

# THE SOURCE

## Kayla Hrabanek and Juleen Brand Are May "Job Well Done" Recipients

By NRC Employee Recognition Committee

Congratulations to Kayla Hrabanek, MHSS II, and Juleen Brand, Environmental Services, for being selected as the May 2014 "Job Well Done" recipients.

Kayla Hrabanek has been employed at NRC



since August 2013. Her co-workers stated in her nomination

that she deserves this award because during the transition of patients on April 1st on 3-West she was the desk person and took care of updating the forms and other paperwork that was necessary during the transition. She did this all in a very professional and calm manner, without complaint, and took a leadership role in the event.

**Thank you, Kayla, for all you do!**

Juleen Brand has been employed at NRC since September 1990. Her co-workers stated in her nomination

that she deserves this award because of her constant commitment to excellence. She continues to always step up to the



plate in her department. While covering for absent staff, if she noticed something that needed to be done, such as floor waxing or restrooms  
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### Nebraska Sex Offender Treatment Program

*Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.*

*Vision: Helping people rebuild their lives with no more victims.*

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power scrubbed, she takes the initiative to get it done. This is above and beyond her requirements for filling in. She was a huge asset when supervisors

decided that second floor needed refinished. She assisted with scrubbing and waxing, on a job that took over a month

to complete, and she assisted without complaint.

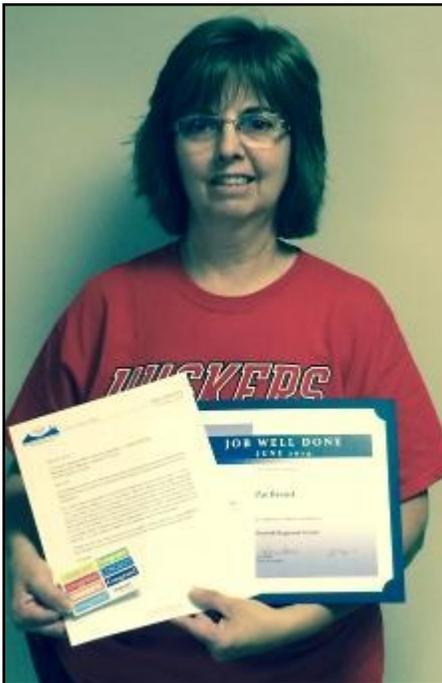
**Thank you, Juleen, for all you do!**

## Pat Brand and Hollie Frye Are June “Job Well Done” Recipients

By NRC Employee Recognition Committee

Congratulations to Pat Brand, Patient Services Representative, and Hollie Frye, Compliance Specialist, for being selected as the June 2014 “Job Well Done” recipients.

**Pat Brand** has been employed



at NRC since June 1979. Her co-workers stated in her nomination that she deserves this award because she has been very willing to assist in helping the patients buy food items at Walmart for consumption during Therapeutic Community Week in the winter. This helps save patients significant money in shipping costs and allows for a variety of foods for them to purchase. This requires additional time to match up the patients' food purchases, keep receipts and store these items until they can be consumed by the patients. She is always cheerful and pleasant about this extra task.

**Thank you, Pat, for all you do!**

**Hollie Frye** has been employed

at NRC since November 2008. Her co-workers stated in her



nomination that she deserves this award because she always possesses a positive attitude and does her job with confi-

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## Pat Brand and Hollie Frye Are June “Job Well Done” Recipients

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dence. She is always willing to give a helping hand, even when it is not asked of her. Her character and ambition are in-

fluent and her contributions do not go unnoticed. She goes far above and beyond her expected job duties and always

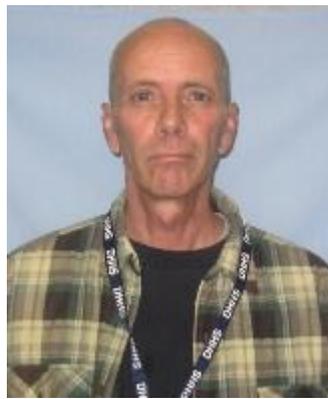
gives 100% every day.

**Thank you, Hollie, for all you do!**

## Please Welcome New NRC Employees



Shanna Wright  
Master Social Worker



Vernon Gregory  
Mental Health Security Specialist (PRN)



Dawn Kleinschmit  
Mental Health Security Specialist



Michelle Koch  
Mental Health Security Specialist



Peggy Hanneman  
Registered Nurse



Troy Johnson  
Mental Health Security Specialist



Diana Barrera  
Dental Hygienist (Contract)

## What's Cooking at NRC



### BREAKFAST CASSEROLE

8 slices of bread, or 1 pkg. of croutons, or 1 pkg. frozen hash browns (thawed)

2 lbs. sausage, browned and drained, or 1 lb. bacon, crumbled, or chopped ham

1/2 lb. grated cheese of your choice, recommend sharp cheddar

2 c. milk

4 eggs

1/4 tsp. dry mustard

1 can mushroom soup

1/2 c. evaporated milk

Grease 9 x 13 pan. Place bread, croutons or hash browns on bottom of pan. Add browned sausage, cooked bacon bits or chopped ham on top of bread. Mix the eggs, mustard and milk together and pour over the bread/meat. Refrigerate overnight. Prior to cooking, mix soup and evaporated milk and pour over mixture. Sprinkle cheese over the top. Bake at 350°F for 1 hour; knife should be clean when checked.

(Submitted by Fred Kleeb, and he challenges Scott Hoffmann to submit a recipe for the next issue of *The Source*.)

## Spring Visitors on NRC Grounds



*Cute . . .*

*beyond words.*

*Photo: Joyce Hoferer*



# Stop Complaining About Miracles

By Joe Tye, Values Coach, Inc.

Leonardo Da Vinci was one of the most creative and accomplished human beings ever to walk the earth. He spent his life fantasizing about flying. More than 500 years ago he created detailed plans for what we today would recognize as hang gliders and helicopters. He would have given you the Mona Lisa for one chance to look down upon the clouds and the mountaintops from the sky, to see the world from the vantage point of an eagle. And the word Da Vinci would have used to describe the experience would have been *miracolo* — miracle.

Today that is a miracle that anyone can experience and millions of people do each and every day. If you've spent any time in airports, I'm quite confident in predicting you have not heard the word miracle. As comedian Louis CK says in his late night TV interview, "Everything's Amazing and Nobody's Happy," you're sitting in a chair in the sky! And complaining that it doesn't recline enough!!!

Several years ago I had breakfast in Anchorage, dinner in Orlando, and several days later had lunch in Boston. Lewis and

Clark would have called that a miracle. Several hours into the flight I was looking down at the sun glistening off snow-capped mountains and glaciers; the two people sitting next to me were complaining about the fact that the flight had been delayed for several hours — as they had been almost non-stop since before we took off. They were experiencing Da Vinci's longed-for miracle, but all they could do was whine about it.

Yesterday I was co-emcee at the Workplace (R) evolution conference. One of the speakers was Michael Kutcher. In an incredibly inspiring story about growing up with cerebral palsy, he told us that he'd had a heart transplant at the age of 13. I'm old enough to remember the first heart transplant — it was universally described as a medical miracle. Now it happens every day in hospitals around the world. But you sure wouldn't know we live in the age of medical miracles by reading newspaper headlines about Obamacare, VA wait times, or the oth-



er various complaints we have about healthcare.

If you'd asked me ten years ago what it would take for me to have a personal shopping assistant who would relieve me of the drudgery of schlepping through the mall, be on 24-hour call to run to the mall for me and deliver whatever I wanted the following day — and oh, by the way, wouldn't charge me for the service — I would have said it would be a miracle.

Today I have such a shopping assistant. His name is Amazon.

This weekend imagine that Leonardo Da Vinci has come back to our world for one hour and that you have been assigned to be his tour guide. Imagine opening the car door for him and driving him downtown to show him around. Imagine driving past the water treatment plant and explaining to him how a flush toilet works; driving past a farmer in a John Deere combine harvesting corn in a field; taking him to an air-conditioned grocery store and

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## Stop Complaining About Miracles

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showing him fresh strawberries from California and bananas from Central America; sitting in Starbucks listening to the music of Mozart showing him how he could have used Google to do the research on

how to design and build his flying machine.

How many times do you think this great man would use the word miracle to describe the things that you and I have so

taken for granted that we don't even notice them anymore — and when we do we're more likely to be complaining about them than we are to be amazed by them?

## Remember Jackie Mitchell

Many athletes have changed popular opinions about female sports, especially Jackie Mitchell. As a teen, she played in many amateur baseball games — once even striking out nine men in succession. Jackie's father told her she could be good at whatever she wanted, as long as she worked at it. And Jackie worked hard at baseball. Soon she could outplay anyone in her neighborhood — even the boys.

She had one pitch — a wicked, dropping curve ball. But no 17-year-old girl could pitch against Babe Ruth and Lou Gehrig. It was unthinkable.

In 1931, she signed with the Southern Association's AA Chattanooga team, and on April 2, 1931, the New York Yankees stopped in Tennessee for an exhibition game against the Chattanooga Lookouts.

On that day Jackie Mitchell made baseball history. She



struck out Babe Ruth and Lou Gehrig and walked Tony

Lazzeri. Her contract was voided the next day, and female players were later banned from baseball.

Mitchell died before the ban was lifted in 1992, but she has continued to be an inspiration to generations of female athletes both on and off the field.

*A little boy asked his father, "Dad, where did I get my intelligence?"*

*"Well, son," replied the father, "you must have gotten it from your mother, because I've still got mine."*



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*The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.*

*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!*

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## **Kudos to IS&T and Employees Association**

NRC Personal Development West staff Michelle Clark writes: "I want to thank Mike Jones and Yancey Cortner (IS&T) for the great idea of having a photo booth for our staff. It was nice to see everyone laugh and have a good time! Thanks for taking the photos and giving encouragement to everyone to have a little fun!"

NRC's Employees Association also provided doughnuts for all staff during the photo booth time during Hospital Week — food AND fun for all!!

