



LRC REALITY CHECK

Rhonda White is the October 2012 Employee of the Month



Congratulations to Rhonda White, SSII, for being chosen as the October 2012 Employee of the Month. Co-workers who nominated Rhonda state that she is able to master the individual patient programs and build excellent working relationships with LRC patients. Any time that a patient has a question or concern, they know they can rely on Rhonda to listen to them or help resolve their concern. Rhonda is one of the leaders among the SSII staff in Building #3. She demonstrates professionalism and proficiency in her work. Employees feel comfortable asking her for guidance when they need help with something.

Rhonda has great organization skills and uses these to organize the volunteer shop for patients who do not have enough clothing. She also inventories first floor supplies and makes sure that patients on the first floor have enough money for the weekend from their account.

She always makes sure the needs of the patients are met.

Rhonda consistently demonstrates Person Centered Care concepts in her interactions with patients and co-workers, which makes her a role-model for us all.

In appreciation of her hard work, Rhonda is receiving a gift card to Bed, Bath, and Beyond. Thank you, Rhonda, for all that you do!

Corinne Bowles is the Supervisor of the Quarter



Congratulations to Corinne Bowles, Team Leader on the 11-7 shift, for being selected as the Supervisor of the Quarter for the 3rd Quarter of 2012.

Corinne goes “above and beyond” to ensure patients are in a safe and therapeutic environment. She works with the staff to help them be therapeutic in their interactions with patients. She is always professional and respectful in her interactions with both patients and staff.

Corinne treats all employees fairly and gives them positive feedback when she sees them doing a good job. She works closely with staff on performance improvement and role models how to work

with the people we serve.

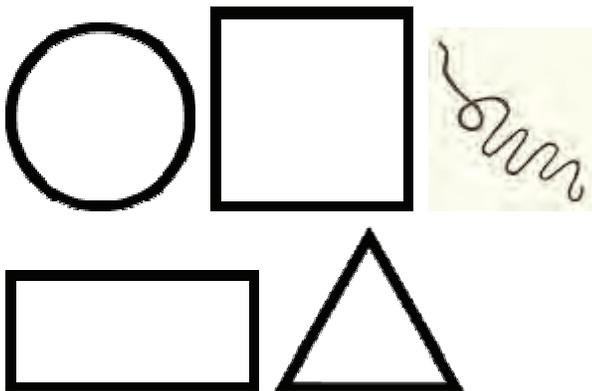
Corinne rotates SSII staff assignments between the patient units in Building #5 to help prevent issues of burnout. She listens to her team members and encourages them to give their input and ideas for how to improve the work that we do.

Congratulations, Corinne, on receiving this award, and thank you for all of your hard work!

Thanksgiving is just around the corner and I want to wish all of you a happy holiday this year! I am sure I am not the only one that every now and then stops and thinks, "Wow! I cannot believe Christmas is only 8 weeks away!" Time seems to roar by and it is hard to stop and reflect on where we have been.

Not only is Christmas just around the corner, but our next PCC Workshop is also gearing up and will be presented in the first few months of 2013. In the next months, the PCC Education Team and Leadership will begin the process of preparing the next round of workshops on our journey to fully implement the WECARE Behaviors and expectations surrounding Person Centered Care. As stated in my last article, the focus will be on Communication and how all of us can empower ourselves and take the initiative to help LRC be a better place by improving how we give and receive communication.

All of us have different styles of communication and behaviors as was presented in the last PCC workshops. In the relationships workshops we learned which of the following personality types we are, and what that might mean for others who are working with us on our teams.



We learned how important it is to get to know one another and better understand others' positions and job expectations so that we have a clearer picture of the role each of us plays in our hospital's day-to-day operations. We do this to support and build camaraderie and teamwork.

Prior to that workshop, we learned that worth is about preserving the dignity of everyone that we come into contact with, which is why we call this philosophy PERSON centered rather than simply PATIENT centered care. We should all be demonstrating a caring, respectful demeanor towards everyone, patients and co-workers. In doing so, you demonstrate pride in your work and in your appearance. Communication ties into the Worth concept as when you are communicating in a respectful and positive manner, being upfront and putting people at ease, being friendly and demonstrating the spirit of PCC, you are acknowledging the worth of the person you are talking to.

We also learned about Empowerment and how this means that we are taking the time to create an environment where people feel safe, respected, involved, and understood. Empowering means we do not use excuses. Instead, we find the answers; we communicate when we do not understand; and we ask and initiate involvement in Team, Programming, and policy decision making. We do not throw our hands up and say, that's not my job, or "no one told me;" rather, we take the initiative to figure it out. We communicate by teaching versus telling and helping people develop and enhance their skills and abilities.

As leaders in the organization, we heard that many of you have stated in your workshops that we are not "present" and that you would like us to be more visible on the units. For some of us on the Leadership and Steering Team level, we heard that some of you do not know who we are between the two campuses and the variety of departments and buildings that are included in LRC's operation. In order to help address some of those concerns and to help us build stronger relationships and teamwork in the areas, the Steering Team has proposed that our pictures will be included on each of your Building's Staff Information Boards and that we will make time to be on the units. That said, we will have specific timeframes arranged with a Team Leader and/or ADON or Program Director of your units to visit your areas. We will work with them on any issues/concerns that they may have, have them introduce us to you and to allow you the opportunity to meet us, get to know us and to let us know of any issues/concerns you may have. These times will be discussed and determined with the Team Leaders and their supervisors of your areas. We will take the information received from our individual encounters back to our Thursday morning meetings and discuss action plans and follow up action that we may need to take based on these encounters. Our goal is to get to know you and have the opportunity to have dialogue with you about how we can make this journey successful for all of us. At the same time, there will be opportunity for helping, coaching and mentoring our extensions of supervision. It takes every single person in this organization to make us successful and to help us meet the ultimate goal of helping our patients rebuild their lives.

Finally---I am sure you are wondering what is going on with Bill Gibson. Last week, Bill was able to return home once again on his way to recover from the fourth surgical event since the end of April. He hopes to be back around Thanksgiving and then will be here until the next surgery, which will take place early next year. It has been a whirlwind of difficulties for him. We all hope and pray this is the end to the saga he has been forced to withstand. Again, I am grateful for the opportunity and grateful for the great team of people that work here at LRC to help us get through this trying period.

The quality of a man's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavor.
Vince Lombardi

KUDOS—Now That's PCC

- ◆ **Kudos to Joe Schmieder** for helping set up for the Weight Watchers Meeting. He took time out of his busy day to help carry 30 folding chairs up to the 2nd floor in K-Building! Joe is always willing to lend a helping hand.
- ◆ **Kudos to Bill Garreans** for noticing that Scott Loder was moving offices in Building #10. Bill picked up a chair and carried it to its destination. It was very PCC!
- ◆ **Dawn Longwell from IS&T sends a Kudos to acknowledge and thank Tom Nider, Sara Steele, John Sweazy, Kelly Johnston, Cheryl McMurry, Vijay Dewan, Tammy Foley, Emily Claussen, Vicky Buchholz, Leah Becker, James Bayless, Craig Cooper, Ellie Friesen, Despi Gallardo, Irene Hirschman** for their teamwork in making the Avatar RxConnect/eMAR/CPOE a successful implementation. It never would have gone as smooth as it did without each and every one of you doing your part. The first week went better than anyone imagined it would.
- ◆ **Craig Cooper sends a Kudos to all of the nurses** for making the transition to eMAR go as smoothly as possible. Everyone adapted well to the change.
- ◆ **Kudos to the entire LRC Pharmacy staff** for helping with the conversion to Avatar/eMAR/RxConnect system. Nearly 3800 orders for medication were entered and validated during this process in addition to maintaining the current workload. Staff volunteered to work evenings and on weekends in order to get the conversion done before the Go Live date.
- ◆ **Kudos to Les Adams and the Housekeeping Team.** They really made Sherry Nielsen's day when they jumped in to help Dietary after there was a flood in a Dietary area from a leaky roof. Part of the ceiling came down and there was standing water on the carpet. Housekeeping came over RIGHT AWAY, sucked up all the water and then proceeded to shampoo the carpet. They made a bad morning into a very nice day for us, and the team work was wonderful!
- ◆ **Kudos to Tricia Kutschkau** who has earned the designation of Certified Pharmacy Technician (CPhT). In order to earn this designation Tricia took an extensive test consisting of assisting the pharmacist in serving patients, maintaining medication and inventory control systems, and participating in the administration and management of pharmacy practice. Congratulations Tricia!
- ◆ **Kudos to Building #3, 7-3 shift SSII staff** for their continued consistency of care regarding physician orders and treatment team decisions. This has helped minimize confusion for the women in Building #3.
- ◆ **Kudos to Julie Shoff** for being an awesome SSII in Building #3. She will be missed as she moves to Building #5.
- ◆ **Kudos to Kurt Lockard** for rearranging and organizing all of the Building #3 Patient Storage. This was a formidable task to take on and he did an amazing job.
- ◆ **Kudos to Susan Isabell** for quickly learning the day to day programming of Building #3 and keeping up with the fast pace.
- ◆ **Kudos to Karen Parks** for keeping things running smoothly for both Building #3 floors during 2nd shift. She is a very hard worker.
- ◆ **Kudos to Rhonda White** for making sure the first floor of Building #3 is well stocked with supplies as well as neat and tidy. Rhonda has amazing organizational skills and is a true role model.
- ◆ **Kudos to Tim Elario** for doing an excellent job with patient room searches and using his keen eye to make sure the first floor of Building #3 is contraband-free. Kudos also for Tim's help on the Building #3 Environment of Care committee.
- ◆ **Kudos to SSII staff: Rhonda White, Christa Lemmer, Crystal Porter, Paul Lamb, Fred Hartman, Julie Shoff, David Lane, Rod Hartl, Tim Elario, Julie Cain, Justin Major, Amy Jappert, Steve Purdie, and Susan Isabell** for all your continued hard work and keeping up with patient programs in Building #3. You are all valued Team members and truly appreciated. -From LisaMaria Robertson.
- ◆ **Kudos to Marilyn Bailey** for constructing and laminating the "Need to Know" posters for Buildings #14, 3 and 10.
- ◆ **Kudos to Darrell Gressley** for covering a weekend shift for a co-worker.
- ◆ **Kudos to Cindi Hunter** for helping her co-workers with Life Safety code questions and for always bringing goodies to the third floor.
- ◆ **Kudos to Therapeutic Recreation staff in Building #3.** The ladies are raving about all the activities going on.
- ◆ **Kudos to Gordon Tebo** for helping out on campus when the Maintenance supervisors were on leave.
- ◆ **Kudos to Sherry Nielson** for organizing the Dietary Bake Sale. This would not have been possible without Sherry's hard work and dedication. Kudos also to the entire Dietary department for holding their annual bake and craft sales, enjoyed by a multitude of LRC employees!!



The Pharmacy is the Team of the Quarter for 3rd Quarter



Congratulations to the LRC Pharmacy Team: Tom Nider, John Sweazy, Sara Steele, Kelly Johnston, Tricia Kutschkau, Robert Jones, Linda Luther, Gwen Duitsman, Pam Love, and Tami Krontz! The Pharmacy Department is the Team of the Quarter for the 3rd Quarter of 2012 and here's why!

Their work this year has taken on a new dimension that centered on preparing LRC for the implementation of RxConnect. Implementing the Avatar order entry and eMAR systems required hours and hours of preparation work and diligence by the Pharmacy to ensure that the software would meet the needs of the hospital. The Pharmacy was involved in building the software and were trained on it so they could train others to learn it and complete order entry. In addition to the monumental task of building the software, all orders for over 200 patients had to be entered by Pharmacy staff into Avatar so the physicians could validate these. This required multiple hours of data entry, a high amount of patience,

and the utmost accuracy.

The Pharmacy portrayed the Go Live session in a positive light. The spirit behind the Avatar implementation was that while the new system may be difficult at first, the move to electronic order entry would ultimately benefit the hospital and the patients we serve. Despite numerous objections and criticism of the system, the Pharmacy Team remained steadfast and got the job done!

Order entry allows LRC to have real time physician orders for the first time ever for all of our patients. This will improve overall efficacy of treatment. LRC is the first DHHS 24-hour facility to implement electronic order entry. Our work on this project will help the other 24-hour facilities prepare for their electronic system and give them a chance to work out any bugs before they "Go Live."

Many, many thanks to the Pharmacy Team for making the EMR (Electronic Medical Record) a reality for LRC!

Avatar Moves LRC into the Future of EMRs.....by Linda Henslee



The Avatar RxConnect System "Went Live" on October 15, 2012 after months of preparation and weeks of training sessions. NetSmart representatives were on hand the week of October 15 to help LRC nurses and physicians use the new system. Staff Development employee, Emily Clausen, and Nurse Trainer, Vicky Buchholz, as well as Cheryl McMurry, James Bayless, and Craig Cooper, were all available to assist the nurses with the new electronic Medication Administration Record (eMAR). Cheryl, James, and Craig were also trained to make needed additions to the order entry system this week. The order entry system should eliminate medication errors resulting from transcription errors. In addition, clinicians will be able to review physician orders and other medical record documents from any computer on grounds without having to locate the patient's chart.

While preparations for the electronic order system have been occurring, the HIM Department has been busy scanning any chart documents not already completed in Avatar (some assessments, physician orders prior to October 15, progress notes, etc) into Avatar so the scanned documents are available to review in Avatar. The new scanning process became available for LRC to use on July 1.

Multiple departments have been involved in the development and implementation of the Avatar order entry system, including the Pharmacy, DHHS IS&T, HIM, Staff Development, LRC Nurse Leadership, and the LRC Medical Staff. The monumental task of going live with order entry represents an accomplishment resulting from teamwork and collaboration from these many and varied departments. It required diligence, patience, focus, and a high level of communication and cooperation to pull this off! Kudos to all! While there is still more to do and there will also be improvements to be made, everyone involved in the implementation, as well as everyone who has learned and is using the new system needs to give themselves a round of applause!

Ellie Friesen is the DHHS/LRC Supervisor of the Year



Congratulations to Ellie Friesen, 11-7 Shift ADON, for being selected as the DHHS/LRC Supervisor of the Year for 2012! Ellie has been instrumental in providing leadership to the campus on 3rd shift where there are the fewest people available to help in times of crisis. Under Ellie's leadership, the staff working the 11-7 shift keep the patients safe, and there are few injuries and incidents on this shift. Her ability to have staff work as a team has been instrumental in ensuring the patients have calm and peaceful nights to rest and relax. Ellie is a dependable and reliable supervisor who emulates a kind, compassionate, and genuine manner. Ellie demonstrates the DHHS Core Values and Competencies on a daily basis, is continually looking for and giving input on ways to improve care and services and is a key member of the LRC Leadership Team.

Ellie has been working in the behavioral health field since 1999. She was a charge nurse at the Hastings Regional Center and then transferred to LRC. Since coming to LRC, Ellie continues to contribute to our organization in many ways. She is a very competent, caring nurse with extremely high standards for patient care. She has earned the respect of her co-workers and peers.

Ellie volunteers to help with many different projects even though most of them are outside of her normal working hours. She has served as a facilitator for our PCC (Person Centered Care) initiative and was instrumental in introducing PCC to other staff. Ellie provides training to night staff so they do not have to disrupt their schedules. She volunteers to help with interviews and other activities that occur during the daytime hours. Ellie does not hesitate to do whatever she can to promote the mission and vision of the organization, regardless of the time of day or night!

Congratulations, Ellie, for receiving this award, and thank you for all that you do!

Congratulations



And here's one more Kudos — Congratulations to Todd Falter, Director of Risk Management and Infection Control, for earning his Six Sigma Certification! Six Sigma is a disciplined, data-driven approach and methodology for eliminating errors in any process from manufacturing to service.

Todd's knowledge of Six Sigma and his certification will significantly enhance LRC's Performance Improvement processes. Just think, Todd was able to become Six Sigma certified while performing his regular job duties here at LRC, including vaccinating all of us from the flu!! Way to go, Todd!

2012 Woods Award Winners

Congratulations to the 2012 LRC Woods Award Winners: LisaMaria Robertson, Team Leader, Haron Kolestani, Team Leader, Dave Reece, SSII, Michael Pickett, SSII, Susan Utoft, SSII, and Nicole Demar (not pictured).

The Woods Award is given by the Woods Foundation to direct care staff who provide exceptional care to our patients and who consistently demonstrate kindness and respect to the people we serve. This year's ceremony was held on October 9 with LRC Leadership, the Woods Award Committee, award recipients and their families and LRC patients in attendance. Congratulations to all of our 2012 Woods Award winners. Thank you for a job well done!



Years of Service.....by Linda Henslee

On October 18, 2012, the annual Governor's Years of Service Recognition ceremony was held in the State Capitol. Please join us in congratulating these LRC employees for their years of service to the State of Nebraska. Collectively, they have worked a total of 790 years for the State!! Please see the next page for photos from the Governor's ceremony.

10 Years

Ann Alberico
Juanita Brock
Despi Gallardo
Suzanne Hart
Kris Hoover
Michael Johnson
Luanne Jones
Zeb Moseman
Carolyn Nash
Stan Wiegert

15 Years

John Andreini
Todd Falter
Laurie Good
Tricia Kutschkau
Gary Madison
Cheryl McMurry
Kathy Ogle
Doris Sotelo

25 Years

Julie Anderson
Denise Den
Sandra Holmes
Jeff McCain
Sandy O'Meara
Karen Thaut
Diannia Young

30 Years

Bob Fahrnbruch
Charles House
Casey Sanders

35 Years

Traci Haynes
Brad King
Corinne McCoy

40 Years

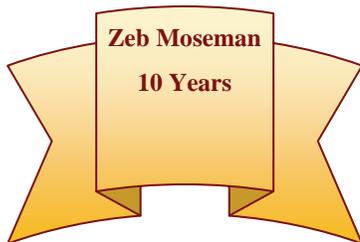
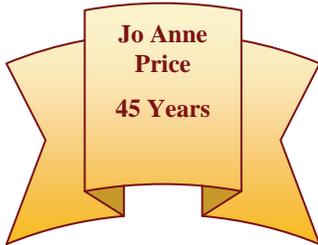
Richard Friel
Dave Nicklas

45 Years

Roly Bretos
Gerold Lindsay
Jo Anne Price

Governor's Annual Years of Service Award Ceremony

Here are some photos of LRC employees at the October 18, 2012 Governor's Years of Service Recognition Ceremony!



Welcome These New Employees.....by Perry Holmgren



Melissa Lockwood, Secretary II, Bldg 9



Tamara Tridle, YSSII, Whitehall



Lucas Best, SSII, Bldg 5



Douglas Burton, RN, Bldg 3



Andrew Jacobsen, SSII, Bldg 3



Maria Malcom, SSII, On-Call



Tenna Towne, Accounting Clerk
Bldg 9



Bruce Theye, SSII, Bldg 3



Sara Ann Schweiger, RN, Bldg 10



Jessica Codr, Social Worker, Bldg 10



Daniel Brynolf, PsyD, Psychologist, Bldg 5



Mette Brynolf, Psy, Psychologist,
Bldg 10

Welcome These New Employees.....by Perry Holmgren



Chris Leonard, YSII, Whitehall



Michele Smith, SSII, Bldg 10



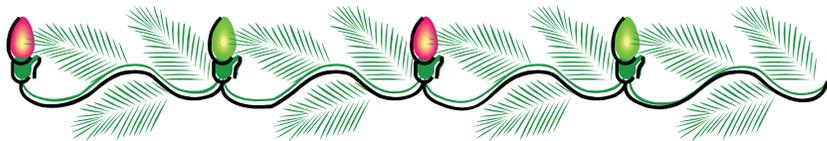
Brielle Lilly, SSII, Bldg 5



HOLIDAY DECORATIONS WANTED!!



The Patient Wellness Committee is seeking donations for outdoor holiday decorations, including inflatable and/or display type items. Everyone loves Christmas lights, lighted reindeer, snowmen, and blow-up Santas! Let's make our campus a little cheerier and brighten the holiday season for our patients. If you have any outdoor holiday decorations you'd like to donate, please leave them with Perry Holmgren, Receptionist, in the Administration Building. We thank you in advance and may you enjoy the coming holiday season with your family and friends!



Diversity Committee Quote of the Month

While I dance I cannot judge, I cannot hate, I cannot separate myself from life.

I can only be joyful and whole. That is why I dance." - Hans Bos



May our dance always be a bridge to understanding.

May our dance always be a celebration of diversity.

May our dance always be an instrument for peace.

Laurel Victoria Gray Sept. 2001

The Diversity Committee wishes to share this uplifting video with you:

<https://www.youtube.com/embed/Pwe-pA6TaZk?rel=0>

Halloween Fun



The Wicked Witch of the West (Sara Gould, Secretary II) and Glinda the Good Witch (Stacey Wiltshire, Secretary II) made an appearance in the Building 5 HIM office on October 31.

And hmmm...who are these folks?

It's a mystery.



3rd Annual Walk for Mental Health Held on September 28

LRC was blessed with another beautiful fall day for our 3rd Annual Mental Health Walk held on Friday, September 28. Our bright yellow tee-shirts were again donated by the Network of Care, and this year, they have our new logo on them! Activities of the day included the Arboretum walk, tours of the museum, a labyrinth walk and many vendor exhibits. Special thanks go to Don Holmquist, Scott Loder, Tanner Mittens, and Kathy Borg for providing music for the walk participants. Thank you to the Diversity and Wellness Committees for the great job you did organizing the event, and many thanks to everyone who participated! Thanks also to Becky Roberts for taking these wonderful photos.



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



Over 20,000 folks invaded Louisville, NE this summer for the Warrior Dash, and out of the thousands, three of them were our own LRC co-workers! The Wellness Committee would like to recognize Makayla Campbell, Crystal Buhrmann, and Desirae Mares as our September "Strut Your Stuff" winners. They participated in the 5K event on the weekend of June 9-10. They battled hot temps and a course full of barbed wire,

climbing walls, ropes, fire and mud....lots and lots of mud! The ladies walked away from the event with a teshirt, medal and the cherished warrior helmet. Congrats to all three of them for taking on this awesome challenge. As the September winners, the ladies' names were put into a drawing and Makayla Campbell was chosen as the winner of a 60-minute massage treatment. The massage was donated by Nathaniel Hicken, a licensed massage therapist with the Lincoln Massage Center. Congratulations, Makayla!



As the Holidays are approaching, it's easy to feel the stress of the hustle & bustle of our busy lives. The Wellness Committee would like to recognize someone who has found her own way to deal with that stress. Allison Strom is our October "Strut Your Wellness Stuff" winner! Allison has found a great balance between work, fun and relaxation to help reduce the stress in her world. She incorporates a variety of exercise, including yoga, boot camp and a workout called "surge training." Surge Training is a 12 minute workout where you perform a series of "surges" in your workout followed by the same period of rest. The "surge" can be a variety of things including jumping rope, running in place or jumping jacks. But one of Allison's favorite stress relievers is when she can spend time in the kitchen! She shuts everything down, and in the quiet, she explores the possibilities of cooking. She prefers to cook organically and loves spicy food. Allison said her mom and grandmother were always cooking, so she's found a healthy way to follow in their footsteps.

As our October winner, Allison will receive a gift certificate for a 60 minute massage treatment donated by Nathaniel Hicken. Congratulations Allison!

OTHER WELLNESS COMMITTEE NEWS



Thanks to all who participated in our annual LRC Night with the Lincoln Stars on October 20, 2012.

We hope you all had a great time and we thank you for supporting Wellness Committee events.



The next Blood Drive at LRC is scheduled for November 27 from 11:00 a.m. to 3:00 p.m. **43,000 pints of donated blood is used each day in the U.S. &

Canada. Sign up now by contacting Makayla Campbell at 5005!

LRC Clue Game.....by Jane Ahl



The Conservatory

Clue – This department starts work very early

The Billiard Room

Clue – Our patients couldn't function without them.

The Kitchen

Clue – Mmmm, good.

The Library

Clue – This department may be in the oldest building on campus.

The Ballroom

Clue – You can get to the "Kitchen" from this room.

This is our own LRC game of CLUE! Your job is to try to figure out from the clues in the "Rooms" above in the Mansion what Department it is and answer these questions about the mystery Department's employees.

Last month's Mystery Department was the Building #14 Therapists. Congratulations to Marilyn Bailey for correctly answering all of the questions.

If you'd like your team or department to be featured in LRC's Game of Clue, please contact Jane Ahl.

1. This employee has been a dedicated LRC employee for 28 years and their office is affectionately known as the "gift shop."
2. Outside of LRC, this employee is writing a book of his own. He was also chosen for the premiere Ignite Lincoln program to present an idea for a LincRail system for Lincoln.
3. This employee fluently speaks two languages and enjoys coming to work with her spouse. We benefit because the two of them love to share treats they receive from all over the world.
4. Need a score update? This is the person to ask! Saltdogs, Twins, Huskers? He is the expert!
5. This person was originally hired to work in the Canteen but moved out of state, and then moved back and returned to LRC in a new position!
6. This person has worn a couple of different hats at LRC, but what he'd much rather be doing is spending time on the shooting range and doing woodwork.
7. Everyone know this employee for her never ending smile, but what you may not know is that she was born in England and came to the U.S. when she was five years old.
8. During the week, you'll find her and her spouse at LRC, but on Saturday nights, you'll find them both at Eagle Raceway!
9. This person has been working at LRC for 9 years, but despite their address, their heart will always be in Chicago. He is an avid Bears & Cubs fan from his years of living there!
10. This person has been at LRC for over four decades and he loves to tell stories of how the department has changed, but over the weekends, you'll find him at a lake with his fishing pole.
11. This employee comes from a sports-loving family. They haven't missed a State Basketball tournament since 1977. This person recently made an office move but she is now only a few steps away from the old office.
12. This employee is just "following a family tradition," as he has recently joined two other family members that work at LRC. In his free time, he takes in some football, European style, cheering on the Juventus....an Italian soccer team.

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

1. *Inside Out* by Larry Crabb
2. *Rebuild Your Life* by Dale Galloway
3. *Treatment Planning for Person Centered Care* by Neal Adams
4. *Play with Your Pumpkins* by Joost Elffers
5. *Rhymes with Witches* by Lauren Myracle
6. *Masterpieces of Horror* by John Betancourt
7. *The Red Tent* by Anita Diamant
8. *The Thief* by Clive Cussler
9. *Chess, Move by Move* by Paul Langfield
10. *Encyclopedia of Mysterious Places* by Robert Ingpen

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



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

The weather's turning colder and the election debates are over, but the Policy Committee continues its deliberations over LRC policy revisions. Here are the policies that were revised in the month of October:

PC-60 (LRC) Emergency Treatment of Patients

PC-37 (LRC) Patient Employment Program

PC-28 (Whitehall) Therapeutic Off Campus/Home Visits

PE-01 (LRC) Admission Procedures

PE-02 (Whitehall) Admission Procedures

LD-01a (LRC) Near Miss/Critical Incident

LD-13 (LRC) Non-Employees/Students/Interns/Externs

HR-21 (LRC) Maintaining Professional Relationships

EC-Fire & Life Safety-09 (LRC) Holiday Decorations

RI-01 (LRC) Patient Rights and Responsibilities

RI-40 (Whitehall) Youth Money Management

EC-Emergency-02 (Whitehall) Emergency Weather Policy

EC-Fire & Life Safety-03 (LRC) Facility Wide Policy on Use of Tobacco Products

RI-02b (LRC) Informed Consent for Medication and First Dose Medication Monitoring

Two Memorial Events Held at LRC this Fall.....by Linda Henslee

On September 28, in conjunction with the Annual Mental Health Walk, LRC, the Division of Behavioral Health, and the Office of Consumer Affairs held a brief ribbon-cutting ceremony and memorial service for the people buried in the LRC cemeteries. Markers have now been placed in each of the cemetery memorial gardens for LRC, HRC, and NRC. The quote on the markers, "For all that was, For all that might have been, Grant us rest and peace" was written by the HRC Facility Operating Officer, Marj Colburn.

In addition, on November 2, LRC held its 35th annual All Saints Day service in the Yankee Hill cemetery behind Building #5 to remember the 717 people buried in both of the LRC cemeteries. Rachel Johnson, Randy Willey, and Phil Jefferson read Dr. Leo Buscaglia's story of "The Fall of Freddie the Leaf." People attending the service were asked to take fall leaves with names of people buried in the Yankee Hill cemetery written on the leaves, and add names of their own loved ones who have passed on, and then toss their leaf to the wind. Thank you to all who participated in both of these services to pay a fitting tribute to people who lived and died at our Regional Centers.



Chickpea and Spinach Salad with Cumin Dressing

- | | |
|---|--|
| 1 (15.5 oz) can chickpeas, drained & rinsed | 2 Tbsp chopped fresh flat-leaf parsley |
| 1/4 cup diced red onion | 2 Tbsp. olive oil |
| 2 Tbsp. fresh lemon juice | 1/4 tsp. finely grated lemon zest |
| 3/4 tsp. ground cumin | pinch of cayenne pepper |
| Salt & freshly ground black pepper to taste | 3 Tbsp plain nonfat yogurt |
| 1 Tbsp fresh squeezed orange juice | 1/4 tsp finely grated orange zest |
| 1/4 tsp honey | 4 cups baby spinach leaves (packed) |
| 1 Tbsp coarsely chopped mint | |



Directions: In a medium bowl, combine chickpeas, parsley and onion. In a small bowl, whisk together the oil, lemon juice and zest, cumin, cayenne, salt and black pepper. Pour the dressing over the chickpea mixture and toss to coat evenly. In another small bowl, stir together the yogurt, orange juice and zest, and honey.

Serve the chickpea salad over a bed of spinach leaves. Top with yogurt sauce and garnish with the mint.

Pumpkin Ginger Tortellini Soup

- 9 lb (the contents of about two or three medium size pumpkins) of pumpkin, with seeds and strings removed
- 1/2 cup olive oil, divided
- 1/2 tsp kosher salt, plus more as needed
- 1/2 tsp freshly ground black pepper, plus more as needed
- 1/2 medium yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 Tbsp minced fresh ginger
- 1 tsp ground cinnamon
- 5 cups chicken or vegetable stock
- 1 cup apple cider
- 12 oz. fresh cheese tortellini



1. Preheat the oven to 425 degrees. Line one or two rimmed baking sheets with aluminum foil.
2. Cut the pumpkin into roughly even size two-inch cubes. Toss the cubes lightly with one Tbsp. of the olive oil and sprinkle with the salt and pepper. Roast the pumpkin for about 45 minutes, or until softened and a light golden brown.
3. Meanwhile, in a large heavy stockpot over medium heat, heat the remaining two Tbsp of the oil. Add the onion, garlic, ginger and cinnamon and sauté until the onion is translucent, about 5 minutes. Slowly pour in the stock and bring everything to a simmer.
4. Use a large spoon to add the roasted pumpkin to the simmering soup. Then use an immersion blender to puree the mixture until smooth, or alternatively, scoop the soup into a blender and puree until smooth.
5. Pour the soup back into the pot and pour in the apple cider and tortellini. Simmer the soup until the tortellini is cooked through and floats to the top, about 6 to 8 minutes. Serve hot.

*Canned pumpkin can be substituted; just omit the roasting stage. This soup freezes beautifully without the tortellini in it. Simply place it in a freezer-safe container and leave one inch of space at the top for expansion when the soup is frozen.

Peanut Butter S'Mores Turnovers

Ingredients:

- 2 sheets (1 box) Puff Pastry, thawed
- 9 mini milk chocolate bars
- Small bowl of water
- 1/2 cup marshmallow crème
- 3 whole graham crackers, broken into fourths
- 1/2 cup peanut butter, creamy
- 1 large egg, whisked with one Tbsp water



Directions:

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper or spray with nonstick spray.
2. Lay Puff Pastry on cutting board. Working with one sheet of Puff Pastry at a time, cut on three folds, creating 3 rectangles (about 3" x 10" each). Cut each 3 x 10 rectangle in half. You'll have 6 pieces to work with for each sheet of Puff Pastry.
3. Assemble turnovers: Lay graham cracker on 1/2 of each square, top with chocolate that has been cut down to match the length of the graham cracker. Scoop a scant one Tbsp peanut butter on top of each chocolate bar.
4. Working with one turnover at a time, wet edges of Puff Pastry and fold (over) in half to meet opposite edge. Gently push edges together to stick; use form to seal edges together and create ridged pattern. Repeat with each turnover until all are sealed up. Gently move sealed turnovers to baking sheet with a small spatula. (At this point, the turnovers may be refrigerated for up to an hour before baking—cover baking sheet with plastic wrap-when ready to bake, remove from refrigerator and continue with instructions).
5. Brush turnovers lightly with egg wash, then use a sharp knife to cut two small slits into the top of each turnover.
6. Bake 15 minutes, or until turnovers are puffed and golden. Remove from oven. Let cool for 5 minutes. Scoop marshmallow crème into a zip baggie (don't zip). Microwave for 8 seconds to soften. Zip bag and snip a small piece off of the corner of the bag. Drizzle marshmallow onto the top of each turnover. Serve immediately.

Tips:

For the milk chocolate bar, I use Hershey's 49 oz bars. Use any sort of chocolate that sounds good to you. Just cut it down or break it into pieces that fit on top of a 1/4 of a whole graham cracker (Leftover mini Hershey's bars from Halloween work great).

Marshmallow Crème (also known as "Fluff" in some parts of the world) comes in a jar and is usually found in the baking aisle near the marshmallows. I tested this recipe with real marshmallows and they didn't work as well as the marshmallow crème.

This recipe can be easily cut in half— just thaw out one sheet of Puff Pastry. These are best served while warm and gooey, but they can certainly be eaten any time!

DHHS LINCOLN REGIONAL CENTER

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

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September Clue Answers.....by Jane Ahl

1. The featured department in the September Clue Game was the ***Building #14 Therapists***.
2. ***Jim Ruppelt's*** favorite vacation spot is Mahoney State Park, and Jim is learning to speak Spanish.
3. ***Jana Stoner*** worked for four years in the 1980s as a bouncer at the Sidetrack Bar. She is a huge sports fanatic.
4. ***Laurie Reinsch's*** nickname in high school was Crescent, and she was Homecoming Queen.
5. ***Kevin Anderson*** has two pet donkeys named Amos and Liberty, and his favorite movie is Unforgiven with Clint Eastwood.
6. ***Anthony Kelly*** collects hot wheel cars and thinks television is the greatest invention to mankind.
7. ***Kathy Ogle*** likes to shoot a shotgun at clay targets (she does not kill). She is also an 8-year survivor of breast cancer.
8. ***Sandy Findley*** likes to eat Chile Colorado, and states that she has mastered one of the two kinds of wrinkles.
9. ***Ted Bailey's*** favorite vacation spot is The Medicine Bow Range in Wyoming, and on the weekends, he goes for two rides a day in his truck.

