In April of 2017, LRC changed its Employee Recognition Program in order to recognize more than one employee each month. We are currently recognizing 6 employees of the month from the following areas: Building #3, Building #5, Building #10, Building #14, Support Services, and Maintenance/Dietary. Whitehall continues to recognize an employee of the month as well. We will soon add one more monthly category to recognize On Call and Float SSII staff.

Here are the Employees of the Month selected since April of 2017. Please keep the nominations coming in! Employees selected receive a reserved parking space for the month, a letter signed by the Facility Administration, recognition in the DHHS Bulletin Board and in a LRC campus-wide email, and their photo posted in their work area (with permission from the employee).

### April:
- Rhonda White, SSII, Bldg 3
- Mollie Topil, LMHP, Building #14
- Stephanie Koenig, SSII, Building #5
- Christa Lemmer, SSII, Building #10
- Becky Roberts, HIM Staff Assistant, Support Services
- Ron Kmiec, Food Service Aide, Dietary

### May:
- Dawn Hauptmeier, Activity Assistant, Building #3
- Anthony Kelley, LMHP, Building #14
- Craig Condello, SSII, Building #5
- Nate Nedley, RN, Building #10
- Miranda Mitchem, Pharmacy Technician, Support Services
- Jeff McCain, Maintenance Specialist

### June:
- Jessica Davis, Therapist, Building #3
- Nicholas Allen, SSII, Building #14
- Betsy Jensen, SSII, Building #5
- Ann Alberico, CMSW, Building #10
- Haron Kohestani, Compliance Specialist, Support Services
- Brian Lanz, Food Service Cook Dietary

### July:
- Missy Sweem, SSII, Building #3
- Tonia Nantkes, Activity Assistant, Building #14
- William Awur, SSII, Building #5
- Doug Harrifeld, SSII, Building #10
- Merilyn Olsen, Compliance Specialist, Support Services
- Diannia Young, Food Service Cook, Dietary

### August:
- Ellen Harrach, SSII, Building #3
- Barb Gobel, CMSW, Building #14
- Emily Fraas, RN, Building #5
- Patti Martison, SSII, Building #10
- David Paz, Statistical Analyst, Support Services
- Bevan Flynn, Maintenance Specialist, Maintenance Department
Employee of the Month photos: Caught doing good deeds

Mollie Topil, LMHP: Conscientious, caring, communicates well, develops new programs for patient, has a smile and a positive word for all.

Stephanie Koenig, SSII: Helps patients when they are struggling, decorates the units, figures out what people need, makes new employees feel welcome.

Christa Lemmer, SSII: Goes beyond her assigned duties to make peoples’ lives better; compliments and helps out coworkers; adjusts the care she provides to what the patients need.

Becky Roberts, HIM Staff Assistant: Conscientious and thorough with discharge records, helps co-workers, plans and sponsors HIM team functions to create team spirit; has prepared thank you meals for SSII and RN staff.

Rhonda White, SSII: Ensures patient needs are met, makes sure everything is running properly, takes care of the Volunteer Shop, straightens ward closets, makes everyone feel like an individual.

Craig Condello, SSII: Team player with great sense of humor, helps patients work through issues, finds solutions, keeps the environment clean, volunteers for other duties, listens and offers advice.

Ron Kniec, Food Service Cook: Helps keep everything clean and organized, works overtime on his days off when needed, outstanding attendance record for 14 years, great team player.

Stephanie Koenig, SSII: Helps patients when they are struggling, decorates the units, figures out what people need, makes new employees feel welcome.

Haron Kohestani, Compliance Specialist: Positive and dependable; CAN DO attitude; always trying to learn more, volunteers for Nursing Services when they are short; first to volunteer to help with transfers and crises, mentors new employees; respectful and professional.

Miranda Mitchem, Pharmacy Technician: Cleans and organizes the Pharmacy, works efficiently and accurately, asks for more projects, plans ahead for future needs, makes visitors feel welcome, values feedback.

Rhonda White, SSII: Ensures patient needs are met, makes sure everything is running properly, takes care of the Volunteer Shop, straightens ward closets, makes everyone feel like an individual.

Becky Roberts, HIM Staff Assistant: Conscientious and thorough with discharge records, helps co-workers, plans and sponsors HIM team functions to create team spirit; has prepared thank you meals for SSII and RN staff.

Mollie Topil, LMHP: Conscientious, caring, communicates well, develops new programs for patient, has a smile and a positive word for all.
Employee of the Month photos: Caught doing good deeds

**Anthony Kelley, LMHP:** Establishes rapport, approachable and friendly, developed new programming for new patient population in Building #14, helps people be successful.

**Betsy Jensen, SSII:** Cheerfully meets the needs of patients, ensures the unit is clean, organized and safe, talks to patients to calm them down; welcomes new employees, decorates the units for the holidays, plans potlucks.

**Jeff McCain, Maintenance Specialist:** Does an awesome job of taking care of Building 10, responds quickly, always willing to help out, changed a dietary employee’s flat tire, listens to concerns.

**Dawn Hauptmeier, Activity Assistant:** Leads groups that patients love and benefit from, has a supportive and therapeutic approach, mentors interns, assists unit staff, defuses situations, team player, seen by patients as consistent, kind and fun.

**Nate Nedley, RN:** Always on top of patients’ statuses and needs. Keeps staff well informed of patient needs, is a mentor for nursing students, trains new nurses, gets excited about the people we serve!

**Jessica Davis, Therapist:** Offers crucial patient information to treatment team, volunteers for many projects and committees, is an essential member of the Building 3 treatment team.

**Nic Allen, SSII:** Volunteers to run extra activities for patients, such as yard times, library and mail runs; described as a selfless staff, trusted to handle any tasks or situation he comes across, volunteers to float in other buildings.

**Brian Lanz, Food Service Cook:** Reliable and dependable; giving to his fellow co-workers; makes snacks and treats at home to share with others at work; clean and efficient in his work; spreads his positive mood by singing and smiling.

**Ann Alberico, CMSW:** Prepares patients for discharge, develops strength and recovery based discharge plans, thinks outside of the box, “never give up” attitude, recognizes co-workers’ accomplishments, works through difficult cases for discharge.
Employee of the Month photos: Caught doing good deeds

William Awur, SSII: Received 8 employee of the month nominations; is a leader that takes charge, brightens the mood on the unit; does random things to make people smile; provides comfort and encouragement to the people we serve and understands their needs; compassionate.

Missy Sweem, SSII: Always takes time to listen to patient concerns; takes extra steps to make sure patient needs are met; great communicator, addressed small stuff before they become difficult issues; actively listens to what people need based on body language and behavior.

Tonia Nantkes, Activity Assistant: Finds resources for patients; encourages people to take the next steps to be the best they can be; teachers GED courses; helps GED students break down study problems, comes up with creative suggestions for groups.

Merilyn Olsen, Compliance Specialist: Helps the programs when crises occur; keeps Compliance team on task, ensures all work is done; gives credit to co-workers; voices safety concerns; helps with patient transports; works overtime for Nursing Services; takes pride in her position.

Doug Harrifeld, SSII: Great sense of leadership; gives excellent feedback to patients and motivates them; compassionate and funny; great way of interacting with the patients and is respectful and genuine to them; wants to see people get better.

Ellen Harrach, SSII: Stops what she is doing to listen to patients, helps them get what they need; makes new employees feel welcome; offers trades in days off; brings snacks and drinks for co-workers; offers kind words in a soft voice to patients.

Patti Martison, SSII: Stops her tasks to help co-workers and then finishes her previous tasks; keeps patient ADL boxes clean and filled; helps out with cookouts and birthday celebrations; is knowledgeable, friendly, and helpful; keeps her cool in stressful situations; educates new staff.

Emily Fraas, RN: Offers a smile and comforting voice to patients; gives people dignity; encourages everyone; takes charge of the units with confidence; ensures patient care needs are met; shows excellence in nursing care; learns the hospital emergency management system.

David Paz, Statistical Analyst: Took the lead on the Operational Excellence initiatives at LRC including the Overtime Huddle and SSII/RN Retention QDIP boards; developed graphs and charts to show progress; coordinates Suggestion Box; helps generate new ideas.
Employee of the Month photos: Caught doing good deeds

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**Diannia Young, Food Service Cook:** 30 year employee; is here every day to prepare meals; makes sure the kitchens are clean, food is served at the right time and everything is done right; outstanding attendance record; gets along well with coworkers and always willing to help.

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**Bevan Flynn, Maintenance Specialist:** Always polite with a great attitude; treats everyone with respect; has a great sense of humor; volunteered for on-call services in Maintenance Department; supports his coworkers; rolls up his sleeves to get in there to help.

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**Barb Gobel, CMSW:** Hard worker; conscientious about completing work; comes up with clever birthday celebration ideas; brings joy to the day with jokes and encouraging words; brings treats to work; stays positive; motivates patients.

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**Congratulations to Tanner Mitten, Statistical Analyst III, for receiving the 2017 DHHS/LRC Excellence in Leadership Award (formerly the Supervisor of the Year Award).** Tanner consistently emulates the DHHS Core values of Dedication to the Success of Others and Constant Commitment to Excellence. Tanner and his team provide data that demonstrates our successes and accomplishments and also demonstrates when we need to improve and up our game. Tanner works with all departments at LRC to provide data in a way that is manageable and understandable. His ability to manage and provide data helped LRC be a Top Performer with the Joint Commission three years in a row and successfully pass the Performance Improvement and Quality Assurance areas of the most recent 2017 Joint Commission survey. Tanner, in the past, has been green belt certified in Lean Six Sigma. He is instrumental in helping LRC utilize data in meaningful formats to articulate the various monitors and quality-driven areas we focus on. Tanner and his team are currently helping the other two Regional Centers to capture their data, and he is helping to develop consistency of forms and data for all three Regional Centers. Tanner is always willing to help LRC find ways to improve. He is currently instrumental in the 6 QDIP projects LRC has in process, and he has been instrumental in collecting data on the court waiting list project with Operational Excellence. LRC has benefited greatly from Tanner’s leadership and dedication to the success of the Division of Behavioral Health. DBH is very fortunate to have him on our team!

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**Woods Award Ceremony Scheduled for October 4, 2017**

The Woods Awards Committee will be selecting the 2017 Woods Award winners soon! Watch for emails announcing the winners and for information about this year’s ceremony. Thank you for nominating your SSII co-workers for this award.
Behavioral Health Centralized Data and Electronic Billing Systems

The Division of Behavioral Health’s reporting responsibilities stem from its designation as the state behavioral health authority. This authority is for mental health and substance use disorder services offered through a continuum of care, including our three state hospitals in Lincoln, Hastings and Norfolk. As the state authority, there is a responsibility for transparency in reporting and efficiency in managing processes designed to support prevention and treatment services for individuals with behavioral health disorders in Nebraska.

Positively impacting system operations requires an emphasis and commitment to leveraging technology. Replacing the manual processes associated with tracking patients and data associated with services as well as managing contracts for providers allows for greater efficiencies and coordination of service delivery.

In May 2016, the Division of Behavioral Health (DBH) implemented the Centralized Data System (CDS). Planning and preparation began in October 2014 with our technical partners H4 Technology and Orion Health Care Technology. The CDS is securely stored through the State of Nebraska and is DHHS owned and operated. Over 1700 user IDs have been issued since implementation last year, including users from every Region, every regionally funded treatment organization, and every Regional Center. All users have a unique user name and password, all have signed confidentiality statements and have been set up in the CDS with customized security settings based upon their data access and work needs. Agency service locations have been identified and created in the CDS, each created with their particular set of contracted treatment services.

Four quarterly updates have been accomplished since implementation for purposes of enhancing functionality, resolving minor glitches and improving workflow operations and data reporting. A simple "Report a Data Issue" button was added into the CDS and has assisted with over 700 data updates and user issues being resolved during the first year. We have improved the way in which the use of federal interim services are confirmed for individuals waiting for services; improved the process for reporting and tracking capacity by service type across each provider location; created an electronic Medicaid eligibility feed of information into the CDS to provide a more complete and accurate identification of consumer Medicaid eligibility to better ensure and utilize the most appropriate funding source for services funded by both MLTC and DBH; and initiated integration between the CDS and the DBH Electronic Billing System (EBS).

The EBS officially went into production in July 2017. Trainings on the DBH EBS continued through July with providers and individuals from the Regions and DBH Community Based Services concluding the statewide EBS pre-implementation training series. With EBS in production, the first electronic billing cycle was successfully completed in August. The EBS and CDS offer savings in time and cost for providers, Regions, DBH, and the behavioral health system at large.

So what does this mean for helping to drive our One DBH approach?

Through specific activities guided by our DBH strategic plan, we are working to improve data continuity for behavioral health patients and consumers between hospital, corrections and community settings. Activities planned over the next few years include creating an electronic interface to support real time data sharing between Regional Center data systems and the CDS, an interface with Department of Corrections, and additional data exchanges for improved youth system of care coordination and reporting. We look to utilize these interfaces to extend the use of CDS functionality to Regional Centers for pre-authorization of services, enhanced waitlist and capacity tracking to help improve admission coordination, and use of treatment progress reporting to support discharge planning and the successful transition of patients to the appropriate next level of care based on clinical criteria. The CDS and EBS systems will also improve data analysis, reporting and the ability to conduct cost-analysis studies across service types.

Leveraging technology, including the integration and interfacing between data systems, ultimately effects individuals for the better and leads to system improvements. Look forward to good things to come across our Division of Behavioral Health.

Heather Wood, Quality Improvement and Data Performance Administrator, Division of Behavioral Health
Changes to Administration

As many of you know, there are changes coming to the administration at the Lincoln Regional Center. Two folks are taking new positions. First, Cheryl McMurry, Director of Nursing, has decided to move into an Advanced Practice Registered Nurse (APRN) position at LRC so she will be staying with the LRC family. Ms. Jennifer Brown, RN, has been selected to assume the role of LRC’s Director of Nursing. Ms. Brown will begin orientation on August 21, 2017. Second, it is with much remorse that I inform you that after three years of service to LRC and the state of Nebraska, Dr. Roger Donovick, Medical Director, has moved on. Dr. Donovick has stated that while he would rather stay and continue to work with everyone at LRC, family obligations call and he needs to return to California. He wishes us all the best. He would have liked to have thanked people individually for their work over the three years he was at LRC. He looks forward to his future endeavors and challenges while remembering his time here. Dr. Rafael Tatay has agreed to be Acting Medical Director for the next few months.

We welcome Ms. Brown, and congratulate Ms. McMurry on her new position, and bid a fond farewell to Dr. Donovick.

Overtime

I am happy to announce that with the addition of 16 more on-call Mental Health Security Specialist II staff hired since December 2016, the number of mandatory overtime hours has been on a steady decline. I would like to inform you that administration is taking a two-prong approach to continue to reduce overtime. We have been using the QDIP (Quality Delivery Inventory Product) system of process improvement to review current practices and improve the areas needing assistance without using mandatory overtime. We are working with the University of Nebraska-Omaha to obtain an outside look at what we are doing to improve proper usage of our staff resources. Between both approaches, we intend to decrease the use overtime at LRC.
Operational Excellence

In line with our DHHS Core value of Commitment to Excellence LRC has had several Supervisors trained in the past 6 months to be Yellow Belt Certified. What does this mean to you? In the programs you may start to hear and or see people in huddles discussing QDIP boards, swim lanes, process mapping etc… All of these activities are geared at us looking at ways to improve and demonstrate Operational Excellence.

Currently LRC has several QDIP boards in place. In administration every day at 11:30 a.m. we go over SSII and RN Retention. We identify vacancies, what is happening with current postings, develop action steps that we believe can move us forward in overcoming barriers that lead to the lack of retention. We also look at employees who leave, how long they have been with us, reasons for leaving, and again, look for action steps to identify ways to help improve in this area.

Another board we focus on is the overtime. Henry Ford said, “Failure is simply the opportunity to begin again, this time more intelligently.” The overtime use in the past years has to us been a failure and we want to do whatever we can to improve this area for the good of our employees and our patients.

We have set goals based on averages from the past two years to monitor whether or not we have any mandatory overtime on a daily basis, what the reasons for the overtime were and we have a goal to have the amount of overtime no more than 100 hours a day. That may seem high, it is! However, last year, we averaged over 100 hours a day and we want to improve from that number. In addition to the overtime review, we have a Pareto Chart that looks at the top two reasons why we need overtime outside of vacancies. The top two reasons are Statuses and Vacation/Sick leave use. This picture represents the month of July, where red dots mean we did not meet the less than 100-hour goal and green means we did:

Mandatory overtime has a goal of ZERO for each day. This is how July panned out:

(Continued on next page)
Open shifts means that we have vacancies that are creating overtime. We have a goal currently of no more than 166 hours a day of open shifts.

So---bottom line is, has this exercise been worth it and has it made a difference?? The answer is YES! Please note the following graph, which speaks for itself.

We realize that the 11:30 a.m. timeframe does not meet everyone’s schedule but if you can participate, you are more than welcome to come. Even if you just want to see the huddle in action, you are more than welcome to participate. If you are unable, please send your ideas/suggestions to myself, Irene Hirschman, Roni Koenig, Todd Falter, Brian Kokesh, Tanner Mitten or David Paz. We welcome your input and ideas for strategies!

All of these projects help us to continually aim for excellence, and everyone’s participation helps all of us to “Help people live better lives.” Hope all of you have had a great summer!

**Special thank you to the Operational Excellence Team, and in particular Seth Fager, who has been instrumental in helping us with our improvement strategies!**
LRC & NAMI StigmaFree Initiative “Dare To Be StigmaFree”

The Lincoln Regional Center in conjunction with NAMI (National Alliance on Mental Illness) is launching a StigmaFree campaign in August of 2017. The initiative is the result of discussions in the LRC Peer Advisory Council (PAC) to promote a StigmaFree environment and be recognized as a StigmaFree organization by NAMI. Persons who work, as well as those receiving services at LRC & Whitehall, will have the opportunity to take the NAMI StigmaFree Pledge in support of this initiative. Those that take the pledge will receive a “StigmaFree” pledge card, wristband and NAMI sticker as a show of recognition. This will coincide with the Mental Illness Awareness Week promotion of “Stomp the Stigma of Mental Illness” at Bryan Health September/October 2017.

LRC Beards Against Stigma “Grow to Be StigmaFree”

The Lincoln Regional Center Diversity Committee in collaboration with the Network of Care, PAC and NAMI, is sponsoring the Beards Against Stigma, “Grow to Be StigmaFree” event at LRC for the 8th annual Mental Health Awareness Week Walk (MHAWW). This co-promotion features a fun activity in support of the LRC & NAMI StigmaFree Initiative. Beginning September 1st, persons working at LRC & Whitehall and those receiving services will be challenged to grow a beard to support StigmaFree (No Shave September). Those unable to grow a beard will have the opportunity to participate as well by creating or purchasing a beard of their choice to show support and wear for the event. Therapy and Therapeutic Recreation groups will be asked to promote activities that allow artistic expression to create beards whenever possible for this event. There will be a shave booth set up at the MHAWW walk on September 29th for those who took the beard challenge. They can receive a beard shaving from the LRC beautician to promote StigmaFree LRC. Persons receiving services with necessary privileges will be able to attend also. Best beard contest categories will be judged in each program by the PAC. The PAC reps from each of the programs are encouraging their peers to sketch and submit a beard silhouette to be selected by the PAC for use on a promotional item. Persons taking the beard challenge will receive a “Beards Against Stigma-Grow to Be StigmaFree” challenge card, small poster and wristband.
Kudos to the Building #10 gentlemen for creating this beautiful mural for the Activity Center

New Books for Spring.............by Tom Schmitz

1. The Audacity of Hope by Barack Obama
2. Excuses Begone! By Dr. Wayne Dyer
3. Ignite Your Spark by Patricia Wooster
4. Looking for Lost Bird by Yvette Melanson
5. The Price of Silence by Liza Long
6. Growing Up Country by Charlie Daniels
7. The Good Shepherd by Bert Dodson
8. Pilates for Dummies by Ellie Herman
9. The Ultimate Container Gardener by Stephanie Donaldson
10. 9 Things You Simply MUST DO by Dr. Henry Cloud

The Resource Center in Building #10 is open Monday through Friday, 9 am to noon and 1 pm to 6 pm.
Kudos to everyone in Building #14 for being so nice and helpful and welcoming to me.—Sue Childress

Kudos to Whitehall Staff for staying on top of my things while I am in Building #14.—Sue Childress

Kudos to Doug Harrifeld for his consistent quality of patient care. They call him the shower whisperer in Building #10. -Building #10 staff

Kudos to Linda DeVore and Joe Schmieder in the store-room for keeping us stocked on 3rd Floor! -Merilyn Olsen

Kudos to Irene Hirschman for her dedication to the whole campus on the weekends that she works! -Merilyn Olsen

Kudos to Maintenance for expediting the water main break so quickly. -Merilyn Olsen

Kudos to Stacey Wiltshire for training me in the intricacies of the Building #5 HIM office and stopping to answer all of my questions. Stacey Wiltshire makes humorous comments and helps to keep Building #5 running smoothly. –Kathleen Borg

Kudos to Lacey Gleim who is an awesome resource for organizing the work area and this makes things easier for others. She helps out with decorations for the patients level to make the units look enjoyable, and she has helped improve the décor in the intake room, which gives a warm first impression. She takes on and initiates extra tasks and pays attention to detail. Her approach with patients is consistently helpful and she takes the time to explain policies and procedures when questions arise.—Joann Fisher

Kudos to Russell Patrick. He is a jack of all trades who engages the patients in daily living activities and in conversations. He can be seen fixing things on the unit and often takes on extra tasks without being asked. He relieves the reception desk staff when asked. He plays cards with patients, is easy to talk to, and gives feedback on better ways to handle things. –Joann Fisher

Kudos to Pam Mikkleson for assisting with the Building #5 clothing donation project this spring. She helped sort and label clothing sizes to ensure clothes were available to patients in need. She continues to help out with patient storage projects. She takes the time to engage patients and teach them positive ways to cope. Your efforts and determination are noteworthy, Pam. High five. -Joann Fisher

Kudos to the Whitehall staff who have been willing to rearrange schedules and work overtime. –Lori Gressley

Kudos to Envy for brightening our Thursdays at Whitehall. –Lori Gressley

Kudos to Building #3 staff who assisted the nurse when a patient injury occurred. This included clearing the area of other patients to protect privacy, comforting the patient by holding her head and her hands, getting her a blanket and pillow and keeping her calm. -A Building #3 RN

Kudos to Katie Sausaman and Shannon Clark, RNs in Building #10, for developing and sending out the “Clinic Highlights.” The “Clinic Highlights” have been extremely informative and they show the quality of work being done! -Michael Judson

Kudos to Tiffany Fitzpatrick-Gutierrez for helping the risk management department with multiple requests for formatting an addition to the Employee Injury Form.

Way to go, LRC Employees, for living the DHHS Core Values and Competencies!

DHHS Core Values:
• Constant Commitment to Excellence
• High Personal Standard of Integrity
• Positive and Constructive Attitude and Actions
• Openness to New Learning
• Dedication to the Success of Others

DHHS Core Competencies
• Demonstrates Responsibility & Accountability
• Demonstrates Professional Composure
• Demonstrates Effective Interpersonal Relationships
• Demonstrates Productive Communication
• Demonstrates Support of their Team
• Demonstrates Self-Improvement
• Demonstrates Motivating Others
• Demonstrates Developing Others
Envy, everyone’s favorite LRC employee, is seen here working hard, playing with the Whitehall youth chasing bubbles.

Dog days of summer are here.
“Nations, like stars, are entitled to eclipse. All is well, provided the light returns and the eclipse does not become endless night. Dawn and resurrection are synonymous. The reappearance of the light is the same as the survival of the soul.” - Victor Hugo

“Three things cannot be long hidden: the sun, the moon, and the truth.” - Buddha

“We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” - Martin Luther King Jr.

“A mystic takes unity and diversity as one. Further, he sees unity in diversity. He tells the world that the One and the Many are one. The One is Many in its universal form. The Many are One in their transcendental form.” – Sri Chinmoy

The Diversity Committee has included a link to a short video on the importance of the eclipse on 8/21/17.

https://www.youtube.com/watch?v=oNH3akWXaV8

We hope everyone had a safe and memorable viewing of the eclipse.
LRC Employees Viewing the Eclipse on August 21, 2017
August 4, 2017 was National Chocolate Chip Cookie Day! The LRC Steering Team treated LRC employees to chocolate chip cookies to thank them for their hard work and to celebrate the day! Here are a few Building #5 employees partaking in the celebration (and maybe hamming it up a little for the camera). Thank you to Stacey Wiltshire for taking these great photos; thank you to everyone who posed for the photos, and thank you, Steering Team, for the cookies!

Cookie Monster, Muppet

Derek Richardson, SSII and Bobbi Hunter, SSII

Cookie Monster, Muppet

Derek Wells, SSII

Chuck Ramsey, Therapist

Denise Den, LPN

Scott Collier, Team

Kathleen Borg, Matt Collins, Stacey Wiltshire, HIM and Kyle Diefenderfer, Team Leader

Bobbi Ottis, RN

Bobbi Ottis, RN

Denise Den, LPN
Rhubarb Crisp Recipe

Ingredients

3/4 cup sugar  
3 cups sliced fresh rhubarb or frozen rhubarb  
2 cups sliced peeled apples or sliced strawberries  
1/2 cup butter, melted  
1 tsp ground cinnamon  
3 Tbsp cornstarch  
1 cup quick cooking or old fashioned oats  
1/2 cup packed brown sugar  
1/3 cup all purpose flour

Directions: 1. In a large bowl, combine sugar and cornstarch. Add rhubarb and apples or strawberries; toss to coat. Spoon into an 8-inch square baking dish. 2. In a small bowl, combine the oats, brown sugar, butter, flour and cinnamon until the mixture resembles course crumbs. Sprinkle over fruit. Bake at 350 degrees F for 45 minutes or until bubbly and the fruit is tender. Serve warm with ice cream if desired. Yield: 8 servings

Bulgogi Cheesesteak

Ingredients:

2 lb sirloin, thinly sliced across the grain (see note)  
1/2 yellow onion, diced  
1/2 cup low sodium soy sauce  
3 Tbsp dark brown sugar  
2 Tbsp olive oil  
3 medium yellow onions, halved and sliced 1/8-inch thick  
12 oz provolone cheese, grated.  
Crushed red pepper for garnish (optional)  
3 cloves garlic, minced  
3 scallions, sliced  
2 Tbsp sesame oil  
freshly ground pepper  
kosher salt  
1 Tbsp balsamic vinegar  
hoagie rolls split (not cut all the way through, you want it to open like a book)

Directions:

1. In a large bowl, combine garlic, diced yellow onion, scallions, soy sauce, sesame oil, brown sugar, 1/8 tsp black pepper. In a large zip top bag, add the meat to the marinade and mix well, making sure that each piece is thoroughly coated. Cover, refrigerate, and allow to marinate for 2 hours.  
2. To caramelize onions, melt the butter and olive oil in a large sauté pan over medium heat. Add the onions and cook, stirring occasionally. Cook for 35 to 40 minutes until soft and caramelized. Add the balsamic vinegar and season with salt and pepper to taste. Toss to combine and set aside.  
3. Using a heavy-bottomed skillet over high heat, add a 1/4 of the beef along with some of the marinade and toss to cook for about a minute. Form the beef into the approximate length of the hoagie roll and top with a 1/4 of the caramelized onions and 1/4 of the shredded cheese. Add a tablespoon of the reserved marinade to the pan (this will create steam, which will help keep the beef moist and help melt the cheese). Cover the pan with a lid and allow the beef to cook and the cheese to melt, about 1 minute (you can prepare two sandwiches at a time if your pan is big enough).  
4. Using two spatulas, one on either side, scoop up the beef and place inside the hoagie rolls. Sprinkle with some crushed red pepper if desired. Serve immediately and enjoy!

Note: Pop the sirloin in the freezer for 20 minutes to make slicing easier.
Watercress and Eggplant Frittata

Ingredients:

1 eggplant
1/4 cup onion, finely chopped
1 Tbsp garlic, minced
4 eggs
Olive oil
1 cup water cresses, chopped
1 Tbsp olive oil
2 Tbsp milk

Directions:

1. Peel and slice the eggplant into 3/4-inch rounds. Brush both sides with olive oil and placed on a baking sheet. Roast in a hot oven until golden. Turn halfway through roasting. Remove and set aside to cool.
2. In a large frying pan, sauté the onion and garlic in olive oil until soft.
3. Add the chopped water cresses, sauté for one to two minutes.
4. Cut the eggplant into cubes and add to the pan, stirring gently.
5. Beat the eggs, milk, and seasoning. Pour over the eggplant mixture. Cook on medium heat until eggs just begin to set.
6. Using flat spatula, flip the frittata to the other side, and continue cooking. The frittata will become fluffy. Cook for no longer than one to two minutes on low heat.
7. Serve with a fresh tomato and mint salad.