

## November 2010 Employee of the Month.....



Congratulations to Sheryl Olson, RN, on being selected as the November 2010 LRC Employee of the Month.

Sheryl was hired on February 24, 2003 with the State of Nebraska and has proven herself to be a valuable employee. Sheryl's co-workers who nominated her state that she is always cheerful, which is no small accomplishment working on the 11-7 shift. She is always willing to drop what she is doing to respond to the needs of the patients. Whenever an appointment or a transport needs to occur, she gives clear instructions and ensures that a plan is in

place. Sheryl's door is always open and she patiently listens to concerns that are brought up to her, never making others feel as though they are wasting her time. She clearly states expectations for the direct care staff and maintains consistency while respecting the individual strengths of people working with her. When Sheryl is given things to do on the shift, her supervisor can always count on them getting done. In addition, Sheryl is very willing to do extra tasks and she has provided a lot of training on data entry to 11-7 shift staff. Sheryl is very organized.

Sheryl shows respect towards the patients at all times. She is always friendly yet professional with them. The patients are very comfortable with her and they appreciate her nursing services. Sheryl shows compassion and care towards the patients.

Sheryl contributes positively to the lives of others by showing interest in the patients, staff and the environment. She remains considerate of others even in stressful moments. She creates a positive work environment by treating all staff with respect. She takes the time to visit with technician staff and helps all of them feel comfortable. Sheryl has a sense of humor but takes her job very seriously. She is willing to listen and gives suggestions to help staff be the best they can be, and she always has positive things to say. She expresses her appreciation and gratitude towards all members of the team.

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

DHHS - STATE OF NEBRASKA

# LRC REALITY CHECK

## Kudos.....

- ◆ ***Kudos to S1 staff*** for clearing the patients out of the way and directing them to safety when the fire alarm occurred on the S1 unit on Sunday, November 7.
- ◆ ***Kudos to Nancy Liebers, Sue Childress, Leslie Guthrie, and Jan Ropers*** for their willingness to lend Therapeutic Recreation Halloween decorations for a Past Times group in Building #10.
- ◆ ***Kudos to Dr. Klaus Hartmann, and to Don Holmquist*** for attending the Mental Illness Awareness Week Legislative Breakfast on October 7 at BryanLGH. They providing representation for LRC to meet members of the Legislature and community providers.
- ◆ ***Kudos to Larry Birkett and Rosa Gal-damez*** for taking extra time to deep clean Sandy O'Meara's office and desk. She very much appreciated it.

**If you know someone who deserves a "Kudos," let us know!!!!**



**Things to Be Thankful For**

With Linda going on a vacation cruise in October, it has been a while since we have put out a newsletter so I have several things to catch you up on. First, we need to be thankful that Linda got back from her cruise safely. The cruise ship she was on was the same one that has been in the news lately that had engine problems and had to be towed back to port. Fortunately, Linda was on the ship two weeks earlier, had no problems and had a great time.

Second, I want to bring you up to date on where we are with our two concurrent strategic initiatives. The first one is our Plan for Advancement of Clinical Excellence (PACE). In September I told you that the PACE Committee is meeting weekly and making good progress. They have developed a schedule for attaining defined goals to include:

- ◆ Develop LRC programming model using Osawatomie State Hospital as an example
- ◆ Determine number of hours patients would be expected to be involved in programming activities
- ◆ Determine number of hours each program staff should be involved in provision of group activity
- ◆ Determine how “active treatment” will be provided by programming staff on evenings and weekends
- ◆ Establish a method to measure patient participation in programming
- ◆ Develop treatment tracks, and
- ◆ Ensure that programming is consistent across Buildings 3, 5, & 10 (LRC Psych Services).

Debbie Roberts is chairing a steering committee comprised of Jennifer Cimpl-Bohn, Patty Jones-Gatto, Kathleen Barrett, Kim Kilgore, Don Holmquist, Ann Alberico, Christy Rupe, Jennifer Bennetts, Gayle Resh, Kerry Miller-Loos, Stacey Werth-Sweeney, Rachel Johnson, Vicky Buchholz, Cheryl McMurry, Dr. Dewan and Dr. Chaturvedi to look at how we provide patient care in Buildings 3, 5 and 10. This group has been meeting every Tuesday and is focused on what it will take to bring our new Mission, Vision and Principles of Care to life. You will remember that early last summer we revised these to read:

**MISSION**

The Lincoln Regional Center helps people manage their mental illness through person-centered care.

**VISION**

Helping people rebuild their lives.

**PRINCIPLES OF CARE**

**Person-centered Care** Individuals and their treatment team create a plan of care that addresses each person’s needs, strengths, and goals, and is sensitive to each person’s experiences, traumas, and cultural background.

**Empowerment** Individuals are supported in making choices and encouraged to speak for themselves.

**Holistic** We value wellness for each person that includes the mind, body, spirit, and relationships.

**Non-linear** Recovery is based on continual growth, occasional setbacks, and learning from experience.

**Hope** Hope’s message is that individuals can live, work, learn, and fully participate in a better future.

**Responsibility** Individuals are personally responsible for the decisions they make to live a healthy, safe, and productive life, which includes making choices to actively engage in treatment and recovery.

**Education/Knowledge** It is important that the individual and caregiver learn as much as possible about illnesses, best treatment practices, and available resources to make informed treatment choices.

This group is very technically oriented and is looking to develop specific measurements that we can use to evaluate how well we are doing on improving active treatment and supporting each individual patient’s choice in their treatment. The PACE committee is working toward a final plan by next May.

The other strategic initiative is our Patient Centered Care (PCC) strategy. This effort is more about the art of delivering care and is about behaviors and leadership. Early this year, I invited Gail Scott to visit LRC and evaluate our Leadership Team. Gail works with hospitals all across the country and is well respected for her work in developing service oriented cultures in organizations. Gail has met with leaders within the organization over the past several months and in October held a two day planning session with 80 managers, Teams Leaders and others. From that session six PCC subcommittees were formed. Each of the committees is comprised of seven people and chaired by the Leadership member indicated: *(continued on next page)*

**RAISING AWARENESS AND COMMUNICATION – Debbie Roberts**

- ◆ Plan ways to make sure everyone in the system gets the same message regarding what we are doing and the results we are getting.

**Team Members:** Vijay Dewan, Craig Cooper, Scott Collier, Sherry Nielsen, Cindy Huelsdonk, Vickey Bulin

**BEHAVIORS AND STANDARDS – Shannon Black**

- ◆ Manage the development and roll-out of the WE CARE BEHAVIORS.
- ◆ Develop system-wide guidelines, do’s and say’s, related to EACH chosen targeted behavior (i.e., Set the Stage).

**Team Members:** Christy Rupe, Lori Rasmussen, Keri Schell, Marc Ostrander, Chad Hohenstein, Vicky Buchholz

**FEEDBACK AND MEASUREMENT – Stacey Werth-Sweeney**

- ◆ Plan and implement ways for the organization to hear from ALL customer groups, including employees, physicians, families and patients.
- ◆ Develop processes that managers can use to monitor performance and hear from their customers at the department level.
- ◆ Plan and implement success indicators or measures to evaluate the ongoing effectiveness of the PCC process (on a macro & micro level) as well as ways to use this information to celebrate successes and correct course as needed for each targeted campaign.

**Team Members:** Jay Schmitz, Tom Nider, Rachel Johnson, Joan DeVries, Courtney Hall, Jennifer Bennetts

**BARRIERS AND OBSTACLES – Dan Ullman**

Identify a process for focusing attention on the issues that get in the way of our ability to improve PCC system-wide as we roll out EACH initiative.

- ◆ Make sure people in the system are aware of the process so everyone knows what we are working on and why.

- ◆ Work with managers so they are supported in PCC improvement efforts.

**Team Members:** Cheryl Scheele, Roger Buhrmann, Marilyn Olsen, Sue Wesche, Barry Berumen, Kyle Malone

**EDUCATION AND LEARNING – Cheryl McMurry**

- ◆ Evaluate the learning needs for managers, employees and physicians related to improving service.
- ◆ Find creative ways to meet these needs that go beyond but do not exclude classroom experiences.
- ◆ Help the organization learn from the journey and apply those learnings to future initiatives and trainings.

**Team Members:** Todd Falter, LisaMaria Robertson, Sandy O’Meara, Suzanne Hart, Rich Schmidt, Tammy Foley

**SUPPORT AND REINFORCEMENT – Randy Willey**

- ◆ Plan the macro recognition, reinforcement and support efforts for the system related to PCC.
- ◆ Be a resource for managers as they implement these in their departments

**Team Members:** Scott Rasmussen, Jana Stoner, Cindy Dykeman, Emily Claussen, Les Adams, Linda DeVore

The subcommittees will be meeting twice between now and December 13, 2010 when Gail Scott returns for her second planning session. Specific objectives will be developed for each subcommittee. This effort will be evaluated and adjusted through the first part of next year. This work and the work of the PACE committee will blend together towards next May.

As you can see there are many people putting in extra hours in addition to doing their daily jobs in an effort to make LRC a better place to work and heal. In the early part of 2011, some of you will be asked to help with these initiatives and I hope you’ll get involved.

(continued on next page)

Third, I wanted to provide an update on the projects I identified in January which were:

- ◆ Finish the renovations to the security center in Building 5 which will allow for all of the security cameras across campus to be monitored in one place
- ◆ Begin the ADA renovations to Building 5 to include the installation of an elevator to the second floor, renovations to the patient living units and renovation of the front entrance to make the building ADA handicap accessible
- ◆ Fill the Team Leader positions by the end of April
- ◆ Prepare for our next Joint Commission survey which will take place anytime in the next 18 months
- ◆ Improve upon how we provide active treatment in all of the programs, and
- ◆ Continue to improve safety.

The security center is just about complete and the ADA project is well underway. All 18 Team Leader positions were filled by August. In addition, all PT staff on west campus were changed to MHSSIs and those PT staff at Whitehall were changed to YCSIs.

Dr. Fields was at LRC the first week of November and gave us good grades for our upcoming Joint Commission survey although he did point out a number of areas that could use some tidying up. Dr. Dewan and Cheryl McMurry will be leading the work on those areas. And, I have just described the work by the PACE and PCC Committees that is focused at enhancing treatment and improving safety at LRC.

Finally, I want to recognize and thank Cheryl McMurry who received the 2010 Manager of the Year Award for the Behavioral Health Division at the annual HHS employee recognition ceremony in October. Cheryl has put in an incredible amount of hard work this past year and she is there whenever we need her. She is truly worthy of this fine recognition.

Also, I want to thank all of the service award recipients for their many years of services. We had several employees who celebrated 30, 35 and 40 years of employment with the State of Nebraska.

As we once again approach Thanksgiving, I can't believe how fast the year has gone. I am very thankful to have the opportunity to lead LRC and I am very grateful to the incredible hard work each and every one of you do every day. May all of you have a joyful Thanksgiving.



**We are Extraordinary**

# Woods Award Winners.....by Cheryl McMurry

On October 6, the Lincoln Regional Center held its fifty-ninth Thomas C. Woods awards recognition ceremony. This prestigious award is given to recognize and dignify the position of Mental Health Security Specialists and Psychiatric Technicians at LRC.

Recipients of the award demonstrate outstanding service to the patients as evidenced by displays of kindness and commitment; imagination and initiative in the performance of work duties; and good work habits.

This year, LRC and the Woods Award Committee presented the following exemplary staff with this award: Matt Ahlstedt, Erin Johnson, Hahn Le, Dale Brondel, and Vincent Paul.

Three honorable mention awards were also presented to Chuck Degrave, Dave Younger, and Mike Gerdes. Congratulations to all the award winners and a sincere thank you for your continued efforts and exceptional contributions to those we serve.



Hahn Le with ADON, Barry Berumen



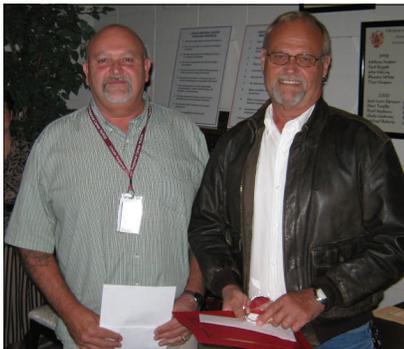
Erin Johnson, with Program Manager, Cindy Dykeman



Matt Ahlstedt, with Cindy



Paul Vincent, with former ADON, Melinda White, who returned to attend the Woods Award ceremony



Dale Brondel, with ADON, Craig Cooper



Dave Younger with Craig



Mike Gerdes with Melinda



**Congratulations**

## Dave Fricke is the Employee of the Quarter for the 3rd Quarter of 2010.....



Congratulations to David Fricke, for being selected as the LRC Employee of the Quarter for the 3rd quarter of 2010!. David was the Employee of the Month for August, which made him eligible for the Employee of the Quarter Award. David's co-workers state that David has a positive, caring attitude. He handles challenges well, and always has a smile on his face. David treats all staff and patients with respect and dignity. He cares about the quality of his work performance and it shows in all that he does.

David is a team player and is always willing to help out others. David is a long-term employee in the Dietary department, working in Dietary since 1988. He has always done a great job. Everyone knows that they can count on David for help, understanding, and as a great team player.

David is very dependable. He is caring, and always willing to go the extra step. He has great communication skills and is a real people person. David gets along great with everyone and truly cares about the service he performs here at LRC!

David will receive a gift card to Lowe's in appreciation of his hard work. Congratulations again, David, and thank you for all that you do!

## Janae Hood is the Supervisor of the Quarter for the 3rd Quarter of 2010.....



Congratulations to Janae Hood, Team Leader, on being selected as the Supervisor of the Quarter for the 3rd Quarter of 2010. Employees who nominated Janae stated that she is always available for the patients when they need her. She has several 1:1s with the patients and is always on the unit to provide coverage. Janae assists in completing room searches, running CLS groups, and taking patients to the yard and on walks. She is always willing to help the patients when needed and she does everything she can to help things go easy and as good as possible for the patients during their stay at LRC.

Janae has been described as always being available for employees when they need to talk to her. She is always willing to help out if there is any kind of crisis that an employee may be having at work. She also complete evaluations on time. If an employee asks her a question that she may not know the answer to, she finds out the answer and follows up.

Janae always lets her team of employees know when they are doing a good job. She does not criticize and instead lets people know in a non-threatening way if there is something they need to improve on, and she'll then provide examples of how to do so. She is a positive asset to LRC and to the employees she supervises. Janae is adjusting well to her new role of Team Leader and is working hard to develop a strong team. Janae is well respected by both patients and staff.

In appreciation of her hard work, Janae received a gift card to Toys R Us. Congratulations again, Janae, and thank you for all that you do!

## S5 7-3 Team is the Team of the Quarter for 3rd Quarter 2010.....



Congratulations to S5 7-3 shift team members: Scott Collier, Makayla Allen, Ken Delay, Bob Fahrbruch, Laurel Hadley, Amanda Vinson, David Lane, Randy Bax, Jeff Henning, Jessi Gibelhaus, Mel Davis, Tiffany Prester, Craig Cooper, for winning the Team of the Quarter Award for the 3rd Quarter of 2010!

As a team, the S5 1<sup>st</sup> shift staff keep an orderly ward and keep patient care first in their priorities. This team has maintained safety and security on the unit while promoting a therapeutic environment. Seclusion and restraint has been reduced to its lowest rate on S5 in several years during this quarter.

This team has done away with signing up by seniority in order to promote teamwork. The team has been put first over seniority, making every team member equal in importance. Everyone on this team has been described as being on the same page. They keep each other updated on events that are occurring and maintain positive relationships with every patient. Teamwork is the main focus when it comes to co-workers working together. When issues occur, they work them out as a team to build the team even stronger.

Everyone on this team does a wonderful job of meeting the patients' needs and helping to reduce seclusion and restraint. S5 staff on the first shift keep positive, happy attitudes, and never let their teammates have a bad day. Statistics show that there are reduced numbers of seclusion and restraint, and decreased staff injuries as well. This is occurring because of the S5 staff working as a team and making the environment a safer place to be. The S5 staff also does a great job of teaching patients living and social skills to help them succeed in the community. The work they do will be an example to all LRC staff as we move towards providing person-centered care.

# CONGRATULATIONS

## SOY Award for Cheryl McMurry.....



Congratulations to Cheryl McMurry, LRC Director of Nursing for Patient Care, for being selected as the DHHS/LRC Manager of the Year for 2010. This award was presented to Cheryl on October 27, 2010.

Cheryl demonstrates an exceptional level of knowledge and expertise in nursing care. She was instrumental in ensuring Nursing Service coverage during the December 2009 blizzards and other weather-related emergencies. Cheryl's commitment to the patients at LRC goes above and beyond what is expected, and her loyalty to employees is outstanding. Cheryl encourages those she supervisors to step out of their comfort zone and try something new. She has brought vision and structure to the role of Nursing Services at LRC, which has enabled the hospital to successfully transform into one work unit and provide consistent care to the patients we serve. She has been

instrumental in helping the Leadership Team develop the new Team Leader positions, and also finds ways for employees to advance in their roles.

## LRC Employees Recognized for Years of Service

*LRC congratulates the following employees on their years of service. They were recognized by Governor Heineman on October 21, 2010. These employees have a combined total of 885 service years with the State of Nebraska!!*

### 10 years of Service

Tim Elario, SSII  
Lonnie Higgins, HSTS I  
Tami Krantz, Pharmacy Technician  
Nancy Liebers, Secretary I  
Thom Marsh, Maintenance  
Scott Rasmussen, HR Manager  
Angela Robinson, SSII  
Stephanie Wolf, Therapeutic Recreation  
Dave Younger, SSII  
Debra Ahrends, SSII

### 15 years of Service

Marilyn Bailey, Administrative Assistant  
Shannon Black, Psychologist  
Georgette McCoy, SSII  
Jeffrey Polage, SSII  
Michael Roberts, HSTS I  
Chris Silvey, Dentist

### 20 years of Service

Kurt Anderson, Maintenance Supervisor  
Marilyn (Terri) Harmon, Housekeeper

### 25 years of Service

Ted Bailey, Therapist  
Roger Buhrmann, Maintenance Manager  
Bradley Campbell, SSII  
Bill Jennings, Therapeutic Recreation  
Andy Miller, Maintenance  
Gayle Resh, Therapeutic Recreation Supervisor  
Patty Jones-Gatto, Activity Assistant  
Rhonda White, SSII

### 30 years of Service

John Bruns, Nurse II  
Dan Dilla, SSII  
Judy Grabow, APRN  
Rick Littrell, SSII (retired 10/1/10)  
Steve Peterson, SSII  
Charles Wooldridge  
Sharon Ziers, Human Resources

### 35 years of Service

Pam Bretos, Payroll  
Klaus Hartmann, MD  
JoAnna Johnson, YCS II  
Tu Nam, Nurse Supervisor  
Tom Schmitz, Resource Center

### 40 years of Service

Bob Whitaker, SSII  
Paul Day, Maintenance

# Employee Photos with Governor Heineman DHHS Photographer Bill Wiley

**10 YEARS**



*Tim Elario*



*Nancy Liebers*



*Scott Rasmussen*



*Angela Robinson*

**15 YEARS**



*Jeff Polage*

**20 YEARS**



*Marilyn (Terri) Harmon*



*Roger Buhrmann*

**25 YEARS**



*Gayle Resh*

# Employee Photos with Governor Heineman DHHS Photographer Bill Wiley

25 YEARS



*Patty Jones-Gatto*



*Rhonda White*

30 YEARS



*Dan Dilla*



*Sharon Ziers*

35 YEARS



*Pam Bretos*

*Tom Schmitz*

*Klaus Hartmann, MD*

## LRC's 1st Annual Walk for Mental Health Awareness is a Success...by Linda Jiskra

On a beautiful day in early October (Friday, October 1, 2010 to be exact), the LRC Diversity and Wellness Committees carried out their joint plan of holding the first annual LRC Walk for Mental Health. The event kicked off Mental Illness Awareness Week activities. Over 250 people (LRC and Corrections employees, patients, and people from the community) attended this event. Light refreshments were provided for people participating in the walk. LRC employees staffed a tent to sell yummy cheese steak sandwiches from the Cheese Steak Grill. Rachel Johnson provided information on the healing properties of labyrinths, and attendees had an opportunity to walk Rachel's "painted grass" labyrinth in the center of the campus. Mary Helen from this summer's LRC Farmers' Market returned to participate and sell her baked goods. Cynthia Surrounded by Enemies from Blackfeet Nation gave a presentation on diversity. Artist Paul Zanderholm drew caricatures of participating attendees. The band, Sweeney Stearley, played background music while attendees ate their lunch and participated in activities, and of course a few laps were walked around the campus sidewalk!

It was so much fun we plan on doing it every year!! Thank you to the Diversity and Wellness Committees for planning, coordinating, and carrying off the Walk for Mental Health at LRC, and a big thank you to everyone who participated!



## October Retirements



**BEST WISHES TO MELINDA WHITE, ARDELL PLASEK, AND RICK LITRELL ON THEIR RETIREMENT FROM STATE EMPLOYMENT!  
LRC THANKS YOU FOR YOUR YEARS OF SERVICE.**

**Retirement celebrations were held for Melinda, Ardell and Rick on  
October 1, October 7, and November 12.**

Thanks, LRC, from Dietary.....by Anne Regelean

The LRC Dietary Department would like to thank everyone who came out and supported our Fall Bake/Craft Sale!! Once again, Dietary had a fabulous turnout. Thanks to your support, Dietary is able to donate \$100 more than we did last year. This year, we will be donating \$300 to the Patient Welfare/Holiday Fund!

The winner of the raffle drawing for a birdhouse made by Dietary's own Dave Fricke, was Jane Ahl! Congratulations, Jane!! And thank you, Dave, for donating the beautiful birdhouse.

Thanks again to everyone for your support!! We'll see you again at the Spring Bake Sale!!





# Building #5 Construction Continues.....

Here are some construction photos taken in early October. The front entrance is now complete with new front steps and an ADA compliant ramp to provide wheelchair accessibility. The elevator has arrived in Lincoln and the elevator tower is being built. Bathroom renovation on S3 continues. The estimated construction completion date is Spring of 2011. Keep watching for more construction updates!



New Front Steps



Alternate View



Craig Cooper, ADON, ensuring all is well.



Our new ADA Compliant Entrance



A contractor poses for the camera while taking a momentary break from digging this hole



Two views of the elevator tower installation



## Strut Your Stuff Awards for October and November.....by Anne Regelean



The Wellness Committee would like to recognize Staci Thomas as our October “Strut Your Wellness Stuff” winner! Staci was nominated by Dr. Roth for her continued dedication to living a healthy life and working towards her weight loss goals. After having a baby, Staci wanted to get back to a healthy weight. She has been following the Weight Watchers guidelines, increasing the protein and fiber in her diet and cutting back on total calories and fat. Staci sets her weight loss goal in 5 pound increments. This makes it easier for her to have little successes along the way and stay motivated! Weighing herself daily also keeps her accountable. Despite some major foot pain, Staci is also walking 3 to 4 times per week. Thanks to all the hills in her neighborhood, this gives her a great workout. Good luck, Staci, on reaching your weight loss goals and congratulations on all your successes.

For November, the Wellness Committee would like to recognize the staff members that participated in the Step 2 It Walking Challenge. This is a challenge sponsored by the Live Healthy Nebraska organization. The organization’s goal is to “increase the awareness of obesity and to provide the tools and technology to assist in creating a culture of wellness.” The Step 2 It challenge was to encourage teams and individuals to get out from behind their desks and up off the couch to participate in effective, low impact physical activity. Each team member received a pedometer and tracked their total steps and activity over a 7-week period.

Three different teams were formed at LRC, which included a total of 28 staff members. The team names are the “LRC Steppers,” the “Twiwards,” and the “Walkabouts.” Out of 64 teams participating from Lincoln, the LRC teams finished 8th, 12th, and 20th respectively. The three LRC teams averaged 518,787 steps per person, which converts to 259.4 miles per person. Congratulations to you all! Keep up the great work!



**The LRC Steppers are:** Brenda Jones, Sandy Harrison, Sherry Nielsen, Debbie Peterson, Lyle Schmidt, Nina Trumble-Anderson, Emily Rokusek, Jeannie Mohr, Anne Regelean, and Barbara Rebentisch.



**The Twiwards are:** Kandy Eisenbarth, Stephanie Wolf and her husband Nat Wolf, Jennifer Bennetts, Amanda Cue, Laura Albertson, Katie Andrews, Lane Pannkuk, and Marijo Herman

**The Walkabouts are:** Joan DeVries, Crystal Buhrmann, David Paz, Vicky Buchholz, Emily Claussen, Tammy Foley, Sheryl Oberheu, Lori Rasmussen, and Tanner Mitten.





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

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

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Laurel Hadley	330 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Susie Brown	794 miles
Emily Rokusek	1221 miles
Crystal Buhrmann	2000 miles



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

## Governor's Excellence Award Presented to LRC Wellness Committee on Oct. 21



Congratulations once again to the LRC Employee Wellness Committee for winning the much deserved Governor's Excellence in Wellness Award at the Sower Level. The Sower Award recognizes the LRC Wellness Committee for "planting the seeds of wellness" for our employees. Governor Heineman presented LRC Wellness Committee with this award at the WorkWell Banquet on October 21! Thank you, Wellness Committee, for your commitment to providing LRC employees education and opportunities to live a healthy lifestyle! We appreciate all that you do and are very proud to have you at LRC!!

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

- ◆ Melissa Doncheske, Program Specialist (Patient Advocate)
- ◆ Lisa Rehwaldt Alexander, Program Specialist (Patient Advocate)
- ◆ Gwen Duitsman, Pharmacy Tech (transferred from BSDC)
  - ◆ Jeremiah Steward, SSII, 3rd Shift, Building #10
  - ◆ Kathleen Borg, Secretary II, Building #5
  - ◆ Cheryl Huckabay, Custodian, Building #5
- ◆ Jessica Osborn, Activity Specialist, Building #10
  - ◆ Sherri Browning, Psychologist, Building #5
- ◆ Kim Brown, Food Service Cook, Dietary Department

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

The Policy remains very studious this quarter with reviewing policies for needed revisions. The following is a list of policies that were revised, developed, or deleted in September and October.

### REVISED POLICIES:

- ◆ HR-16 (LRC) Worker's Compensation
- ◆ IM-01 (LRC) Medical Record Content
- ◆ PC-06 (LRC) Suicide Prevention
- ◆ PC-56 (LRC) Hand Off Communication

- ◆ PC-61 (Whitehall) Wellness Program
- ◆ PC-66 (Whitehall) Youth Supervision Policy
- ◆ PC-70 (LRC) Standard Precautions
- ◆ EC-Hazard-03 (LRC) Hazard Notification on Recalls
- ◆ R1-03 (LRC) Consent for Photographs, Films and Videotapes of Patients
- ◆ R1-12 (LRC) Patient Grievances
- ◆ R1-37 (LRC) Limited English Proficiency Language Assistance, Speech, Language and Hearing Services

### NEW

- ◆ PC-33 (LRC) Yard Policy
- ◆ EC-Security-19 (LRC) Electronic Monitoring (GPS)

### DELETED POLICIES:

- ◆ PC-33 (Building 5) Yard Policy
- ◆ PC-33 (General Psych) Policy



## Off The Record.....by Audrey Kelly

Baby Ellajeann Ann Loos has arrived! Congratulations to Kerry Miller Loos and her family. Ellajeann is in good health and looks like her brother. She was born September 30, 2010 at 1:32 p.m.. She weighed 7.5 lbs and was 20 inches long.



**If you have happy news you'd like to share, give Audrey a call at 5207!!**

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

Check out the new books in the Resource Center this November:

- 1) *Giving* by Bill Clinton
- 2) *Listening is an Act of Love* by David Isay
- 3) *Learned Optimism* by Martin Seligman
- 4) *Chicken Soup for the Veteran's Soul*
- 5) *To The Flag* by Richard Ellis
- 6) *Talent and the Secret Life of Teams* by Terry Pettit
- 7) *Chess* by Daniel King
- 8) *Como Se Dice?* By Jarvis Mena-Ayllon
- 9) *Secrets of Fat-Free Desserts* by Sandra Woodruff
- 10) *America in Legend* by Richard Dorson

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



## Around the Web.....by Tom Schmitz

- ◆ [Go Red For Women](#) celebrates the energy, passion and power women have as women to band together to wipe out heart disease and stroke. In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an “older man’s disease.” To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created *Go Red For Women* – a passionate, emotional, social initiative designed to empower women to take charge of their heart health.
- ◆ [Go Red For Women](#) encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life. In 2010, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health of all Americans by 20% by the year 2020. For more info see their website: [http://www.goredforwomen.org/about\\_the\\_movement.aspx](http://www.goredforwomen.org/about_the_movement.aspx)

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

This month’s trivia pursuit questions are about, you guessed it, turkey! Send your answers to Jane!

- 1) When was the first Thanksgiving celebration? a) 1492; b) 1567; c) 1621, d) 1777.
- 2) Where was the turkey first domesticated? a) Canada, b) Mexico, c) New Zealand, d) India
- 3) What is a female turkey called? a) rooster, b) cuckoo, c) chick, d) hen
- 4) What is a male turkey called? a) Larry, b) Clark, c) Harry, d) Tom
- 5) What Statesman lobbied to make the turkey the national symbol? a) Benjamin Franklin, b) Thomas Jefferson, c) John Adams, d) Andrew Jackson
- 6) What sound does a female turkey make? a) gobble, b) cluck, c) chirp, d) peep
- 7) What sound does a male turkey make? a) gobble, b) click, c) chirp, d) peep
- 8) How many feathers does a turkey have? a) 1500, b) 2000, c) 3500, d) 5000
- 9) What state produces the most turkeys annually? a) Kansas, b) Ohio, c) Arkansas, d) Minnesota
- 10) How fast can turkeys run? a) 5 mph, b) 15 mph, c) 25 mph, d) 45 mph



# LRC Thanksgiving Recipe Box

## Pumpkin-Ginger Pie with Gingersnap Streusel

Filling: 1 can (15 oz) pumpkin (not pumpkin pie mix)  
1 cup evaporated milk  
1/2 cup packed brown sugar  
2 eggs, slightly beaten  
2 tsp. grated fresh ginger  
1/4 tsp salt

Crust: 1 frozen deep dish pie crust  
Streusel: 1/2 cup crushed gingersnap cookies (9 cookies)  
2 Tbsp. packed brown sugar  
2 Tbsp. flour  
2 Tbsp. butter or margarine, softened  
1/4 cup chopped pecans



Heat oven to 425 degrees. Place cookie sheet on oven rack. In large bowl, mix filling ingredients. Pour into pie crust. Bake pie on cookie sheet 15 min. Reduce oven temp. to 350, bake 15 min. longer. Meanwhile, in small bowl, mix streusel ingredients. Sprinkle streusel over filling. Bake at 350 degrees 25 to 30 min. longer or until knife inserted in center comes out clean. Cool completely on cooling rack, about 3 hours. Cover and refrigerate any remaining pie.

## Beer and Rosemary Roasted Turkey

1 whole turkey (12 to 14 lb, thawed)      2 Tbsp. Dijon mustard  
1/4 cup butter, melted      1 tbsp. chopped fresh rosemary leaves  
1 tsp. salt      1/2 tsp pepper  
1 can or 12 oz. bottle of dark beer      1/2 cup cold water  
1/4 cup flour



Move oven rack to lowest position and heat oven to 325 degrees. Rinse turkey and pat dry. Fold wings across the back of the turkey so the tips are touching, place turkey in roasting pan breast side up. Stir together butter, mustard, rosemary, salt, pepper and beer. Microwave on high for one minute, stirring until well mixed. Brush about 1/3 of this mixture evenly over surface of turkey. Fasten drumsticks together with string. Insert ovenproof meat thermometer so the tip is in the thickest part of the inside thigh and does not touch the bone. Roast uncovered 2 1/2 to 3 hours, brushing with additional beer mixture and pan juices every 30 minutes. Turkey is done when thermometer reads 165 degrees. Let turkey stand 15 to 20 min. for easier carving. Meanwhile, measure drippings and enough water to make 2 cups. In saucepan, heat drippings to boiling. In a small cup, stir together cold water and flour until smooth. Stir this mixture into the drippings. Continue stirring 2 to 3 minutes longer or until gravy is thickened and bubbly. Tip: Add 6 to 8 small peeled onions to roasting pan after 1 hour. Garnish platter with these onions, fresh rosemary sprigs and orange slices.

## Cranberry Pomegranate Sauce

1 1/2 cups sugar      1 cup pomegranate juice  
1 Tbsp. grated orange peel      1/2 tsp. ground cinnamon  
1 bag (12 oz) fresh cranberries



In nonreactive two-quart saucepan, stir together all ingredients. Heat to boiling over high heat, stirring occasionally. Reduce heat to medium-low. Cook 20 to 25 minutes, stirring occasionally, until cranberries pop and sauce thickens slightly.

Pour into serving bowl; cover and refrigerate until ready to serve.

Give this sauce a kick by substituting lime peel for the orange and adding 1/2 tsp ground red pepper (cayenne) with the cinnamon.



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Reality Check Mission Statement:

Publish an employee-generated newsletter that is interesting, entertaining, and promotes open communication at LRC.



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

*Special Thanks to this month's contributors: Nina Anderson-Trumble, Courtney Hall, Anne Regelean, the LRC Wellness Committee, Cheryl McMurry, and Special Thanks to DHHS Public Information Officer, Bill Wiley.*

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

- 1) Marlon Brando was born in **Douglas County**, Nebraska.
- 2) Bridgeport is the county seat of **Morrill County**.
- 3) The meaning of **Keya Paha** is Turtle Hill River.
- 4) The capital of Scottsbluff County is **Gering**.
- 5) **Rock County** borders the Niobrara and had a population of 1,613 in 2003.
- 6) Mullen is the county seat of **Hooker County**.
- 7) Ole's Big Game Bar is found **Keith County**.
- 8) **Adams County** was the birthplace of Kool-Aid!
- 9) You can rent and sleep in a Union Pacific caboose in **Douglas County**.
- 10) Marg Helgenberger of the TV show CSI was born in **Dodge County**.

