



LRC REALITY CHECK

Amanda Cue is the September LRC Employee of the Month



Congratulations to Amanda Cue, LMHP, for being selected as the September 2011 LRC Employee of the Month. Since Amanda was hired on March 15, 2010, she has proven herself to be a valuable employee. Her co-workers who nominated her state that Amanda is a very giving person who is willing to help others any way that she can. Amanda gives the youth we serve 110% of what she has to help them meet their treatment goals. She is a dedicated, reliable employee who shows up to work each day with a smile and a friendly greeting for everyone. Amanda works well with families and demonstrates professionalism with them and with the community agencies she encounters.

Amanda truly believes in helping others and doing what she can to make the youths' treatment successful. She "thinks outside the box" and works with a variety of people on several different levels. She treats all people she encounters with dignity and respect. Amanda is a positive role model for staff and youth at the Whitehall campus. She recently completed all of her hours to become a fully licensed LMHP. This is a great achievement for her and a plus for the Whitehall campus.

Amanda is described as someone who is willing to listen to others. She takes time to help problem solve even when she is busy with other tasks. She displays a genuine caring attitude and offers sincere compliments and encouragement to others. Amanda recently took on the task of overseeing the Whitehall social skills program, and also the role of PCC Facilitator.

Congratulations, Amanda, and once again, thank you for all that you do!

Kudos.....

- ◆ **Kudos to Terri Harmon in Building #14** for making the lobbies look clean and clear of debris. This is not an easy task with all of the construction occurring outside!
- ◆ **Kudos to the HSTS staff** for working so hard on the new rosters and group schedules in all of the buildings, also not an easy task!
- ◆ **Kudos to Security Officer, Rob Uttecht**, for his patience and therapeutic manner with patients on 2West in Building #3 this month. This is a very busy unit! Kudos to Rob also for his de-escalation skills and redirection when helping with Building #10 patients.
- ◆ **Kudos to Carol McDowell** for making excellent announcements of groups in Building #10. Her greetings come across as very friendly and informative.
- ◆ **Kudos to Jeff McCain**, Building #10 Maintenance, for being very helpful and addressing concerns right away for a supervisor new to the building. Your friendly and speedy responses are appreciated.
- ◆ **Kudos to Karen Thaut** in Building #10 HIM for being so welcoming to the new Team Leader and helping her get all the supplies she needed in the new building.
- ◆ **Kudos to Building #10 1st Shift staff** for teaching Keri Schell, Team Leader, about your building, showing her around and guiding her through building processes. Keri notes that your knowledge is valuable and she looks forward to growing together as a team!
- ◆ **Kudos to Jen Bennets** for setting up a group leaders' file cabinet in Building #10. Your organization will improve the work environment and assure that patients are getting their assignments. This is a huge help!
- ◆ **Kudos to Susie Brown** in Human Resources for providing new décor for the women's bathroom in Administration. They brighten up the room!
- ◆ **Kudos to Joan DeVries, Les Adams, Rob Uttecht, Mark Craft, JoAnne Price, Craig Cooper, Cindi Hunter, and Jeff Van Lent** for activating the Incident Command System on September 7 for the brief phone outage. Within 5 minutes, all buildings were aware of the phone outage and processes were in place to handle the emergency! Great job!
- ◆ **Kudos to the Pharmacy staff** for notifying Sandy O'Meara and Melissa Lemmer that there were musical instruments in the former Pharmacy area. These are now being used in the Drumming Up Hope groups!
- ◆ **Kudos to Jane Ahl** for dusting in the museum in preparation for the Sept. 30 Walk for Mental Health events.

Blink, And It's Gone!

It seems like every other month or two, I talk about how time flies or how I can't believe what time of the year it is again. Well, you have got to admit that was a fast summer. It was just yesterday I wrote, "As I sit here writing this month's article, I wish it was spring and I was playing a little golf. Alas, it is spring but it is snowing. Soon, however, the Bradfords along the main drive will bloom and the life cycle of the arboretum will begin anew." That was March and now the Bradfords' leaves are starting to fall, the weather is turning cooler and the Huskers are off to a 4-0 start. I don't know if it is because I'm getting older, but time just seems to fly by anymore.

And for the past three months I bet it couldn't go fast enough for some of you in Buildings 3, 5 and 14. The good news is, by the time you read this, the construction in some of the buildings will be done. I want to again recognize and commend all of you in Building 3 for your patience during the window project. The contractor ran out of material for the outside and didn't get done by the end of August as promised, but he should be finished with the windows by next week. Likewise in Building 14, the contractor is finishing the punch list and should be finished with the roof by next week. Again, the contractor is responsible for the repair of the driveway in front of the building which got torn up by heavy equipment lifting the materials onto the roof and it will probably take a month to get that fixed.

Meanwhile, the ADA renovations in Building 5 continue. There is still one unit left to finish and we are still looking to complete all of the work in Building 5 by Halloween. Work is progressing on the annex behind Building 5 but will not be completed by October 1st as we thought. It too should be done by Halloween.

The next thing we will have to figure out once the construction in Building 5 is done is how many patients should be in Buildings 5 and 10. This may mean some relocation of staff if we move patients. The total number of beds at LRC will not increase from our current staffed amount of 220. We will be soliciting your input on this through the Team Leaders as we get closer to this decision. Through all of the construction and program changes over the last five years, we have done this many times and it has worked out so we should be able to do it again without too much trouble. Right now we are thinking of decreasing the number of beds in Building 10 by 10 to 12 and adding that same number of beds to Building 5 via the final renovated unit. This unit in Building 5 would be smaller than the other three and about the same size as S5. All male admissions to LRC would go to Building 5 on either S5 or this last

other unit. Mental Health Board committed patients would move to Building 10 from Building 5 as soon as they are well enough and then be discharged from there. This would provide us with a couple of opportunities:

- ◆ We would have a second unit for admissions of male patients in Building 5 who may or may not be violent and thus would not have to hold up any admissions because S5 was full
- ◆ We would have two extra beds on this smaller unit so that we would have greater flexibility in moving patients around
- ◆ We would have several rooms in Building 10 that would be single rooms so we could separate patients needing a single room, and
- ◆ We would have flexibility in the number of beds in Building 5 and 10 so we wouldn't have to worry about patient transfers between buildings.

We are still several weeks off from having to make any decisions and we have received input from many of you about this decision. There are pros and cons about this opportunity. The one thing we do know is that we will finally have all of the units renovated in Building 5 after almost 18 months and this is where we need male beds the most. We only have a couple more FTEs than we currently have filled. We only have 4 RN and 6 MHSSII positions vacant and the MHSSII positions are in the internal transfer process. So staff will need to be relocated from Building 10 to staff this last unit in Building 5. That means we will need to reduce the number of beds in Building 10 by a corresponding amount. How we go about reassigning staff is a nurse staffing and human resources decision. Cheryl McMurry should have a plan developed in the next week or so and will share that with you as soon as it is done. Hopefully we'll have all of this done and everyone rearranged by Thanksgiving.

All of this work in Building 5 in particular, and all around campus, seems to have taken a really long time yet at the same time, here it is fall already. For the next several months, things should be relatively quiet on campus. I hope everyone had a good summer and is enjoying these nice autumn days. And, of course, go Big Red!



EAP Provides Helpful Seminars.....by Susie Brown

I attended an EAP class on September 12 entitled "Successful Workplace Relationships." The program reviewed the fundamentals of respectful, mutually beneficial relationships, building and maintaining trust, focusing on the positive in the other person, and resolving conflicts in a respectful manner. Individuals in healthy work environments are: 1) team players; 2) respect personal boundaries; and 3) are self-affirming and self-confident. Communication is the key to good relationships. A Communication Style Survey was completed by all attendees, and it was then determined which communication style we each used: 1) Amiable; 2) Expressive; 3) Analytical; and 4) Driver. Examples of conflict resolution techniques were presented, along with some workplace scenarios of possible events and how to handle them appropriately. We were also given ten successful strategies for getting along with everyone. I realize it is sometimes difficult for direct care staff to at-

tend these trainings, but I certainly would recommend that as many employees as possible attend these seminars with supervisory approval. I find them very informative as well as a wonderful learning tool, not to mention that they are free, except for the driving time to the seminar and the time away from work. However, this is also minimal as many of the presentations are only one hour in length.



WELCOME These New Employees.....by Susie Brown

- ◆ Daniel Apolius, On-Call Security Officer
- ◆ Mary (Beth) Davidson, SSII, Building #5
- ◆ Sarah Marti, SSII, Building #5
- ◆ Theresa Christiansen, Nurse II, Building #5
- ◆ Kristin Augustine, School Liaison, Whitehall
- ◆ Nicole Dixon, Accounting Clerk II, Building #9
- ◆ Charles Underhill, SSII, Building #10
- ◆ Laura Hampton, SSII, Building #3
- ◆ Rocki Roth, SSII, Building #3
- ◆ Jessica Pohl, SSII, Building #3
- ◆ David Jal, SSII, Building #5
- ◆ Amy Wilkason, SSII, Building #5
- ◆ Yolanda Medina, SSII, Building #10
- ◆ Vicki Allen, Nurse II, Building #3
- ◆ Donte Lee, SSII, Building #3
- ◆ Jason Miner, Food Services Cook, K-Building

NATIONAL HEALTHCARE ENVIRONMENTAL SERVICES AND HOUSEKEEPING WEEK

SEPTEMBER 13-19, 2011

Everyday, millions of people reside in hospitals and healthcare facilities across the world, yet it is the hard working members of the healthcare environmental services and housekeeping staff that keep these facilities clean and germ free. Theirs may be a thankless job, but what they do is imperative for preventing the spread of illness.

Now is the time to recognize and thank these important individuals during National Healthcare Environmental Services and Housekeeping Week!

Around the Web: September is Cholesterol Awareness Month Submitted by Tom Schmitz



September may be “back to school month,” but it is also Cholesterol Awareness Month. Take a few moments to study up on this important health issue. Cholesterol is a waxy, fat-like substance that your body produces and is necessary for many body functions. However, when there is too much cholesterol in the bloodstream, some will build up on the walls of the blood vessels, including those of the heart. Over time, this build up can impede the flow of blood.

High blood cholesterol is a risk factor for coronary heart disease (CHD). As the leading cause of death in the United States, CHD has the potential for touching many, many Americans. One of every two males and one of every three females aged 40 years and over will develop CHD sometime in their lives. The good news is that people CAN prevent heart disease by controlling those risk factors that can be modified. By lowering risk factors through exercise, reducing saturated fats and cholesterol-containing foods, quitting smoking, and reducing excess weight, people can minimize their risk of ever developing CHD.

The National Cholesterol Education Program (NCEP) within the National Institute of Health’s National Lung and Blood Institute recommends adults over 20 years old have their cholesterol levels checked at least every five years. The desirable cholesterol levels are: Total cholesterol: less than 200 mg/dL. Low Density Lipoprotein (LDL) cholesterol (“bad” cholesterol): less than 100 mg/dL. High Density Lipoprotein (HDL) cholesterol (“good” cholesterol): 40 mg/dL or higher. Triglycerides: less than 150 mg/dL. Learn more by taking the Cholesterol Quiz at <http://nhlbisupport.com/chd1/CholesterolQuiz/quiz.htm>.

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

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| <ul style="list-style-type: none"> 1) <i>Living a Life That Matters</i> by Harold Kushner 2) <i>The Feeling Good Handbook</i> by David Burns 3) <i>Barron’s Basics: English</i> 4) <i>Stamp Magic</i> by S. Walton 5) <i>Darwin</i> by Philip Appleman 6) <i>Pasta and Other Special Salads</i> by Ceil Dyer | <ul style="list-style-type: none"> 7) <i>West of Dodge</i> by Louis L’Amour 8) <i>A Day in the Life</i> by M. Hertsgaard 9) <i>One Nation</i> by Life Magazine 10) <i>A Fine Balance</i> by R. Mistry |
|--|---|

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



Off the Record.....by Audrey Kelly

Congratulations to Sherrie and Bill Browning on the birth of their son, Jacob Patrick Browning. Jacob was born on September 13, 2011. He weighed 8 lb. 2 oz.



30-Day Improvement Plans.....by Linda Jiskra

As you should already be aware, each area at LRC has been working on 30-Day Improvement Plans as part of the PCC initiative. Here is a brief summary of some of the 30-day plans completed. Most of these are continuing and/or being added onto.

- ◆ Compliance Specialists: The Compliance Specialists are showing employees how to use the Quick Help guide and reviewing policies with each staff, using the Teach Don't Tell method. They have met their goal and will continue to do this but add additional steps as well.
- ◆ Building #14: The Team Leaders in Building #14 are using a Teach Don't Tell method to work on creating a more positive atmosphere for the building. All staff are introducing themselves to new patients within the first 15 days of admission. 2nd shift teams have chosen to focus on communication, and have identified a list of positive behaviors to increase. 1st shift teams are working on challenging negativity. 11-7 shift staff are telling each other what they appreciate about each other and working on making people feel welcome when they float to Building #14.
- ◆ Human Resources: HR has been working on cross-training and having HR employees learn each other's jobs so that they can assist employees more efficiently when one HR person is absent.
- ◆ Nursing: The ADONs are placing Kudos boards in all of the buildings. These will be used to give Kudos to all employees.
- ◆ Team Leaders: The Team Leaders are creating an Orientation checksheet for newly admitted patients to help patients feel more comfortable and to help them get to know their staff.
- ◆ Forensics: The forensic team is using a 9-question assessment tool to help improve communication at their morning patient review meeting.
- ◆ HIM/Administration Reception/Business Office: The HIM staff, and reception and business office staff have been focusing on customer service by identifying themselves and their departments when answering the phone, and making sure people's needs are met.
- ◆ Housekeeping: Housekeeping is using a cleaning calendar for bathrooms. The calendars are placed on the bathroom doors and Housekeeping staff check off on the calendars when the bathrooms are clean.
- ◆ Security Officers: The Security Officers are working on keeping the Security Center clean, tidy and orderly.
- ◆ Whitehall: Whitehall staff are working on giving each other "Yeah Moments," and being more polite to each other, using "please" and "thank you." "
- ◆ Pharmacy: The Pharmacy has worked on standardized telephone greetings and each employee has also developed one little thing that they can work on individually. The whole Pharmacy department also attended an EAP workshop on co-worker relationships.
- ◆ Maintenance: Maintenance staff are working on being more approachable to staff, and trying to resolve issues quickly.
- ◆ Dietary: Dietary's goal was to reduce complaints about their department by 50% or more. Dietary staff are also working on phone and email etiquette.
- ◆ Therapists: The therapists are working on paying more attention to people rather than tasks.
- ◆ Social Work: The social workers are working on fostering a more positive environment, challenging negativity, being mindful of body language, and overall keeping a more positive view.
- ◆ Therapeutic Recreation for Psych: T.R. for Psych Services is working on making patients feel more welcome, and greeting patients within two hours of their admission to introduce themselves and describe what the T.R. department does.

KEEP UP THE GREAT WORK ON THESE PCC PLANS, LRC!! WE ARE MAKING LRC A BETTER PLACE TO RECEIVE TREATMENT AND A BETTER PLACE TO WORK!



Charitable Giving Campaign Update.....by Rachel Johnson

Many thanks to the Charitable Giving Campaign Team: Rachel Johnson, Melissa Lemmer, Scott Loder, Annette Murrell, Amanda Owen-Doer, Susie Brown, Dave Nicklas, Sharon Ziers, and Sandy O'Meara for organizing the LRC Charitable Giving Campaign (CGC) his year. Through their efforts and the generosity of LRC employees, a grand total of \$4,692.93 was raised in cash donations and pledges this year.

Charitable Giving Campaign Team members throughout the State of Nebraska were invited to a Governor's Recognition Lunch on September 26, 2011 to celebrate their achievements. Here are photos of Governor Heineman with LRC's CGC Team members.



Scott Loder



Dave Nicklas



Susie Brown



Amanda Owen-Doerr



Sandy O'Meara

Thank You from Michaele Johnson

On behalf of my family, I would like to thank everyone at LRC for their kind thoughts, prayers, and generous donations during my granddaughter's battle with cancer and after her passing. Words just can't say how thankful I am for having such great people in my life. Thank you.

LRC Fun Day Photos.....by Rachel Johnson

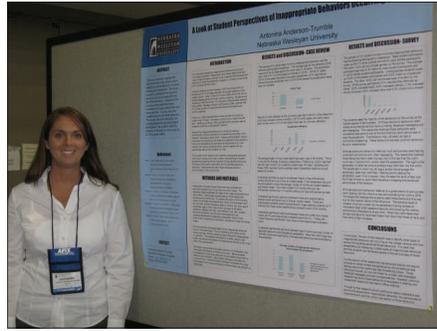
On August 26, 2011, LRC held its first Family Fun Day for LRC employees to raise money for the Charitable Giving Campaign, and to just have fun! Here are some photos from the day's events!



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



John Weyer and Nina Anderson-Trumble are this month's Strut Your Wellness Stuff Winners!! John and Nina were nominated for completing their College Degrees...both while continuing to work full time!



Nina set a goal to earn her master's degree by the time she turned 30 years old...and in May she did it! She received her Master's in Forensic Science from Nebraska Wesleyan! During her 3 years in the program, she specialized in behavioral sciences, learning about

serial killers, forensic psychology, risk assessment and much more. She also had the opportunity to complete two internships, one with the UNL Police Department and the other took her to Miami, FL in a medical examiner's office. Nina's research focused on inappropriate behaviors occurring on college campuses that are precursors to criminal behaviors such as stalking and harassment and the students' perspectives of those behaviors. She was honored with the chance to present her research at the National IAI conference in Milwaukee, WI this past August. Nina said that it "feels good to continue to challenge myself and continue to improve."

John just received his Associate Nursing degree from SCC and is preparing to take his state boards for his Registered Nursing license. John had been a SSII staff at LRC but wanted to be more involved with the treatment plans and have the opportunity to help with the hands on decision making for the patients. He's hoping to make a positive impact on their lives. He's not stopping here though, John's future plans are to work towards his BSN from Nebraska Wesleyan and then continue on for his Masters in Nursing Administration. He wants to utilize the skills he obtains to assist with the success of the patients and the facility here at LRC.

Congratulations to John and Nina! Your hard work has definitely paid off...and what an awesome asset you are to the patients and staff here at LRC!



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

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 and staying active. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the newsletter. To sign up, contact Nina Trumble at 5279 or at 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
Emily Rokusek	1221 miles
Susie Brown	1943 miles
Crystal Buhmann	3450 miles



Construction Projects are Winding Down

S2 is the last area under construction for the ADA project in Building #5. The ramp has been installed and the bathrooms are almost done. Here are some photos of the dusty, construction-laden unit.



And here are some photos of the new annex in the making!



DIETARY BAKE SALE COMING SOON!!!!

MARK YOUR CALENDARS FOR TUESDAY, OCTOBER 11

The Dietary Department is holding its annual Fall Bake and Craft Sale. There will be even more door prizes given away this year!

Remember, a portion of the Dietary Bake/Craft Sale funds go towards the Patient Welfare Holiday Fund!

2nd Annual LRC Walk for Mental Health Photos

On Friday, September 30, 2011, the LRC Diversity and Wellness Committees held their 2nd annual Walk for Mental Health on the LRC Grounds to kick off Mental Illness Awareness Week. Mr. Kerry Winterer, DHHS CEO, spoke at this event and discussed the importance of breaking down stigmas towards the mentally ill. He also spoke about LRC's mission helping people manage mental illness through person centered care, and our vision of helping people rebuild their lives. Our focus this year has been on promoting a culture of Person Centered Care. This year's walk teeshirts displayed our WE CARE acronym, which stands for Worth, Empowerment, Communication, Accountability, Responsibility, and Education. There were two walking routes this year, but the completed labyrinth in the parking lot north of Administration. Many thanks to the Diversity and Wellness Committees for planning this great event. Thank you also to the Nebraska Network of Care for donating the teeshirts. Thank you to the band, Sweeney Stearley, for donating their time and awesome music! Thank you to WalMart for donating granola bars and balloons. Thank you to VVS for donating bottled water. Thank you to the Cheesesteak Grill for being on campus to make cheese steak sandwiches for hungry walkers. Thank you to Complete Nutrition and the EAP for having booths at the event, and to Mary Helen for having homemade goodies available. Thank you to Paul Zanderholm for creating caricatures to willing customers. And last but not least, thank you to all of the walkers who participated! Oh, and thank you to Mother Nature for providing perfect fall weather for us!!



More 2nd Annual LRC Walk for Mental Health Photos



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

Fall has arrived, bringing with it a crispness in the morning air, falling leaves, shorter days, and students' renewed vigor in their studies, including the study of LRC policies by the LRC Policy Committee!

Here is a list of newly revised policies reviewed by the Policy Committee this September:

- ◆ EC-Fire and Life Safety-01 (LRC) Code Red Fire Safety and Form
- ◆ EC-Fire and Life Safety-02 (LRC) Emergency Evacuation
- ◆ EC-Emergency-06 (LRC) Loss of Utilities, HVAC (Heating/Ventilation/Air Conditioning), Door Security, Power
- ◆ Maintenance Problem Notification and Response Log Form
- ◆ HR-17 (LRC) Staff Education
- ◆ PC-13a (LRC) Absent Without Authorization Code Search
- ◆ PC-27 (LRC) LRC Staff Supervision of Patients with On Grounds Privileges
- ◆ PC-27a (Bldg 14) LRC Staff Supervision of Bldg #14 Patients with On Grounds Privileges

- ◆ PC-27b (LRC) On Grounds Privilege Request Form
- ◆ PC-27c (LRC) On Grounds Privilege Mental Status Examination Form
- ◆ PC-27d (Bldg 14) On Grounds Privilege Request Form
- ◆ CC-01 (LRC) Discharge Planning
- ◆ R1-14 (LRC) Visiting Procedure
- ◆ NS-24 Medication Incident Reporting Form
- ◆ NRRI Staffing Form

Policy Committee minutes have been emailed to all staff. Please review these each month to learn how policy decisions are made! Be sure to quickly respond to the policy review emails you receive from Vickey Bulin. The policy reviews are done electronically. When you electronically reply by clicking "Vote" and "Approve," this documents that you have received and reviewed the updated policies.



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

The Harvest moon occurred in September. In recognition of the harvest moon, this month's trivia questions are moon-related.

- 1) What is a blue moon? A) Cosmic vapors in the atmosphere that cause a color variation; b) A moon that cannot be seen, but causes higher ocean waves; c) an extra full moon that occurs in a season; d) a moon that occurs once every seven years south of the equator.
- 2) When was the first manned walk on the moon? A) 1950; b) 1969; c) 1974; d) 1947.
- 3) Which rocket was the one that carried the man to the moon? A) Mercury-Atlas 6; b) Luna 9; c) Mariner 10; d) Apollo 11.
- 4) Who were the first men to walk on the moon? A) Christopher Cassidy/Allen Shepard; b) Pete Conrad/Alan Bean; c) John Glen/Gordon Cooper; d) Neil Armstrong, Ed "Buzz"

Aldrin.

- 5) What is a harvest moon? A) Close to the autumn equinox, there is no long period of darkness between sunset and moonrise following these full moons; b) a red moon that appears before a storm; c) a fictional moon of ancient folklore; d) a superstition that tells of a change in animal's behavior.
- 6) What does NASA stand for? A) National Aeronautics and Space Administration; b) National Air and Satellite Administration; c) National Air and Star Association; d) New Aeronautics and Search Association.
- 7) Which statement is true? A) The moon is 25,745 miles from the earth; b) The moon is actually moving away from the earth at 1.5 inches per year; c) the maximum lunar and solar eclipses that occur in one year is 57; d) the last full moon that occurred on Friday the

13th was in 2001.

- 8) What artist sang a song called "There's a Moon in the Sky (called the Moon)"? A) Fine Young Cannibals; b) Hoobastank; c) The B-52s; d) Seal.
- 9) How many pounds of moon rocks did the Apollo missions bring back? A) 9 lbs; b) 27 lbs; c) 421 lbs; d) 842 lbs.
- 10) Where is Johnson Space Center? A) Miami, Florida; b) Houston, Texas; c) Orlando, Florida; d) Tampa, Florida



LRC Recipe Box

Pumpkin Bars—Submitted by Teresa Hansen

4 eggs
2 cups sugar
1 (16 oz) can pumpkin
2 tsp. baking powder
1/2 tsp cinnamon
1 cup chopped nuts
3/4 cup butter
1 tsp soda



Combine eggs, sugar, pumpkin, and butter. Add remaining ingredients and stir. Pour into a greased and floured pan. Bake 20-25 minutes in a 350 degree oven. This makes one large pan and one small pan of bars. Don't put batter in pans very thick, spread it out with spoon.

Icing for bars: 1 three-ounce package of cream cheese, 6 Tbsp. butter, softened, 2 Tbsp. milk or half and half, 3 cups powdered sugar. Beat together and spread on cooled bars. I always have to add more milk.

Turkey Potpies Recipe—Submitted by Teresa Hansen

Ingredients:

1 small onion, chopped
1/2 cup diced peeled potato
1/4 cup butter, cubed
1/2 tsp salt
1/4 tsp dried rosemary, crushed
1/4 tsp pepper
1 cup chicken broth
1/2 cup frozen peas
1 medium carrot, chopped
1/4 cup chopped celery
1/3 cup all-purpose flour
1/2 tsp. dried parsley flakes
1/4 tsp rubbed sage
1 cup 2% milk
2 cups cubed cooked turkey
1 sheet refrigerated pie pastry



In a large saucepan, sauté the onion, carrot, potato and celery in butter until tender. Add the flour and seasonings until blended; gradually add milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in turkey and peas. Divide mixture among four ungreased 5-inch pie plates. Divide pastry into quarters. On a lightly floured surface, roll each quarter into a six-inch circle; place over filling. Trim, seal and flute edges; cut slits to vent.

Cover and freeze two potpies for up to three months. Bake the remaining potpies at 375 degrees for 18-22 minutes or until golden brown. Let stand for 10 minutes before serving. To use frozen potpies: Remove from the freezer 30 minutes before baking. Cover edges of crusts loosely with foil; place on a baking sheet. Bake at 375 degrees for 30 minutes. Remove foil; bake 15-20 minutes longer or until golden brown and filling is bubbly. Yield: 4 servings.

Pumpkin Seed Brittle—Submitted by Julie Valencia

Ingredients:

1/4 cup (1/2 stick) unsalted butter, plus more for baking sheet
1/2 cup packed light brown sugar
1/4 cup honey
1 cup fresh pumpkin seeds, rinsed well, dried, and toasted



Butter an 11-by-17 inch rimmed baking sheet; set aside. Melt butter in a small saucepan over medium heat. Stir in sugar and honey. Bring to a boil. Cook, without stirring, until mixture is medium amber and a candy thermometer registers 280 degrees, about 6 minutes. Stir in pumpkin seeds. Cook until mixture reaches 300 degrees, about 2 minutes. Pour onto prepared baking sheet. Let cool completely. Break into pieces.

LINCOLN REGIONAL CENTER DHHS

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

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



LRC Reality Check Editorial Board

Linda Jiskra—Editor—479-5388

Audrey Kelly—479-5207

Tom Schmitz—479-5475

Jane Ahl—479-5464

Susie Brown—479-5432

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

August Trivial Pursuit Answers.....by Jane Ahl

1. The first President to serve ice cream in the White House was **Thomas Jefferson**.
2. One of the differences between gelato and ice cream is that there is **no cream** in gelato.
3. Sorbet is **fruit puree or juice, sugar, and chopped ice**.
4. The origin of gelato is **Italy**.
5. **Daiquiri Ice** is the Baskin Robbins 31 Flavor that was created in 1962 and has rum and lime ice.
6. 80% of the world's vanilla beans used for ice cream is grown in **Madagascar**.
7. **Mussolini** is the dictator who banned the sale of ice cream in his country.
8. **Soy powder** is not an ingredient in malt.
9. There are **160** calories in a four-ounce blue raspberry sherbet.
10. **Cherry, lime, and blue raspberry** are the flavors in a bomb pop.

