



LRC REALITY CHECK

Fernando Sotelo is the September Employee of the Month



Congratulations to Fernando Sotelo, Housekeeper, for being selected as the LRC Employee of the Month for September, 2010. Fernando has been employed at LRC since August 9, 2004. His co-workers who nominated him state that Fernando is a very knowledgeable housekeeper. He is kind to coworkers and patients. The cleanliness of Building #3 is always Fernando's top priority. He has gone above and beyond the call of duty when serving as the only housekeeper in Building #3 while a vacant position was being filled. Fernando helps out wherever he is needed.

Fernando deals well with the many daily stressors of his job. He assists with fixing potential housekeeping problems before they become problems, which results in positive outcomes. The areas he cleans are always top notch. It is obvious that Fernando takes pride in his work. He has a positive outlook on his work and is always looking to improve the environment. He has proven himself to be a dedicated, hard-working individual with team spirit. Fernando comes to work every day in a good mood. He is cheerful. He jokes with patients and with other staff, and is obviously happy to be at work. He even dances with the vacuum cleaner! His good mood is contagious and he role models to others that work is enjoyable.

Fernando readily approaches a challenge with a "can do" attitude. He is a valuable member of the housekeeping team and an asset to LRC. In appreciation of his hard work, Fernando received a gift card to Wal-Mart. Congratulations again, Fernando, and thank you for all that you do!

Rachel Johnson Receives Most Valuable Player Award



Rachel Johnson was honored this month as one of the Most Valuable Players for the work she did at promoting the Charitable Giving Campaign at LRC. Rachel was nominated because she was conscientious and compassionate by balancing the request for donations along with the fact that our employees were adversely affected with the loss of wages due to the furlough and loss of pay raises. Rachel developed a Power Point presentation titled, "We are LRC" that was incredibly touching and inspiring, as well as a wonderful way to capture the sentiment of the work our employees do each and every day. Rachel is a positive, upbeat person and was an outstanding person to lead this campaign.

Thank you Rachel for your great work and dedication to LRC!

Speaking of the Charitable Giving Campaign, 185 out of 466 pledge cards were returned at LRC, representing a 39.69% return rate, and employee donations totaled \$3,951.92.

We are Extraordinary

Lincoln Regional Center

More Changes Afoot

Last time, I talked about our updated Mission and Vision Statements, our new Principles of Care, the work that Debbie Roberts and the Plan for Advancement of Clinical Excellence (PACE) Committee has initiated, and changes taking place in nursing leadership under the direction of Cheryl McMurry. 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 Osawatomic 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 evenings and weekends
- ◆ Establish method to measure patient participation in programming
- ◆ Develop treatment tracks
- ◆ Ensure that programming is consistent across Buildings 3, 5, & 10 (LRC Psych Services)

This work will take some time but will revitalize our plan of patient care. It will also redefine the role of the patient in their care and how all of the different disciplines contribute to that experience.

Recently, Cheryl McMurry assumed leadership for nursing in Buildings 3, 5 and 10 as Debbie has transitioned completely to her Programming leadership role. Three new additional ADON positions have been approved, have been advertised and candidates are being interviewed. These positions will join our current ADONs Barry Berumen, Vicky Buchholz, and Craig Cooper. By now you have probably heard that Melinda White has decided, after 37 years at LRC, to try something different in her career. I will miss Melinda as she has been great contributor to the management team. She is taking a position with Magellan and I wish her the best in this new undertaking. With this change we are anticipating that we will have three ADONs on days, three on evenings and one on nights. Having two ADONs in each building during the daytime hours will help us achieve the objectives I outlined last month:

- ◆ Better staffing management and more efficient communication between the three buildings
- ◆ Relationship building with programming to enhance nursing staff participation in programming activities

- ◆ Collaborating with programming to promote consistency of processes in Buildings 3, 5 and 10, and
- ◆ Developing leadership skills and relationships within nursing management including the new Team Leaders

Again, our goal is for nursing and programming to work more collegially and cohesively in taking care of the patients. Now that the Team Leaders have all been on board for several months, we are starting to see this cohesion come together.

I also mentioned last month that another area that is growing in volume and complexity is the legal court order patient census. Since the elopement in July, Director Adams and I, along with others, have met with county attorneys and public defenders to improve our management of this population. We are implementing the use of GPS monitoring devices for these patients when they leave campus. We have researched how other states manage these patients and we will be instituting other changes in this area.

The conversion of the PT staff at Whitehall to SSIIs has been approved and implemented. As I mentioned last month, State Personnel did not use the same classification as the staff on West Campus. Instead, they used the classification of Youth Care Specialists which is the same classification used at HRC and is in the same pay grade. Nevertheless, just about everyone is now classified in the same pay grade as a SSII or a YCSII.

Another contributor to the organization is also leaving. Joel Trausch has been the Infection Control Nurse/Risk Manager for nearly three years. Joel is taking a position in Baltimore with the Navy. Joel will also be missed.

As time goes on there will be other changes on campus both to personnel and facilities. Some are visible like the renovations to Building 5 to make it handicap accessible and the sidewalk repair that seems to be everywhere this past month. Some are not as obvious like people leaving the organization for other opportunities or retirements.

There are many very positive things happening on campus right now despite the economic concerns we face. For instance, the Wellness Committee just received the Sower Award in the Governor’s Well Workplace Initiative. This is just one example among many of the achievements taking place on campus. As I have said many times in the past year, we were on defense for about four years and now we get to play offense. We are writing a new play book which will ensure the success of the organization for many years.



I thought you might like to hear about the Nebraska Family Helpline and its progress so far.

The Helpline gives information and assistance to parents, guardians, children and others seeking help with a variety of behavioral health issues. We contract with Boys Town to operate this toll-free line (1-888-866-8660).

The counselors who answer the phones provide referrals to community services, link families to the Family Navigator service, and share techniques for de-escalating contentious situations and establishing rules/expectations in the home. They assess safety risks and contact law enforcement on behalf of callers, if necessary. They provide a sympathetic ear and words of encouragement to those who want to vent frustration about their family situations.

The largest number of calls come from parents seeking assistance about children not following family rules, aggression at home, and arguing.

Of the 1,130 unique families that contacted the Helpline in the first six months, almost a quarter reported that their children had a mental health diagnosis, the most common being ADHD/ADD. Other diagnoses commonly reported by families included bipolar disorder, oppositional defiant disorder, and depression.

Approximately 50 percent of the families that contacted the Helpline reported that their children had undergone at least one form of mental health treatment. Community-based outpatient treatment was reported 55 percent of the time, mostly counseling and therapy.

Families have told Helpline counselors that they had tried less restrictive forms of treatment such as counseling and/or medication and were seeking more restrictive types of referrals.

Helpline counselors use the Boys Town Referral Database to give information on services that best match the needs of the callers. The most provided referral type was mental health services.

It should come as no surprise that the most calls related to 15, 16 and 17 year olds. Single parents called the most (42 percent of calls).

The Helpline is being well-received. In a survey of the people who responded, the average ranking given was 4.5 out of 5 (with 5 being excellent).

The Helpline connects parents and others with the resources they need to deal with troubled children. Along with the Nebraska Network of Care website (<http://www.dhhs.ne.gov/NetworkofCare/index.htm>), it offers hope and assistance to those who most need it. Please let your friends and family members with children know that it is available.

1st Annual Mental Health Awareness Walk at LRC.....by Stacey Werth-Sweeney

LRC is sponsoring a walk this Friday, October 1, from Noon to 2:00 p.m. in honor of Mental Illness Awareness Week (October 3-9). Consumers of mental health services, their families and friends, advocates, neighbors and anyone interested are invited to attend. Community partners such as Wal-Mart, Russ' IGA, and Network of Care have donated items to the walk. There will be entertainment and other activities also.

In 1990, Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October to celebrate. MIAW promotes mental illness awareness, calls for an end to stigma and advocates for support for treatment and recovery. The theme of MIAW this year is "Changing Attitudes, Changing Lives."

Guest speakers before the walk include Dan Powers, DHHS Office of Consumer Affairs, and Cynthia Surrounded By Enemies from Blackfeet Nation. The afternoon will include a walk through the LRC Arboretum, tours of the museum, a walk through the new labyrinth at LRC, and entertainment. Lunch options will be provided by local vendors at guest cost.



Strut Your Stuff Award.....by Anne Regelean

Leslie Guthrie is this month’s Strut Your Wellness Stuff winner! Leslie was nominated for taking a step towards a healthier lifestyle. After more than 5 years, Leslie went in to see the doctor for a complete physical! Her main reason for making the appointment is the fact that she now has good Health Insurance. Leslie said, that in the past she didn’t have the time or the money, but now it was time to make it a priority. Her goal is to continue with preventative care by having a physical at least every two years. Congratulations Leslie on making your own health a priority and congratulations on being this month’s Strut Your Wellness Stuff winner!

If you have someone you’d like to nominate for the Strut Your Stuff Award, contact Anne Regelean!



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.

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Laurel Hadley	216 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Susie Brown	794 miles
Emily Rokusek	1073 miles
Crystal Buhrmann	1500 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!



Wellness Committee Wins Award



Congratulations to LRC's very own Wellness Committee for winning the Sower's Level Governor's Excellence in Wellness Award! The Sower Award recognizes that the LRC Wellness Committee "plants the seeds of wellness" for LRC employees. By meeting the standards for this award, LRC demonstrates leadership in worksite health promotion, and most importantly has provided an opportunity for employees to live a healthy life! The award will be presented to Wellness Committee members at the WorkWell banquet on October 21.

Director Adams, in a letter recognizing the LRC Wellness Committee, has this to say: "I want to take this moment to say that I appreciate the focus on the total person this recognition represents. While we are a psychiatric hospital—a single component within a specialty system—it would be very easy to ignore the larger context of our work, and the larger reality that is human. We are emotional, mental, physical, social and spiritual beings. Attending to all of these dynamic pieces is important—not only for our patients, but for ourselves, too! It is good to be part of such a great team, and I appreciate the work that goes into keeping one another safe and healthy. Good work, and thanks for your commitment to becoming ever better!"

Please join us in congratulating all of the members of our LRC Wellness Committee: Courtney Hall, Chairperson, Diana Walker, Anne Regelean, Nina Trumble-Anderson, Leslie Guthrie, Scott Rasmussen, Emily Rokusek, Marc Ostrander, Stephanie Stewart, Gordon Tebo, and Sharon Ziers.

Thank you, Wellness Committee members, for all that you do for LRC employees!



Yoga classes for LRC employees is one of the many activities sponsored by the Wellness Committee. Jane Ahl, LRC Reality Check Newsletter Editorial Board member has this to say about the yoga classes. "Yoga classes are held every Tuesday and Thursday over the lunch hour in "K" Building. After practicing several yoga poses, attendees participate in a relaxation session. Everyone who participates has their own individual yoga experience - you are teaching your body to do the yoga poses and each individual's participation is different, so there are no expectations, only experiences. The fees are \$40.00 per month and Liz, our yoga instructor is paid \$5.00 per session for the times that you are absent from class. People are reimbursed for the sessions they attend. After yoga classes, you feel both revitalized and relaxed. For more information, contact Courtney Hall at 5221!"

UPCOMING WELLNESS COMMITTEE ACTIVITY!!



SAIL BALLS IN THE FALL

EIGHTH LRC WELLNESS GOLF TOURNAMENT

Monday October 11th, 2010 (COLUMBUS DAY)

Tee times beginning at 9:30 am

Pioneers Golf Course

4 person Best Ball

\$14.00 per person = 9 holes

\$22.00 per person = 9 holes + cart

Senior Citizen

\$12.00 per person = 9 holes

\$18.50 per person = 9 holes + cart

Golf skills not needed!!

Bring family and friends to join in on the fun!

Registration and fees are due by ***OCTOBER 4th***

Contact Courtney Hall x5221

for sign up/payments

****This is an LRC Elective Activity****

Please join us in welcoming these new employees to LRC!

- ◆ Christine Wattier, SSII, Building #14, 2nd Shift
- ◆ Heather Epp, SSII, Building #5, 2nd Shift
- ◆ Charles Bowling, SSII, Building #5, 3rd Shift
- ◆ Amanda McCarthy-Beagle, SSII, Building #10, 2nd Shift
 - ◆ Stephen Sudol, SSII, Building #3, 1st Shift
 - ◆ Nichole Beiermann, SSII, On-Call
- ◆ Dusty Trosper, YCSII, Whitehall, 2nd Shift (transferring from YRTC)
 - ◆ Brittany Kuhns, SSII, On-Call
 - ◆ Jesse Bremers, SSII, Building #5, 3rd Shift
 - ◆ Richard Schmidt, LMHP Supervisor, Day Shift
 - ◆ Caitlin Davidson, SSII, Building #3, 2nd Shift
 - ◆ Ghazala Ahmed, MD, Psychiatrist, Day Shift



THE CANTEEN WILL REOPEN!!!!

Vicki Johnke, Canteen Manager, has left LRC employee to take a position closer to her home in Omaha. The Canteen will reopen as soon as Vicki's position is filled. Best Wishes to Vicki!!!



Retirements.....by Linda Jiskra

 Please join us as we say goodbye to Melinda White, ADON, Rick Littrell, and Ardell Plasek. Melinda and Rick are both retiring on October 1, and Ardell is retiring on October 8. Rick will celebrate his retirement after 30 years with the State of Nebraska. Melinda has served the State of Nebraska for 37 Years. Ardell is leaving the State of Nebraska after 18 years. Congratulations and Best Wishes to Melinda, Rick, and Ardell!! 



Kudos.....

- ◆ **Kudos to Joan DeVries** for assisting with the Emergency drill conducted on September 20. Special recognition goes to Joan DeVries and all of the Safety Officers for coordinating the LRC Emergency Drill held on September 20. Thank you all for devoting time and effort towards developing an overall disaster preparedness program. It is people like you that keep LRC thinking forward.
- ◆ **Kudos to Scott Collier and Cheryl Scheele, Team Leaders for Building #5**, for stepping up and helping out on other wards and shifts during the absence of two Team Leaders out on medical leave in September. Scott and Cheryl have worked hard to

keep consistency and the team process going on the other wards as well as their during this time, without complaining or neglecting their own duties. Great job, Cheryl and Scott!

- ◆ **Kudos to Larry Birkett and Rosa Galdamez** for their hard work of waxing the Canteen and dining room floors in Building #10, and for cleaning the lobby carpets. You can see your reflection in the Canteen and lunch room floors!
- ◆ **Kudos to Corinne McCoy and the Horticulture Group in Building #10** for maintaining the beautiful courtyard.

- ◆ **Kudos to the Dietary Department and Building #3 Dietary Staff** for making salads and Chef salads for the ladies in Building #3. The women state how good and healthy they feel eating salads.

- ◆ **Kudos to the LRC Wellness Committee** for winning the Sower's Level Governor's Excellence in Wellness Award!



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

School's in session again but it was never out for the studious Policy Committee members! Here is a list of new and revised policies from their August meeting!

REVISED POLICIES:

- ◆ IM-38 (LRC) Documentation Guidelines
- ◆ PC-13 (LRC) Absent Without Authorization (AWA) and Unauthorized Leave

- ◆ PC-25 (LRC) Laboratory, Pathology, Critical Lab Values and Medical Services
- ◆ PC-04b (LRC) Patient Safety Precautions
- ◆ PC-68 (LRC) Patient Identification
- ◆ PC-69 (LRC) Hand Hygiene

NEW POLICIES

- ◆ LD-07 (LRC) Victim Notification
- ◆ MM-18 (LRC) Obtaining Medications Outside Regular Pharmacy Business Hours



Best Wishes, Joel!.....by Linda Jiskra

Please join us in saying goodbye to Joel Trausch. He leaves LRC employment on October 1 to re-join the Navy. From 1992-1996, Joel was a Navy Corpsman where he was trained primarily as an EMT and participated in advanced training as a Pharmacy Technician. Joel will now be a Psychiatric Nurse for Bethesda Naval Hospital providing assistance to service men and women who need mental health services. We salute Joel for his years of service to LRC patients. He will be missed but we know he will be doing a world of good for our service men and women!

Bon Voyage, Joel, and Best Wishes Always!!



The sidewalk between Building #10 and Building #3 has been repaired. The newly paved area will allow for improved drainage, which will be particularly beneficial in the winter months, as ice melts and re-freezes, creating hazardous walking conditions. In addition to this sidewalk, the concrete area behind Building #3 has been redone, and the front entrance to Building #3 will be repaired as well. More sidewalk repairs at LRC will be occurring, including the sidewalk in front of K-Building.



Around the Web.....by Tom Schmitz

September is Prostrate Cancer Awareness Month

Progress Against Prostrate Cancer: Prostrate cancer is the most common cancer (excluding skin cancer) among American men. Although 1 in 6 men in the United States will be diagnosed with prostrate cancer at some point during their lives, most of these men will die of something else. Nevertheless, more than 30,000 U.S. men are expected to die of prostrate cancer this year.

The topics below highlight some of the many ways that research supported by the National Cancer Institute (NCI) and other organizations is yielding better treatments and management strategies for the hundreds of thousands of men living with prostrate cancer.

Access: <http://www.cancer.gov/features/prostratecancer2010>.

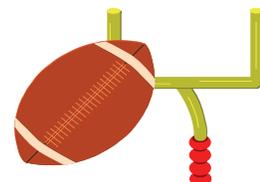
- Latest Developments in Screening and Treatment
- Understanding Prostrate Cancer
- NCI Research in Prostrate Cancer
- General Information about Prostrate Cancer

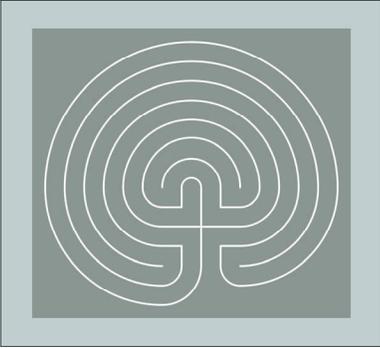


Check Out These New Books.....by Tom Schmitz

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|---|--|
| 1. Winner's Circle by Readers Digest | by the Editors of Consumer Guide |
| 2. Playing with Fire by Fiona Macbeth | 7. Every Second Counts by Lance Armstrong |
| 3. Buddhism for Beginners by T. Chodron | 8. W.B. Yeats, Romantic Visionary |
| 4. The Practical Kabbalah Guidebook by C.J.M. Hopking | 9. The Story of Philosophy by Peter Delius |
| 5. Dr. Weisinger's Anger Workout Book | 10. Sports: The Complete Visual Reference by Francois Fortin |
| 6. Medical Book of Health Hints & Tips | |

The Resource Center is open from 8:00 a.m. to Noon, and 1:00 p.m. to 5:00 p.m, Monday through Friday! Stop in and see Tom!





Classic labyrinth design

A plan to have a labyrinth available for LRC patients and employees is coming to fruition this week! Maintenance staff have prepared a section of the parking lot behind Administration, and a labyrinth will be painted on the concrete in this area! Earlier this summer, Rachel Johnson made the proposal for a labyrinth to the LRC Arboretum Committee. A labyrinth stencil is being purchased and plans were made to paint a labyrinth on campus in the Administration parking lot and in patient yard areas. A temporary labyrinth will be painted on the grass to use during the Mental Health Awareness Walk on October 1!

Nancy Goff has provided the following information on labyrinths:

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's journey. It is a symbol that creates a sacred space and place and takes us out of our ego to "That Which Is Within."

Labyrinths and mazes have often been confused. When most people hear of a labyrinth they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. It is a left brain task that requires logical, sequential, analytical activity to find the correct path into the maze and out.

A labyrinth has only one path. It is unicursal. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.

A labyrinth is a right brain task. It involves intuition, creativity, and imagery. With a maze many choices must be made and an active mind is needed to solve the problem of finding the center. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is needed. The choice is whether or not to walk a spiritual path.

At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

Labyrinths and healing gardens are becoming part of many hospitals across the nation. The labyrinths being installed at LRC will offer new holistic treatment activities for our patients. Labyrinths will be a great complement to our beautiful Arboretum campus!



Painted Grass Labyrinth for Oct. 1 - By Labyrinth Artist Rachel Johnson



Future site of LRC Labyrinth

LRC Fall Flu Vaccination Drive.....By Joel Trausch & Todd Falter

Influenza season is once again upon us. LRC will begin employee flu vaccinations on October 12—please see the below schedule. To make staff vaccinations more efficient, we will be administering flu vaccines, TB screenings, and Hepatitis B vaccinations for all staff who would like them. You will not be required to receive all three injections on the same day; however, the schedule is being set up this way for staff convenience. Flu vaccinations will be free for LRC employees again this year. The best time to receive flu vaccinations is October to early November. H1N1 vaccines are included in the flu vaccination this year so you will not need two shots! Please wear a short-sleeved shirt on vaccination date. If you receive a vaccination outside of LRC, please provide the date of your vaccination to the LRC Infection Control Manager. TB screenings will be mandatory for all LRC employees. Your TB screening must be read by any nurse or any RN on the LRC campus within 48 to 72 hours after the initial screening. Keep your TB screening sheet or you will have to redo the screen!

Schedule:

- ◆ **Tuesday, Oct. 12** Building 14, 3rd floor, 7:00 a.m. to Noon & 1:30 to 4:30
Whitehall: 7 a.m. to 9:00 a.m., & 3:00 p.m. to 4:30 p.m.
- ◆ **Wed. Oct. 13:** Bldg. #5: 7:00 a.m.—8:30 a.m. & 3:00 p.m. to 4:30 p.m.
- ◆ **Thursday, Oct. 14:** Bldg. #10: 7:00 a.m. to 8:00 a.m., & 3:00 p.m. to 4:00 p.m.
Whitehall: 7:00 a.m. to 9 a.m. & 3:00 p.m. to 4:30 p.m.
- ◆ **Friday, Oct. 15** Bldg. #3: 7:00 a.m. to Noon, & 2:00 p.m. to 4:00 p.m.
- ◆ **Monday, Oct. 18** Bldg. #14, 3rd Floor, 7:00 a.m. to Noon & 1:00 p.m. to 4:30 p.m.
Whitehall: 7:00 a.m. to 9:00 a.m. & 3:00 p.m. to 4:30 p.m.
- ◆ **Tuesday, Oct. 19** Bldg. #5: 7:00 a.m. to 8:30 a.m. & 3:00 p.m. to 4:30 p.m.
- ◆ **Wednesday, Oct. 20** Bldg #10: 7:00 a.m. to 8:00 a.m. & 3:00 p.m.– 4:30 p.m.
Whitehall: 7:00 a.m. to 9:00 a.m. & 3:00 p.m. to 4:30 p.m.
- ◆ **Thursday, Oct. 21** Bldg. #3: 7:00 a.m. to Noon & 2:30 p.m. to 4:00 p.m.
- ◆ **Friday, Oct. 22** Bldg #14, 3rd floor: 7:00 a.m. to Noon, & 1:00 p.m. to 4:30 p.m.
Whitehall: 7:00 a.m. to 9:00 a.m. & 3:00 p.m. to 4:30 p.m.
- ◆ **Monday, Oct. 25** Bldg #14, 3rd floor: 7:00 a.m. to Noon, & 1:00 p.m. to 4:30 p.m.
- ◆ **Wednesday, Oct. 27** Bldg. #14, 3rd floor: 7:00 a.m. to Noon & 1:00 p.m. to 4:30 p.m.
- ◆ **Friday, Oct. 28** Bldg. #14, 3rd floor: 7:00 a.m. to Noon & 1:00 p.m. to 4:30 p.m.
- ◆ **November Schedule:** **Tuesdays & Thursdays in Building #14, 3rd Floor, 8:00 a.m. to 10:00 a.m. & 3:00 p.m. to 4:30 p.m.**
- ◆ **December—March:** **Contact the Infection Control Manager to Schedule**



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

- This month's trivia questions are all about counties in Nebraska! Send your answers to Jane Ahl!
1. What Nebraska county was Marlon Brando born in? a) Frontier County, b) Kimball County, c) Douglas County, d) Nuckolls County
 2. Located in western Nebraska, Bridgeport is the county seat of this county. Which county is it? a) Nance, b) McPherson, c) Morrill, d) Madison
 3. The meaning of the name of this county is Turtle Hill River. a) Knox, b) Hitchcock, c) Otoe, d) Keya Paha
 4. What is the capital of Scottsbluff County? a) Scottsbluff, b) Gering, c) Red Cloud, d) Mitchell
 5. This county borders the Niobrara and in 2003, the population was 1,613. a) Rock County, b) Garden County, c) Red Willow, d) Valley County
 6. Mullen is the county seat of what Nebraska County? a) Lancaster, b) Johnson, c) Hooker, d) York
 7. Where would you find Ole's Big Game Bar? A) Keith County, b) Buffalo County, c) Burt, d) Deuel
 8. This county was the birthplace of Kool-Aid! A) Webster, b) Gabe, c) Antelope, c) Adams
 9. Where can you rent and sleep in a Union Pacific caboose? A) Dundy, b) Douglas, c) Gosper, d) Hitchcock
 10. What county was Marg Helgenberger of the TV show CSI born? A) Dodge County, b) Sarpy County, c) Sioux County, d) Garfield County



Dietary Dept



BAKE SALE



**Craft Items Also*



Tuesday, Oct. 5th



K - Building



Main Kitchen



11:00am -?



Enter the Free Raffle drawing for one of

Dave's birdhouses!!

DON'T MISS OUT!!!

Part of our proceeds, go to the

Patients' Christmas Fund.

THE MORE YOU BUY, THE MORE WE CAN GIVE!!





Apple Cake Dessert

Ingredients:

2 cups sugar	4 cups chopped apples	1/4 tsp butter flavoring
1/2 cup margarine	1/2 cup nuts	2 cups flour
1/4 tsp black walnut flavoring	1 tsp vanilla	2 eggs
2 cups baking soda	1/2 tsp cinnamon	1/4 tsp salt

Topping:

- 1 cup sugar
- 1 cup light cream
- 1/2 cup butter
- 1/2 tsp vanilla



Directions: Cream together sugar and margarine. Add flavorings to eggs and add to cream mixture. Sift dry ingredients and add. Stir in apples and nuts. Bake in a 9 x 13-inch pan for 15 minutes at 350 degrees. Cook topping slowly until buttery and slightly thickened. Serve warm over apple cake.

Apple Coffee Cake

Ingredients:

2 cups baking mix	2 Tbsp. sugar
1 egg	2/3 cup water or milk
1 cup finely chopped apple	



TOPPING:

- 1/4 cup sugar
- 2 Tbsp baking mix
- 2 tsp ground cinnamon

Directions: Heat oven to 400 degrees. Grease round layer pan, 9 x 1 1/2 inches or a square pan, 8 x 8 x 2 inches. Mix all topping ingredients until crumbly, and then drop onto cake batter. Mix first four batter ingredients and beat vigorously for 30 seconds. Then mix in apple. Spread batter in pan, sprinkle with topping. Bake until wooden pick inserted in center comes out clean, approximately 20 to 25 minutes. Refrigerate any remaining coffee cake.

Warm Baked Apples with Cranberry-Caramel Sauce

Ingredients:

Six Golden Delicious apples	1 1/4 cup chilled heavy whipping cream, divided
3/4 cup frozen cranberry juice concentrate, thawed	3/4 cup (packed) dark brown sugar
2 Tbsp. butter	



Preheat oven to 350 degrees. Using small end of a melon baller, scoop out stem end and core of each apple, leaving bottom intact. Using vegetable peeler, remove peel from top third of each. Stand apples in 11 x 7 inch glass baking dish, trimming apple bottoms if necessary to create flat surface. Bring 3/4 cup cream, cranberry juice concentrate, sugar, and butter to boil in heavy medium saucepan, stirring until sugar dissolves. Pour syrup over apples, adding some to hollow centers. Bake apples until tender, basting once, about 1 hour. Meanwhile, beat remaining 1/2 cup cream in medium bowl until peaks form. Chill whipped cream in bowl. Transfer each apple to shallow bowl, emptying any juices from center into baking dish. Pour syrup from dish into medium saucepan. Boil syrup until thick enough to coat spoon, 2 to 3 minutes. Spoon over warm apples. Top each apple with whipped cream.



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Reality Check Mission Statement:

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

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

Special Thanks to this month's contributors: Nina Anderson-Trumble, Courtney Hall, Anne Regelean, the LRC Wellness Committee, Stacey Werth-Sweeney, Rachel Johnson, Nancy Goff, Joel Trausch, Todd Falter, and Special Thanks to Director Scot Adams.



August Reality Check Trivial Pursuit Answersby Jane Ahl

1. **Heat Wave** was the name of the 1970s funk/disco band with hits called “Boogie Nights” and “Always and For ever.”
2. The Dust Bowl with record extremes of heat and cold occurred in **1936**.
3. The highest temperature recorded in Red Cloud, NE on August 13, 1936 was **111 degrees F**.
4. The heat in Lincoln NE began in late June in 1936 with a **35-day** run of highs exceeding 90 degrees F.
5. Prior to 1936, **Detroit** experienced only 7 days when the temperature reached 100 degrees F or higher in a 63-year history of weather records.
6. On **July 9**, 1936, New York’s Central Park Observatory temperature was 106 degrees F.
7. The following day, both **New Jersey** and Phoenixville, Pennsylvania melted at 111 degrees F.
8. Altus, Oklahoma peaked on August 12, 1936 at **120 degrees F**.
9. Only **three** states did not have temperatures in excess of 100 degrees F during the 1936 heat wave.
10. The maximum temperature records of 1936 occurred in **Steele, North Dakota**.

