



LRC REALITY CHECK

David Paz is the LRC August Employee of the Month



Congratulations to David Paz, Staff Assistant in the Risk Management Department, for being selected as the August 2012 Employee of the Month. Co-workers who nominated David stated that he works diligently for the improvement of LRC, and to increase quality of care for the patients we serve. Over the past few weeks, David has set up a Training Recommendations worktable to monitor and track LRC training recommendations and follow-up on recommendations. He has also compiled data for the Risk Management Team's new Performance Improvement project that will be used to improve documentation for all nurses on campus.

David takes his role at LRC very seriously and does so in a helpful manner that emulates the Person Centered Care philosophy. He strives to make LRC a safer place for our patients and staff, and an all around better place to work. He participates in EOC tours to help identify improvements that need to be made to the living and work conditions. He writes Infection Control, Risk Management, and EOC meeting minutes, and compiles weekly Leadership Risk Management reports, doing all of this with a passion for making LRC better.

David does his work while keeping LRC improvement in mind. He is always ready to help with EOC tours, meeting minutes, making purchases for the different buildings, and making any needed adjustment to his schedule when needed.

In appreciation of his hard work, David is receiving a gift card to HyVee. Congratulations again, David, and thank you for all that you do!

Lindsey Gonzales is the LRC September Employee of the Month



Congratulations to Lindsey Gonzales, HSTS I, for being selected as the LRC September Employee of the Month! Lindsey began her new position as a HSTS I in April 2012. Co-workers who nominated her state that she has done an excellent job learning her new role, keeping up with the work, and keeping staff and patients organized for treatment team meetings.

In a short time, Lindsey's work has had a profound effect on the Building #10 staff, treatment teams, and patients. Lindsey is extremely organized. She has made requested changes without complaining, and with a smile and a kind word for staff and patients. She listens to the needs of individual and collective team members. She is efficient and does her best to modify multiple charts, documents, schedules, Treatment Plan Reviews, and Master Treatment Plans to make them easier for everyone to use and understand.

Lindsey completes her work in a very timely, effective manner and she encourages problem-solving. All of this is exemplified in her already famous statement, "Let's go for it, let's do it!" Best of all, Lindsey is always personable and kind. Her co-workers think SHE ROCKS!

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

Well, the good news is that Bill is back and has literally returned from an ordeal that has probably scarred him in more than just the physical sense. The bad news is that he will be leaving again in mid-November for another surgery. So, that means you get to read my version of the CEO Corner probably until he's back on a full time basis after the holidays.

Looking at the situation that Bill has gone through makes me appreciate how our Team works together and functions despite adversity. Bo Pelini's absence after half time a couple of weeks ago made everyone stop to wonder who would step up and step in? We saw that the sea of red was not turned away and sent back home, and that the game continued on without him. Although we miss our "coach," we know he will be back and that the game here at LRC also must go on. Thank you to all of you who have sent nice notes, cards, emails and stopped to give me a kind word and encouragement. It was very much appreciated! I feel very grateful, not just for this opportunity, but for my career here at LRC. I have been very fortunate!

I wish all LRC employees would feel as great as I do about their experience working here. One of the ways we monitor employee satisfaction is by the survey results that are distributed. The results from the 2012 DHHS Survey were sent to Supervisors and are available on the Share Drive in the All Supervisor folder. This particular survey was completed by 202 LRC Employees. While that number is actually pretty good, (near 40% return rate), we would like to see more the next time around. The average overall score for DHHS was 75 and LRC matched that same overall average score. Your input matters so please in the future, take the few minutes to provide your feedback and thoughts.

Survey results can go both ways—sometimes they are validating while other times they may leave you perplexed and wonder what we could do to improve. On this particular survey, the three highest scores were on responses to the following questions: "I have pride in what I do" (89%); "I think about ways to do my job better" (89%); and "I thank people at work" (88%). The three lowest scores were to these survey questions: "it is safe to voice my opinion at work" (58%); "communication is clear" (57%); and "it is safe to be open and honest at work" (56%). Those three areas in particular make me wonder what and how we as a Steering/Leadership Team can improve.

The first thought I have in response to this is that I think it is great that so many of our employees feel pride in the work that you do. That is incredibly important to the success of the organization. You work every day with some of the most difficult and complicated cases in the mental health services area of NE, and the job you do is highly integral to the success of not just this organization, but in each individual patient's life. In addition, thinking about ways to do our jobs more efficiently and effectively is a

must! Change is always going to happen and should happen if we are growing and meeting the challenges and demands of the patient population. Having staff who recognize that each one of us has ownership in this area is great as well as vital to generating positive experiences and outcomes of care and treatment provided. I think about the changes that have happened in my 20+ years here at LRC and it is amazing and fulfilling to see and be a part of that progress.

For the lowest scores, it is no wonder that communication is not clear if people don't feel safe to voice their opinion or feel that it is safe to be open and honest. On one hand, you have to ask yourself, what happens to make nearly half of the employees feel this way? Do I as a supervisor or manager contribute to that fear? Or do I as an employee encourage my peers to keep mum for fear of retaliation? Also, if you were one of the employees that remember marking these areas low, what have you done to help yourself in this issue?

Communication is crucial and one of the most commonly identified areas of need for improvement each time we do a Drill Down, Root Cause, or Critical Incident Review. Somehow, the communication breakdown is the issue that seems to continue to rear its head. As with anything in our lives, in our jobs, and in our relationships with others, we need to take ownership and responsibility for what we can change. If you feel communication is not what it should be on your team, talk to your supervisor. If you aren't getting anywhere with that person, go to the next---we all have a boss and someone to answer to. We all should be responsible to the needs and concerns so please share them with solution oriented suggestions.

The good news is that for the PCC WE CARE initiative, the Supervisors in the next month will be preparing for the rollout of the Communications workshop. We hope that through your participation in some of the tasks and activities outlined in the upcoming workshops, all of us can improve and get better in our communication efficacy. In addition, supervisors will be working with their individual results of the survey to see if there are ways they can individually work with their teams to help improve communication and ensure that employees feel it is safe to share and give their ideas and input. I look forward to this next chapter in our LRC life and hope that the workshops are meaningful and that they help us on our continual venture towards excellence.

"Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people." -[Jim Rohn](#)

Tom Nider is the Supervisor of the Quarter



Congratulations to Tom Nider, PharmD, Pharmacy Manager, for being selected as the Supervisor of the Quarter for the 2nd Quarter of 2012.

Dr. Nider was nominated for this award by the employees he supervises. His employees state that Dr. Nider places patient safety and wellbeing above all else in his daily tasks. He regularly participates in treatment team meetings in Building #3 to assist with medication decisions while also working to preserve the patient-practitioner relationship. He works diligently to manage drug expenditures so that the facility has more resources available to improve patient care.

Dr. Nider tries very hard to accommodate employee requests for time off and any special scheduling needs. He often does this by placing the staffing burden on himself. He recently came to work on a holiday for a technician staff that was ill. Dr. Nider does not leave until the job is done. He routinely recognizes dedication and hard work in others, and always makes sure that every staff member is recognized for birthdays and special

accomplishments.

Dr. Nider's personality suits his position well. When he is under pressure, he remains calm. He avoids making snap decisions or judgments and instead he takes the time to think about what the next steps may be. Dr. Nider assigns projects to employees based on their strengths and interests. A phrase he frequently uses is, "Let's meet to discuss this." He values each employee's input and looks for opportunities to pool their ideas and resources. On top of all this, Dr. Nider has been instrumental in setting up the Avatar RxConnect software this past quarter, which will eventually enable LRC to have a completely electronic medical record. Avatar RxConnect goes live October 15!

In appreciation of his hard work, Dr. Nider is receiving a gift card to The Oven. Congratulations, again, and thank you for all that you do!

August Clue Game: Spotlight on the Pharmacy.....by Jane Ahl

The Pharmacy Department was the featured LRC Department in our August Clue game. Pam Love was the winner who answered all of the game answers correctly. *Please see the last page of this newsletter for the answers.*

LRC's Pharmacy provides pharmacy services for all inpatients at LRC, for youth at the Whitehall campus, and for Building #14 patients. Pharmacy services includes not only providing medications, but it also involves updating medication information, completing med room inspections, data collection, and record keeping. In July, 61,857 doses of medication were provided. Once a physician's order or prescription is received in the Pharmacy, it is then reviewed and entered in a database by a pharmacist. The Pharmacy Technicians then take over, selecting and labeling the medications for delivery and updating the necessary records. Each dose of medication is checked by a Registered Pharmacist, then it is delivered to the Nursing units by the Pharmacy Technicians. A number of steps are involved in the process of dispensing medications that can seem time consuming but they are necessary in order to ensure accuracy. Pharmacists also attend Team meetings when possible and are members of a number of various committees at LRC. The LRC Pharmacy also provides specific medications for outpatients that meet eligibility requirements. This is often referred to as the LB-95 program. On average, 650 prescriptions are filled per month under this program for individuals across the southern part of the State including McCook, Kearney, Grand Island and Hastings. The Pharmacy staff consists of four Pharmacists and six Pharmacy Technicians.



Kudos—Now That's PCC

- ◆ **Kudos to Whitehall nurse, Marijo Herman**, for keeping everyone informed on the management of a youth with high medical needs. Marijo has made many trips to the campus after leaving work to assist the staff in managing medical issues that arise 24/7 on the campus with our youth.
- ◆ **Kudos to the Whitehall 7-3 shift staff** for their team work on August 21 in handling a medical emergency with one of the youth.
- ◆ **Kudos to Duane Remmers** from Housekeeping for moving chairs from 1st floor to 2nd floor in Building #3.
- ◆ **Kudos to Barb from Food Service** for making sure the coffee pot was ready and waiting for the Social Hour on September 6.
- ◆ **Kudos to Tim, Rhonda, and Crystal** for escorting the ladies to the party on September 6 and helping serve.
- ◆ **Kudos to everyone who works hard to make Building #3** a healing place where recovery is a reality for every patient.
- ◆ **Kudos to Bill Garreans from Building #10** for the good things he has done for the Building #10 Canteen. The menu now offers healthier choices and more variety. The Canteen is always clean and the guys who work there are always polite to everyone!
- ◆ **Kudos to Randy Pester** for changing the tires on the SOS Transition van three times so far this year!
- ◆ **Kudos to Dr. Dan Ullman** for coming in on weekends to Whitehall to lead therapy groups.
- ◆ **Kudos to Fernando Sotelo** in Housekeeping for doing a fantastic job! He works incredibly hard and efficiently. He is always very thorough, friendly, and professional, and the Annex is looking very clean and shiny!
- ◆ **Kudos to Pat Byrd** for her work in the Whitehall Family Support group.
- ◆ **Kudos to Carol Wierda** for helping with interviews at Whitehall.
- ◆ **Kudos to Jon Torkelsen** for arranging to get the mannequins for CPR training and for providing the CPR training at Whitehall.



And here's some Kudos sent to us from the people and Regions we serve!!

 A big Kudos to the Building #3 Treatment Team from Miles Glasgow, Manager of Transition Services. He wrote a note of appreciation to this team for their work on August 29 as part of the Focus Plan Project to address frequently-admitted consumers in Region 6. The LRC team went above and beyond to ensure that their visit with three consumers at LRC went smoothly. This included having the ladies prepared to meet with Dr. Berlin, and LRC team members being readily available for consult and participation in a team debriefing, and preparing and submitting a thorough chart review on these consumers. The LRC team was very helpful and solution-focused in participating in this collaborative effort to ensure that these ladies had effective plans to transition successfully into the community. Thank you for your time and effort, and continued work with this population.



 A family member sent a thank you card this summer to the Building #5 and Building #10 treatment teams for the care they provided to her son. She wrote, "My son spent the last 6 to 7 months at LRC. As a parent, it was heart-breaking and the hardest thing I've ever experienced. But... I want you to know that your staff did an A+ job at making me feel comfortable when I visited. They did an A+ job at keeping me informed on things, and including me in the treatment and the meetings. Everyone was good and fair to the patients." This parent especially thanked Ann Alberico, Jessica Shively, Mary Scherling, Dr. Barrett, Dr. Hartmann, the Building #5 Reception Center Staff, and the Building #5 staff for the treatment they provided to her son.



Director's Corner.....by Scot Adams



I have good news. A survey we conducted shows that behavioral health consumers are generally satisfied with the services they receive.

The survey asked about both mental health and substance abuse services.

Consumers reported that the services they received improved the quality of their lives. That's so important. It means that what we're doing makes a difference.

The survey of 1,404 adults found that 84 percent were satisfied with services, compared to 85 percent last year (not a big difference).

More than three-fourths were satisfied with their level of involvement in treatment planning.

Another three-fourths responded positively to questions on outcomes. Eighty-six percent responded positively to the questions related to quality and appropriateness of services, and 80 percent thought services were accessible. Most consumers felt that the services they received improved their level of functioning (77 percent) and social connectedness (78 percent).

Of 161 youth and their parents, 70 percent indicated that they were satisfied with the services their child had received.

The majority of adults and youth felt mental health or substance abuse services had improved their quality of life (81 percent of adults and 72 percent of youth).

The survey also asked respondents about their health. Mental health consumers reported having a stroke at twice the rate of the general population. Over half of them said they smoke. Of substance abusers, 73 percent reported smoking. This is something we need to address.

To see the full report, called the Nebraska 2011 Behavioral Health Consumer Survey, go to <http://bit.ly/MKLenQ>

It's what you do that makes a difference and leads to great survey results like this. I want to express my gratitude for the work you are doing every day.

Another statistic brings this home to the Lincoln Regional Center. The 180-day readmission rate reports who left the state's psychiatric hospital and re-entered any hospital in Nebraska within six months. The nation's average rate is around 20%. Nebraska's rate is 5.86%.

For Regional Center clients in particular, all of this means that they received very good care while in the hospital, AND, they received good care in the community, AND, the handoff between Lincoln Regional Center and the community goes very well. If any one of these were poor, our re-entry rate would be far higher.

Around the Webby Tom Schmitz

September is Suicide Prevention Month! There is a new report from the U.S. Surgeon General that targets suicide prevention. HHS, in partnership with the National Action Alliance for Suicide Prevention, has launched the 2012 National Strategy for Suicide Prevention. Suicide is a public health issue that touches the lives of millions of people across the nation, and each of us has a role to play in preventing it in our own communities. For more information, videos and the full report, click on the following link to the website: <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html>.



Game of Clue.....by Jane Ahl

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.

1. What is our featured Department from the clues in the Mansion?
2. This employee’s Favorite vacation spot is Mahoney State Park and this employee is also learning Spanish. Who is it?
3. Who is a huge sports fanatic and used to work at the Sidetrack Bar?
4. This person’s nickname was Crescent and he/she was homecoming royalty. Can you find out who?
5. Who in this Department has pet donkeys (Amos and Liberty), and loves the movie Unforgiven?
6. This employee collects Hot Wheel race cars and thinks television is the greatest invention to mankind. Who could it be?
7. Who likes to shoot clay targets and is a survivor of breast cancer?
8. What is Chile Colorado and who likes it from this Department? This person has mastered one of the two kinds of wrinkles.
9. This employee’s Favorite vacation spot is The Medicine Bow Range in Wyoming, and on weekends he must go for two to three rides a day in the truck.



The diagram shows a house-shaped outline with a gabled roof. On the roof is a construction worker. Inside the house, there are five rooms, each with a title and a clue:

- The Conservatory** (light blue box): Clue – There are 3 Med Rooms in our Building
- The Library** (dark blue box): Clue – We are on both 1st and 2nd floors of our building.
- The Billiard Room** (green box): Clue – We all have a Master’s degree
- The Kitchen** (purple box): Clue – There are 8 in our Dept
- The Ballroom** (orange box): Clue – We work in a building that has a vegetable garden in the summer.

The PCC Reinforcement and Support Committee designated August as LMHP Month: Thank you to all of our LMHP Staff: Jana Stoner, Rich Schmidt, Ted Bailey, Laurie Reinsch, Anthony Kelly, Kevin Anderson, Sandy Findley, Jim Ruppelt, Kathy Ogle, Deb Davidson, Don Holmquist, Jessica Scharffenberg, Joan Stepan, Todd Schave, Barb Onnen, and Jo Kelly. In addition, thank you to Activity Assistants, Sandy Holmes, and Corinne McCoy, who also provide therapy.

September is Healthcare Environment Services and Housekeeping Month: Thank you to the LRC Housekeeping Department: Les Adams, Terri Harmon, Larry Birkett, Fernando Sotelo, Kim Behrens, Duane Remmers, Gary Fletcher, Jeremy Lincoln, Tim Turner

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



Ashley Borchers, SSII, Bldg 5



Elisabeth Antoine, SSII, Bldg 5



Audra Bullock, SSII, Bldg 3



Andrew English, SSII, Bldg 5



Allyson Headrick Social Worker



Amber Henderson, RN, Bldg 5



Kelsey Kronhofman, LMHP, Whitehall



Jennifer Landeros, RN, Bldg 5



Brianna Goebel, SSII, Bldg 14



Carol Letcher, SSII, Bldg 3



Cara McCoy, SSII, Bldg 3



Billy Medlin SSII, Bldg 10

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



Becky Meulemans, Activity Specialist,
Bldg #5



Kristen Moore, SSII, Bldg 5



Jennifer Moran, Social Worker



Nicholas Munger, YSSI, Whitehall



Christina Murray, SSII, Bldg 10



Nicole Newland, Human Resources



Crystal Porter, SSII, Bldg 3



Cynthia Porter, SSII, Bldg 5



Brittany Schaben, SSII, Bldg 14



Melissa White, SIII, Bldg 5



Matt Winder, SSII, Bldg 3



Susan Isabell-Perry, SSII, Bldg 5

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



Christa Lemmer, SSII, Bldg #3



Tyrance Patrick, SSII, Bldg 5



Anna Walker, Activity Assistant



Edward Kelly, MD, Psychiatrist, Bldg 5



Tanner Ogden, Activity Specialist



Abby Meeker, Activity Specialist



Zach Rodriguez, SSII, Bldg 5



Michelle Calhoun-Ferro, SSII, Bldg 5



Kenneth Knoop, SSII, Bldg 5



Sara Gould, Secretary II, Bldg 5



Ashley Shum, SSII, Bldg #5

**More new LRC employees
will be featured in the Octo-
ber newsletter!**

**Please join us in welcoming
all the new employees to our
LRC Team!**

Step Up for Down Syndrome Walk.....by Randy Willey



Last year I introduced you to Ben. And in most ways, he is still just like any other little boy. As I also told everyone last year, he has Down Syndrome.

Once a year, the Down Syndrome Association for Families of Nebraska (D.S.A.F.) raises money to help children and families with education and resources to understand the challenges and blessings of people who have Down Syndrome. This year, the Step Up for Down Syndrome Walk is on Saturday, October 6, 2012 at Antelope Park in Lincoln.

In case you forgot, Ben is my youngest son and he is a very special little boy. If you would like to help the DSAF, please contact me at extension 5244 so I can tell you how.

Thank you for your support! - Randy Willey, Bldg #9



Diversity Quote of the Month

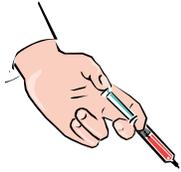
I am a possibilist. I believe that humanity is master of its own fate.....Before we can change direction, we have to question many of the assumptions underlying our current philosophy. Assumptions like bigger is better; you can't stop progress; no speed is too fast; globalization is good. Then we have to replace them with some different assumptions; small is beautiful; roots and traditions are worth preserving; variety is the spice of life; the only work worth doing is meaningful work; biodiversity is the necessary pre-condition for human survival."

-Robert Bateman (Canadian Painter, Author, Teacher, and Naturalist, born 1930).

Building 14 won it in 2010

Building 10 won it last year

**WHO will win this
year????**



Vicky Buchholz and Todd Falter have started going to ALL the buildings on campus to immunize LRC employees against the flu. All LRC employees are being offered a free flu shot and a treat after they receive the shot.

Here are the Pizza War rules:

- ◆ ALL employees are in the contest.
- ◆ ALL employees must either get a flu vaccination (either at LRC or another provider with proof of said vaccination) or sign a declination that they do not want the flu vaccination (Joint Commission requirement).
- ◆ Only by getting vaccinated do you help your team win the pizza contest.

The teams are as follows:

Whitehall

Building 3

Building 5

Building 10

Building 14 (Unless otherwise noted on the release forms, Maintenance will be in Building 14;including the Boiler Room and Grounds staff)

Administration & Dietary



The team with the highest percentage of employees who get the flu shot will be granted a pizza party in December.

So Let it Be Written, So Let it Be Done.

Below is information from the Centers for Disease Control (CDC) webpage on flu vaccinations.

http://www.flu.gov/stay-connected/vaccinelocator_2011.html

August was LMHP Month.....by Jana Stoner

The PCC Reinforcement and Support Committee designated August as LMHP Month. LRC thanks all of our LMHP staff for the work they do. Here is an article featuring the Building #14 Therapist staff:

Lincoln Regional center Sex Offender Services Licensed Mental Health Practitioners are a group of 8 dedicated and caring professionals serving an 85 bed program of male and female sex offenders with personality disorders, major mental illness and /or lower functioning. They are a diverse group with a combined 74.5 years of service specifically with the sex offender program and 130.5 years with the State of NE. There are 3 individuals who are also licensed in substance abuse. Four of the therapists began their careers as direct care staff.

The therapists facilitate groups such as three weekly sex offender groups, arousal reconditioning, aftercare, relapse prevention 1, 2, 3, personal victimization, boundaries, relationships, stress management, substance abuse, media process group, therapeutic movie, grief group, social skills, mood management and mood regulation to name a few.

Besides facilitating groups, the therapists provide treatment plan oversight and carry an average of 11 individual patients on their case loads. They are actively involved in clinical meetings, treatment planning, team meetings and monthly change of shift in-services. The therapists of the sex offender program listen daily to the details and behaviors of sexual assault and have to balance the offending behavior with trauma histories and personal victimization of the patient population. It is a difficult population to work with, however, they believe that people can change and build on individual strengths to help achieve their goals. The therapists often have to be creative in the treatment approaches.

Cindy Dykeman program manager stated “It has been great to see the role of the therapists blossom since their addition to the Sex Offender Program 1994. They spend countless hours in both individual and group therapy working to help our patients become healthier people. Since arriving on board they have enhanced the treatment team and have helped mold the Therapeutic Community which consists of both patients and staff. The group as a whole have always been willing to work closely with the direct care staff to provide treatment to our patients. They really deserve a lot of credit for helping over the years to make this program the best it can be.”

The Building #14 therapists are: Jana Stoner, Supervisor, LIMHP, CPC; Sandy Findley, LMHP, LDAC; Ted Bailey, LMHP, CPC, Laurie Reinsch, LMHP, CPC; Jim Ruppelt, LIMHP, CPC; Kathy Ogle, LCSW, LMHP, Anthony Kelley, LMHP, PLDAC and Kevin Anderson, PLMHP, PLDAC



Strut Your Stuff Winner.....by Anne Regelean



The Wellness Committee would like to congratulate Lisa Buchta as our August Strut Your Wellness Stuff winner! Lisa was nominated for her training and completing the BRAN ride this summer. The BRAN ride is a 471 mile ride across Nebraska! The riders took off from Minatare, NE on June 3rd and ended their quest 6 days later in Yutan, NE. This is the second BRAN ride for Lisa, her first ride was 2 years ago. To jump start her training, she attended boot camps and also started spinning classes. Lisa decided to take this challenge as a solo rider. She started most days by 6am and hit the next camp ground by 11am or 12pm. She spent the rest of the day setting up her tent, touring the towns, having dinner and getting some much needed rest. The shortest day for the riders was a 58 mile ride...their longest ride was 78 miles. Lisa reported the biggest struggle in completing the BRAN ride was the wind and all of the hills that lace the Nebraska countryside. Lisa's greatest accomplishment was setting the goal...training for it...and completing it on her own!

As our August winner, Lisa will receive a 60 minute massage treatment donated by Nathaniel Hicken. Nathaniel is a licensed massage therapist with the Lincoln Massage Center. Congratulations Lisa!

OUR BUSY WELLNESS COMMITTEE!



The Wellness Committee hosted two presentations in August and September. "Managing Asthma: Everyone's a Player" was held on August 3. This presentation was a success. Lots of educational information was present. The winners of the door prizes were MaKayla Campbell, Kari Christner, Mary Gallagher, Lisa Laurell, Emily Claussen and Anthony Kelly.

Kepler Family Chiropractic held a Lunch-N-Learn presentation on September 20 on "Your Immune System." This was an informal, educational, and fun presentation. We look forward to inviting Dr. Kepler back for more educational presentations. We hope to have one set up for December. Thanks again to Kepler Family Chiropractic and all those who attended.

The Wellness Committee also hosted a blood drive on September 5! 11 LRC employees showed up to donate and 10 units of blood were collected. This represents 11 hours of volunteer community service and it helped patients in Lancaster, Saline, Seward, Polk, York and Jefferson Counties. Thank you to MaKayla Campbell for organizing the blood drive!

The Wellness Committee thanks you for your continued support of wellness activities.

Thank You, LRC!

Wow, wow, wow. What else can I say? The LRC Community stepped up to the plate BIG TIME this year in the Charitable Giving Campaign. 199 pledge cards were returned during the Charitable Giving Campaign, which is an increase from 174 pledge card returns in 2011. In addition, LRC employees donated more than \$6,200, an increase from \$4,692.93.

Economic downturn? Maybe so. But LRC has proved that when the going gets tough, the tough dig deep and help their neighbors. Once again, thank you LRC for your generous support of the Nebraska State Employee Charitable Giving Campaign! - *Rachel Johnson*

*In celebration of
Mental Illness
Awareness Week*

**Walk
Activities:**

Welcome

Arboretum Walk

Tours of the
LRC Museum

Labyrinth walk

Exhibits by:

Hicken Hot Hands

Nathaniel Hicken
(massage therapist)

Capital Humane Society

GoodLife Fitness

**Hildegard Center
for the Arts**

Vitamin Shoppe

Morgan Chiropractic

Dr. Morgan

Artist of the Arboretum Car-

ol Coussons de Reyes NE
Office of Consumer Affairs

**Lunch available from
Heoya**

at guest cost.

The Lincoln Regional Center

is honored to host the

3rd Annual

Walk for

Mental Health Awareness

September 28, 2012

12 — 2 pm

**Join LRC in celebrating Mental Health
Awareness Week on Friday, September 28,
2012. Registration begins at 11:00 a.m.
The walk in the Arboretum begins at Noon.
For more information contact:**

Stacey Werth-Sweeney

402.479-5410

Stacey.WerthSweeney@nebraska.gov

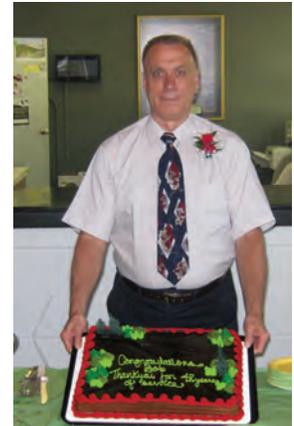
*Mental Illness
Awareness Week
promotes*

*mental illness awareness,
calls for an end to stigma
and advocates for support for
treatment and recovery.*

Bob Whitaker Retires and Receives an Admiralship

On August 29, 2012, Bob Whitaker retired from LRC after 42 years of services to our facility and our patients. Due to Bob's many years of service and many contributions to LRC, he received an Admiralship in the Great Navy of the State of Nebraska. Bob was a three time Woods Award winner throughout his career at LRC, receiving the award in 1984, 2001 and 2008. Back in the 1990s, Bob helped create the Anger Management group with one of the LRC therapists who worked here at that time. He did a lot of online research to find information to use for this group, and then co-facilitated the group. Bob also helped design some of the items in the S5 yard. He planted trees and helped plan the layout of the S1 yard, including where to place the patio, bushes, benches and the trees. He selected the kinds of trees and bushes for the yard and supervised the patients who helped him with the plantings.

Bob's retirement ceremony was held on August 29 in the Administration Lobby. Building #14 staff held a potluck lunch for Bob. Here are some photos from both of these events! Congratulations, Bob, and thank you for all that you have given to LRC!



In this photo is a group of current and retired long time employees who have worked with Bob Whitaker and who attended the Building #14 potluck in Bob's honor. Their combined years of service to LRC total 300 years!



LRC Arboretum Wins an Award.....by Linda Henslee



I believe that everyone at LRC appreciates the beauty of our Arboretum and realizes how fortunate we are to have such a campus to work at everyday, but it's always nice when someone outside of LRC recognizes our grounds crew and the Arboretum too!

The Nebraska Statewide Arboretum has selected the LRC Arboretum as the recipient of the 2012 Affiliate Excellence Award! The LRC is an affiliate site for the Nebraska Statewide Arboretum and this award is given to affiliate sites that demonstrate excellence in plant collections, maintenance, and community engagement. Dave Nicklas, our Arboretum Curator, has been invited to the NSA Award luncheon to be held on September 28 at the UNL East Campus Union. Congratulations to Dave Nicklas, and to the LRC

Ground Crews, Mark Townsley and LeRoy Dinslage, on winning this award and thank you for the many hours of hard work and dedication you give to the LRC Arboretum. It never goes unnoticed.



September 17, 2012

Dave Nicklas, Curator
Lincoln Regional Center Arboretum
P. O. Box 4949
Lincoln, NE 68509

Dear Dave:

Each year the Nebraska Statewide Arboretum (NSA) presents awards to individuals and groups who have made outstanding contributions to the culture and beauty of Nebraska through tree planting, landscape horticulture and plant conservation.

It is my pleasure to inform you that Lincoln Regional Center Arboretum has been selected to receive the 2012 Affiliate Excellence Award. Congratulations!

The Affiliate Excellence Award recognizes an exemplary NSA affiliate site that demonstrates excellence in collection development, maintenance practice and community engagement.

Award winners will be acknowledged and presented their awards at the NSA Curator's Meeting & Awards Luncheon on Friday, September 28th at the UNL East Campus Union in Lincoln, Nebraska. As curator of Lincoln Regional Center Arboretum, I would like to invite you and a guest to be our guest at this event. Please call my office at 402.472.8478, by September 24th to let us know if you will be able to attend.

Please feel free to invite colleagues, volunteers, community leaders, family and friends to help us celebrate. Additional tickets for the Awards Luncheon are \$20/per person.

Congratulations again for receiving this prestigious honor!

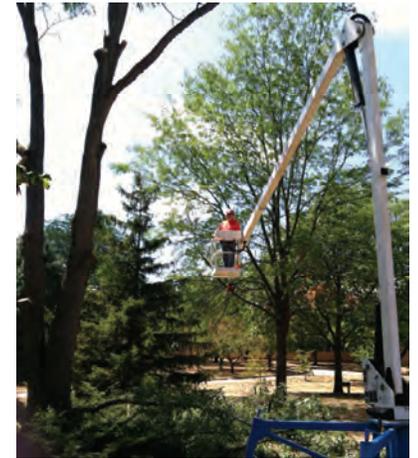
Sincerely,

Connie J. Paxton
Administrator



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Drought & Extreme Heat Cannot Stop Our Grounds Crew!



It's been a very busy and HOT summer for the LRC Grounds Crew: Dave Nicklas, LeRoy Dinslage, and Mark Townsley. Here are some photos of the crew trimming trees. Thankfully, cooler weather is upon us, and the trees and the grounds crew can breathe a sigh of relief. Thank you, Rachel Johnson, for taking these photos!

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

1. ***Kitchen Table Wisdom*** by Rachel Remen
2. ***The Humor of Healing*** by Donald Johnson
3. ***The Path for Transformation*** by Shakti Gawain
4. ***Low Calorie Cooking*** by Helen Burdet
5. ***Fitness After Forty*** by Vonda Wright
6. ***A Complicated Kindness*** by Miriam Toews
7. ***Off the Mangrove Coast*** by Louis L'Amour
8. ***Hard Call*** by John McCain
9. ***The Storm*** by Clive Cussler
10. ***When I am an Old Woman I Shall Wear Purple*** by Sandra Martz

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



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

As summer winds down and fall begins, the Policy Committee continues its ongoing review of the LRC Policy Manual. Here is a list of policies revised in August and September.

- PC-11 (LRC) Unusual Occurrences
- PC-53 (LRC) Hair Care/Salon Services
- PC-55 (LRC) Patient Access to Electronic Media
- CC-04 (LRC) Placement of Patients with Developmental Disabilities

- IM-28a (Wh/Bldg 14) Documentation Guidelines
- HR-04 (LRC) Health Services for Employees
- EC-Safety-02 (LRC) Plastic Bag Use and Control
- EC-Safety-04 (LRC) Pond on the LRC Campus
- EC-Safety-10 (LRC) Clinical Alarm Systems
- RI-04 (LRC) Ethics Committee

- RI-17 (LRC) Funeral Attendance by Patients
- RI-11 (LRC) Abuse and Neglect
- PC-04b (LRC) Patient Safety Precautions
- HR-22 (LRC) Employee Non-Participation in Patient Care
- EC-Life Safety-07 (Wh) Fireplace Safety
- PC-02 (LRC) Seclusion and Restraint
- PC-02c (Wh) Crisis Management & De-Escalation

Slow Cooker French Dip Sandwiches

Ingredients:

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|-------------------------------|---------------------------|---------------------------|
| 1 (4 lb) boneless beef roast | 3 whole black peppercorns | 1/3 cup soy sauce |
| 1 tsp dried rosemary, crushed | 1 bay leaf | 1/2 tsp dried thyme |
| 1 tsp garlic powder | 2 (10 oz) cans beef broth | 8 French rolls or hoagies |
| 16 slices Provolone cheese | Butter for rolls | |



Directions: 1. Remove and discard all visible fat from the roast. Place trimmed roast in a slow cooker. 2. In a medium bowl, combine soy sauce, bay leaf, peppercorns, rosemary, thyme, and garlic powder. Pour mixture over roast. Add the beef broth to the slow cooker. Cover, and cook on low heat for 6 to 8 hours, or until meat is very tender. Mine was done after 5 hours so it depends on your slow cooker. 3. Preheat oven to 350 degrees for toasting the rolls. Remove meat from broth, reserving broth. Slice or shred meat depending on your preference. I prefer it sliced really thin. 4. Slice rolls in half and place on a cooking sheet. Spread with butter and bake in the oven for 2 to 3 minutes or until barely toasted. 5. Pile meat on rolls and top each roll with 2 slices of provolone cheese. Place rolls back in the oven for 2-3 minutes or until cheese is melted. 6. Skim fat off the surface of the reserved broth in the slow cooker. Serve with reserved broth. You may need to add water to adjust the strength of the au jus. Sometimes it is stronger than others and you can adjust it easily by adding water to your preference. Serve in ramekins so everyone can dip their own sandwiches.

Apple Pie Caramel Apples

Ingredients:

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|---|--|
| 1 bag Kraft caramels | 1 bag white chocolate chips or white chocolate candy melts |
| 4 to 5 large tart apples (you can use red apples too but I like the contrast of the tart apple with the caramels) | |
| Cinnamon sugar | |



1. Wash, scrub, and dry apples. This is important or your caramel won't stick because of the coating the stores put on the apples. 2. In a medium saucepan, melt caramel according to package directions. 3. Put popsicle stick in the apple. Dip in melted caramel making sure to fully coat it. 4. Place on parchment or wax paper that has been sprayed with cooking spray. 5. Cool in the fridge until caramel is set up. If you want a thick caramel layer, add another layer of caramel here and let it set up again. 6. Melt chocolate chips in the microwave in 30 second intervals. You can add a little shortening if the mixture is too thick. 7. Coat the apple with the chocolate. 8. Let it set up a little bit before sprinkling with the cinnamon sugar mixture. 9. Cool completely in the fridge. 10. Cut into slices and serve. These can be made up to one day ahead of time. Store in the refrigerator.

Spicy Chili

Ingredients:

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| 1 lb extra lean ground beef | 1 lb boneless pork loin chops, cut into bite size pieces | 1/2 tsp pepper |
| 1/4 tsp salt | Vegetable cooking spray | 2 onions, chopped |
| 4 garlic cloves, minced | 1 (15 oz) can black beans, rinsed & drained | 2 (4 oz) can diced green chiles |
| 1 (28 oz) can crushed tomatoes | 1 (15 oz) can kidney beans, rinsed and drained | 1 envelope fajita seasoning |
| 2 Tbsp fresh lime juice | 1 (15 oz) can pinto beans (rinsed/drained) | 2 tsp hot sauce |
| 1 (14.5 oz) can fat free reduced sodium chicken broth | | |



Toppings: chopped fresh cilantro, chopped tomatoes, reduced-fat shredded Mexican 4-cheese blend.

1. Cook ground beef, pork chops, pepper and salt in a Dutch oven coated with cooking spray until beef crumbles and is no longer pink. Drain; return to Dutch oven. 2) Add onions and garlic to Dutch oven and cook 5 to 7 minutes or until onions are tender. 3. Stir in black beans, green chiles, tomatoes, kidney beans, pinto beans, fajita seasoning, hot sauce, chicken broth and lime juice. Bring to a boil, reduce heat, and simmer 30 to 40 minutes or until pork is tender. Serve with desired toppings.



LRC Reality Check Editorial Board

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Perry Holmgren—479-5207

Tom Schmitz—479-5475

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DHHS LINCOLN REGIONAL CENTER

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

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month's contributions go to: Director Scot Adams, Randy Willey, Jana Stoner and the Bldg #14 LMHPs, Les Adams, Teresa Hansen, Anne Regelean, Nina Anderson-Trumble, Rachel Johnson, Todd Falter, Stacey Werth-Sweeney, Lisa Buchta, Dave Nicklas, LeRoy Dinslage, Mark Townsley

Clue Answers from Last Month.....by Jane Ahl

1. Clue featured the Pharmacy Department last month.
2. Casablanca is **Tom Nider's** favorite movie.
3. **John Sweazy's** favorite movie is "A Beautiful Mind."
4. **Linda Luther's** favorite movie is "The Sound of Music."
5. "Big Trouble in Little China" is **Rob Jones'** favorite movie.
6. **Gwen Duitsman** loves "Old Yeller."
7. "13 Going on 30" is Kelly Johnston's favorite movie.
8. **Sara Steele's** favorite movie is "16 Candles."
9. **Pam Love's** favorite movie is an "Officer and a Gentleman."
10. "The Shawshank Redemption" is **Tami Krontz's** favorite movie.

