ways. Jennifer Bennetts, LRC Occupational Therapist, presented Envy with toys made for her by LRC patients in Building #3. LRC is thrilled to have Envy as our newest staff member! When not at work, Envy will live with her home parent, LRC Facility Operating Officer Stacey Werth-Sweeney, and her family.

Despite the cold, windy weather, LRC staff and patients bundled up and participated in the annual walk, choosing either a short walk on-campus or a longer walk on the bike path next to a very full creek from this week's rains. Back on campus, the band Sweeney Stearley provided live music for the crowd, and people gathered to purchase delicious BBQ pork sandwiches from the LRC Canteen. In addition, LRC Wellness Committee Chairperson, Diana Walker, presented Irene Hirschman, Associate Director of Nursing, with the first annual Wellness Person of the Year award for making healthy lifestyle changes and educating others on wellness. This year's Walk was another successful event, with several people from the community attending to help us kick off Mental Health Awareness Week. Each year, LRC commemorates this week and its connection with our mission of Helping People Rebuild their Lives.

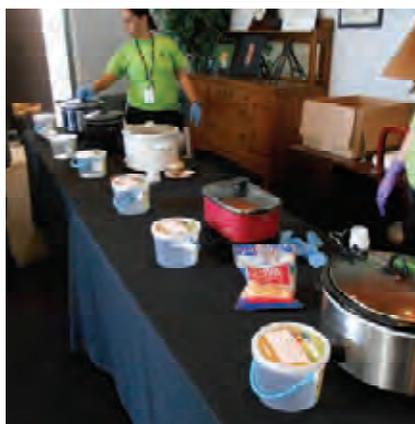
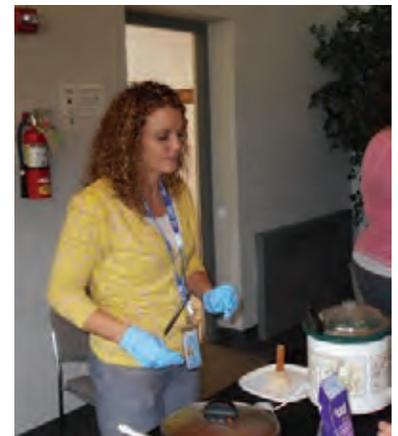


Chuck Darrow is the Supervisor of the Quarter



Congratulations to Chuck Darrow, PhD., Building #3 Program Director, for being selected as the LRC Supervisor of the Quarter for the 3rd Quarter of 2014. Employees who nominated Dr. Darrow state that he is kind and compassionate towards the people we serve. He has excellent verbal and written communication skills. He completes tasks fairly and in a timely manner. He is action-oriented. Dr. Darrow asks for what he needs and is not afraid to make difficult decisions. He demonstrates a willingness to listen to staff input. He considers safety and the needs of the patients while taking a strong leadership role to ensure that tasks are completed and needs are met. He has provided training as needed, not only on Behavior Improvement Plans but also in other areas to assist staff to gain skills they need to work with specific personality disorder issues. In addition, Dr. Darrow has been the sole psychologist in Building #3 for most of the last year, covering the needs of the mental health patients. He addresses issues quickly but respectfully. He works with other supervisors and trusts their input.

Kudos to the LRC Wellness Committee for holding another successful Chili Cook-Off Contest on October 28! Thank you to all the participants—chili cooks and chili-eaters! All of the chili was delicious—congratulations to all of the chili cooks! Together, the cooks raised \$198.11 for charity, which will be divided 60/40 between the charities chosen by the top two chili cooks. Leslie Guthie won first place with her Indian-style Chili Goulash. Proceeds will go to the Piedmont Park Thunderbirds Youth Group. Shelley Mather won 2nd place with her Oven Barbecue Chili, with proceeds going to The Bridge. Honorable Mention winner was James Reinsch with his White Chili with Attitude.



Diversity Committee Quotes: November



November is Native American Month.

“Everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence.” -Mourning Dove (Christine Quintasket), 1888-1936. Salish.

“I am a red man. If the Great Spirit had desired me to be a white man, he would have made me so in the first place. He put in your heart certain wishes and plans, in my heart he put other and different desires. Each man is good in his sight. It is not necessary for Eagles to be Crows.” -Sitting Bull, Hunkpapa Sioux.

“If the white man wants to live in peace with the Indian, he can live in peace...Treat all men alike. Give them all the same law. Give them all an even chance to live and grow. All men were made by the same Great Spirit Chief.

They are all brothers. The Earth is the mother of all people, and all people should have equal rights upon it.Let me be a free man, free to travel, free to work, free to trade...where I choose my own teachers, free to follow the religion of my fathers, free to think and talk and act for myself, and I will obey every law, or submit to the penalty.” - Chief Joseph, Nez Perce

Diversity Committee DVDs

November is American Indian and Alaska Native Heritage Month.

An official national day of recognition was established in 2009 when the Friday immediately following Thanksgiving Day was announced as ‘Native American Heritage Day.’

November was chosen as the most appropriate month to recognize and celebrate American Indians and Alaska Natives because traditionally it is a time when many hold ceremonies, powwows, dances and various feasts welcoming fall. The Diversity Committee has acquired several DVDs to celebrate this special month. They are available for check out from the Recreation B5 DVD Collection and we hope you will use them in the programs, for ward activities or various group discussions.

Spirit Rider

http://www.amazon.com/Spirit-Rider-Herbie-Barnes/dp/B000CCD20Q/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1413480282&sr=1-1&keywords=Spirit+Rider

Dream keeper

http://www.amazon.com/Dreamkeeper-August-Schellenberg/dp/B00019330O/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1413480478&sr=1-1&keywords=dreamkeeper

Powwow Highway

http://www.amazon.com/Powwow-Highway-Martinez/dp/B0046ZYEU2/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1413480108&sr=1-1&keywords=Powwow+Highway

Running Brave

http://www.amazon.com/Running-Brave-Robby-Benson/dp/B00097E6TU/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1413479019&sr=1-1&keywords=running+Brave



November is National Alzheimer's Disease Awareness Month.

Alzheimer's disease is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured or even slowed. The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. For more information and Helplines go to:

http://www.alz.org/about_us_about_us.asp

November is also National Family Caregivers Month.

The United States has more than 15 million Alzheimer's and dementia caregivers. Honor a caregiver today by leaving a personal tribute on this web page: <http://www.alz.org/care/honor-caregiver.asp>

Check Out These New Booksby Tom Schmitz

- 1) *Wokini* by Billy Mills
- 2) *Anxiety and Avoidance* by Michael Tompkins
- 3) *Step by Step Calligraphy* by Susan Hufton
- 4) *My Grandfather's Blessings* by Rachel Remen
- 5) *Final Gifts* by Maggie Callanan
- 6) *Back in Shape* by Stephan Hochschuler
- 7) *A New Earth* by Eckhart Tolle
- 8) *Where the Heart Is* by Julienne Bennett
- 9) *The Shelter of Each Other* by Mary Pipher
- 10) *Earth Songs, Moon Dreams* by Pat Broder, Paintings by American Indian Women

Please add his link to your desktop shortcuts and send your requests to me. - Thanks, Tom

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

Here is a link to the LRC Resource Center Catalog:

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



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

The Policy Committee continues their rigorous work of reviewing and revising policies. Here are the policies revised in in September and October!

- EC-Safety-13 (LRC) Electrical Equipment
- EC-Safety-08 (LRC) Temperature Logs: Refrigerators & Freezers
- EC-Emergency-02 (LRC) Code Orange
- EC-Fire & Life Safety-01 (LRC) Code Red
- EC-Emergency-06 (LRC) Loss of Utilities, HVAC, Door Security,
- Power
- EC-Fire & Life Safety-02 (LRC) Emergency Evacuation
- PC-03a Transport Restraint
- PC-23 (LRC) Off Grounds Medical/Dental Appointments
- PC-60 (LRC) Emergency Psychiatric Medications
- PC-54 (LRC) Patient Restitution for Property Destruction
- PC-73 (LRC) Therapy Dog
- IM-34 (LRC) Minimum Necessary Uses of PHI
- IM-16 (LRC) Accounting of Disclosures of PHI
- IM-36 (LRC) Protecting/Safeguarding Patient Medical Records
- IM-28 (LRC) Documentation Guidelines
- IC-01 (LRC) Infection Prevention and Control
- RI-18 (LRC) Legal Access
- RI-23 (LRC) Patient Money and Deposits After Hours
- RI-14 (LRC) Visiting Procedures

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



Briana Anderson, SSII,
Bldg 3



Joseph Bakura, SSI, Bldg 5



Keith Blackburn, Activity
Assistant, Bldg 14



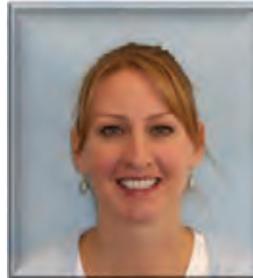
Christa Brown, Psychologist,
Bldg 3



Jennifer Bryant, SSII, Bldg
3



Pamela Conroy-Mohammad,
LMHP, Bldg 5



Julia Dreamer, LMHP



Tiffany Fitzpatrick-
Gutierrez, Secretary II



Elizabeth Fortune, SSII, Bldg 3



Emily Fraas, RN, Bldg 5



Naoko Fujimoto, RN, Bldg 5



Alden Furtwangler, SSII,
Bldg 5



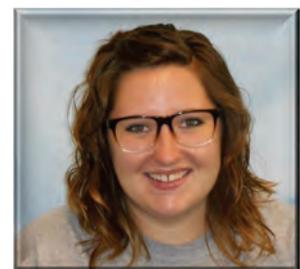
Stephanie Goodnight, SSII,
Bldg 3



Jordan Hopwood, SSII,
Bldg 10



Christina Jensen, SSII, Bldg 14



Shelby Jurries, Activity Special-
ist, Bldg 5

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



Kayla Lipker, SSII, Bldg 3



Elizabeth Longnecker, SSII,
On-Call



Jeffrey Oxford, YSSII, White-
hall



Amanda Revenkov, SSII, Bldg
10



Casey Santos, YSSII,
Whitehall



Envy Sweeney, Therapy Dog,
Bldg 3



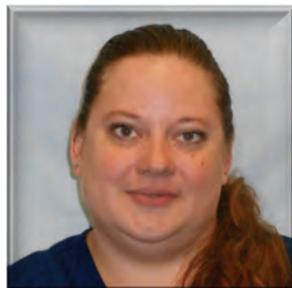
Leona Missy Sweem, SSII,
Bldg 3



Katy Taylor, SSII, Bldg 3



Carolyn Turen, YSSII, White-
hall



Jennifer Vogt, RN, Bldg 3



Andray Ward, SSII, Bldg 3



Matthew Ward, SSII, Bldg 3



Carla Woeppel, SSII, On Call



Renee Ziegler, RN, Bldg 5

Please join us in welcoming these new employees!

Welcome Back These Returning Employees!

LRC welcomes back these returning employees!!



Rachel Nygard, SSII, On-Call



David McCray, SSII, Bldg 3



Wendall Roberts, HSTS I



Danna Smith, RN, On-Call



Matt Wehrbein, SSII, On-Call

LRC EMPLOYEES WALK FOR BREAST CANCER AWARENESS



LRC employees and their friends and family members walked in the Making Strides Against Breast Cancer walk on Sunday, October 26 at Holmes Lake. This is a 5K walk held each year to raise awareness for breast cancer and support for survivors. Walkers were blessed this year with warm sunny fall weather! LRC employees walked in honor of Andrea Ellis, the daughter of our co-worker, Diane Ellis. Andrea lives in Orlando, FL and is fighting breast cancer. LRC Walkers were: Diane Ellis, Linda Henslee, Lisa Holz, Trisha Lamblin, Becky Meulemans, Lori Rasmussen, Becky Roberts, and Diana Walker



Buttercup Squash Cake



Ingredients:

Crumble:

1/3 cup packed brown sugar	1/3 cup flour	4 Tbsp cold butter, cut into small cubes
1/3 cup chopped walnuts	2 tsp cinnamon	1/2 tsp pumpkin pie spice

Cake:

2 cups flour	2 tsp baking powder	1 1/2 tsp cinnamon
1/2 tsp pumpkin pie spice	1/2 tsp baking soda	1/4 tsp kosher salt
1/2 cup unsalted butter, room temperature	1 cup sugar	2 eggs
1 cup mashed roasted buttercup squash	1 tsp vanilla extract	1/2 cup apple sauce

Glaze:

1 cup powdered sugar	2 tsp cinnamon
2 tsp vanilla extract	2 Tbsp hot water

Directions: 1) Preheat oven to 350 degrees F. Grease a bundt pan heavily with butter and dust with flour. 2) Make the crumble by mixing brown sugar and flour in a bowl. Use a fork to cut in cold butter to make coarse crumbs and mix in nuts, cinnamon and pumpkin pie spice. 3) Make the cake: mix dry ingredients (flour, baking powder, baking soda, salt, cinnamon, pumpkin pie spice) in small bowl. Set aside. 4) In stand mixer, cream butter and sugar until well combined. Beat on high for 5 minutes. Once combined, scrape sides and slowly mix in eggs, one at a time. Add pureed squash and vanilla and mix until well combined, scraping sides as needed. 5) With mixer on low, add dry ingredients, one scoop at a time. Mix until batter is very thick and sticky. 6) Scoop half of the batter into prepared pan. Pour the applesauce over the batter and spread to make an even layer. Sprinkle crumb mixture evenly over applesauce. Scoop remaining cake batter on top of the crumb mixture and spread evenly. 7) Bake for 50 to 55 minutes or until knife inserted comes out clean. Allow to cool in pan slightly about 5 minutes before inverting onto plate. 8) Whisk together glaze ingredients and drizzle over inverted cake. Store in airtight container.

Potato Cheese Soup

Ingredients:

8 medium baking potatoes, peeled and chopped	1 cup finely chopped carrots	
1 cup finely chopped celery	1/2 cup finely chopped onions	
4 cups chicken broth	3 cups half and half	
1 tsp salt and 1 tsp pepper	2 cups velveeta cheese	

Directions: In a large dutch oven, cook the potatoes, carrots, celery, and onion in the chicken broth over medium heat for 15 to 20 minutes. Stir in the half and half, salt, and pepper. Cook and stir until heated through. Add the cheese and stir until melted.



Linda Henslee—Editor—479-5388

Perry Holmgren—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

Nichole Newland—479-5432

Tary Paris—479-5010

DHHS- LINCOLN REGIONAL CENTER

Lincoln Regional Center
PO Box 94949
Lincoln NE 68509-4949
linda.henslee@nebraska.gov
(402) 479-5388

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: Becky Meulemans, Rachel Johnson, Katelyn Glasgow, Rosa Vinas-Racionero, Teresa Hansen, Lori Rasmussen, Becky Roberts, and Jeni Durfrey. Very special thanks to Bill Wiley, DHHS, for sending the Years of Service and DHHS EOY/SOY ceremony photos. Photo in box on front page taken by Tary Paris.



One More Recipe

Cornbread, Sausage and Apple Stuffing Recipe

Ingredients:

- | | |
|--|----------------------------|
| 1 recipe of your choice cornbread, chilled & cut into 3/4-inch cubes | 2 Tbsp unsalted butter |
| 1 lb uncooked sweet Italian sausage, casings removed | 2 celery stalks, diced |
| 1 yellow onion, diced | 2 Tbsp chopped sage leaves |
| 1 lb uncooked granny smith apples, cored and diced | 2 tsp kosher salt |
| 1 tsp ground black pepper | 1/2 cup dry white wine |
| 1/ 1/2 cups low sodium chicken broth | 2 eggs, lightly beaten |



Directions: 1) Heat oven to 375 F and arrange a rack in the middle. Coat a 13 by 9 inch baking dish with butter and set aside. 2) Place the cornbread in a large bowl; set aside. 3) Melt the measured butter in a large frying pan over medium heat until foaming. Add the sausage and cook, breaking it up into smaller pieces with a wooden spoon, until it is no longer pink and is starting to brown, about 6 minutes. Remove with a slotted spoon to the bowl with the cornbread and set aside. 4) Return the pan to medium heat, add the apples, celery, onion, sage, salt and pepper and cook, stirring occasionally until the onion has softened, about 10 minutes. 5) Increase the heat to medium high, add the wine, scrape up any brown bits from the bottom of the pan, and cook until the wine is almost evaporated, about 3 to 5 minutes. 6) Pour the apple mixture over the cornbread and sausage, add the broth and eggs, and stir until combined and thoroughly moistened. 7) Transfer the mixture to the prepared baking dish and spread it into an even layer. Bake uncovered until the top is golden brown, about 30 to 35 minutes. Remove to a wire rack and let cool for at least 5 minutes before serving.