DHHS - NORFOLK REGIONAL CENTER

Volume 3, Issue 4

Apriil/May 2010

THE SOURCE

"Who Packs Your Parachutes?"

Submitted by Jim McElfresh, Human Resources Manager

It's easy for managers/supervisors to become so wrapped up in their day-to-day work with their own core team of people they work closely with that they can sometimes forget about the rest of the people in the organization. Those other people all play important roles in the success of the organization and deserve recognition for their contributions.

Consider this true story, referenced in the April 4 blog post in The Oswald Letter: Insights on Business and Leadership …

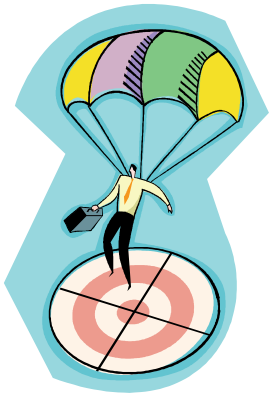
Charles Plumb was a Navy jet pilot. On his 76th combat mission, he was shot down. He was able to get out of the plane and parachuted into enemy territory. Plumb was captured and spent six years as a prisoner of war. He survived the P.O.W. camp … Some time later, in a chance encounter, he met the man who had packed his parachute …

Plumb was amazed and grateful: "If the chute you packed hadn't worked, I wouldn't be here today …"

The entire story and the impact this meeting had on Charles Plumb can be found at http://blogs.hrhero.com/oswaldletters/2011/04/04/who-packs-your-parachutes/.

The lessons learned by Plumb also apply to each of us every day. Others in the organization may not actually "save your life," but they mostly certainly can "save your day" with the not-so-obvious but oh-so-important work they do.

Today, take some time to ask yourself who packs your parachute, and then take some more time to thank them.



Inside this issue:

New Employees	2
What's Cooking, Bulletin Board	3
Birthdays and Anniversaries	4
Parking Lottery, Tricks of the Trade: Arranging a Barter	5
Moment of Remembrance on Memorial Day	6
Don't Let Bugs Ruin Your Summer Vacation	7-10

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.*

Please Welcome New NRC Employees

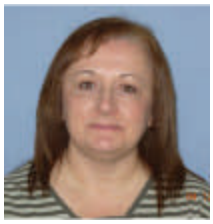
Jennifer Bender
Mental Health Practitioner I

Casey Eppenbach
Mental Health Security
Specialist II

Brandy Boschult
Mental Health Security
Specialist II

James Ebeling
Mental Health Security
Specialist II

Ron Vick
Student Intern

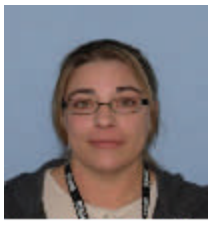


Tracy Daake
Mental Health Security
Specialist II

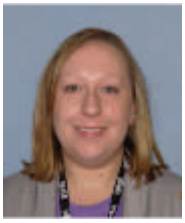
Joshua Dinesen
Mental Health Security
Specialist II - Guard

Benjamin Kohlhof
Mental Health Security
Specialist II

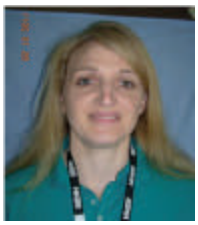
Wanda Finley
Registered Nurse



Kathryn Klein
Licensed Practical Nurse



Diana Clark
Mental Health Security
Specialist II



Lynette Brokaw
Mental Health Security
Specialist II

Christopher Cromer
Mental Health Security
Specialist II

Fred Kleeb
Compliance Specialist

What's Cooking at NRC

CHEESY CHICKEN ENCHILADAS

1 lb. skinless chicken breast halves, cut into 1/2" pieces

1 pkg. taco seasoning

16 oz. jar chunky-style salsa

15 oz. can black beans, rinsed & drained

8 oz. can whole kernel corn, drained

2 c. shredded 4 cheese Mexican cheese, divided

15 oz. mild enchilada sauce

8 6-in. flour tortillas

2 T. sliced black olives

2 T. sliced green onions

Prepare chicken as directed on package of taco seasoning, cool 10 minutes. Stir in salsa, beans, corn and 1 cup cheese. Spread 1/4 cup enchilada sauce on bottom of 13 x 9 inch baking dish. Soften tortillas according to package directions. Place 2/3 cup chicken mixture down center of each tortilla, roll up. Place in dish, seam-side-down. Pour remaining sauce over tortillas; sprinkle with remaining cheese, olives and onions. Bake in preheated 375°F oven for 20 minutes or until cheese is melted and filling is hot. Prep time: 20 minutes. Serves 8.

(Submitted by Sharon Jaeger, and she challenges Bonnie Bergland to submit a recipe for the next issue of *The Source*.)

The Bulletin Board

A heartfelt thank you goes out to my NRC family during my father's illness and death. The calls, emails, cards and words of support and encouragement were greatly appreciated. Your words were not only a comfort, but a source of strength to me in this difficult time.

Sincerely,

TiAnne Morse

———————————————

The Occupational Therapy Department would like to thank everyone who participated in the recent Book Fair held at NRC. We were the recipients of three very nice cookbooks that were donated to this facility from this event. Our patients enjoy reading them and look forward to trying new recipes that interest them.

Sincerely,

O.T.

———————————————

"Kind words can be short and easy to speak, but their echoes are truly endless."

I would like to thank all my friends and co-workers for their expressions of sympathy during the recent loss of my brother-in-law.

Kathy Arends and the family of John Ritter

May & June Birthdays

May

1 - Julie Batenhorst
3 - Jim Fuchs
4 - Chris Luebe
Sonia Martin
6 - Dawn Collins
Leann Weich
7 - Peter Graham
9 - Lynn Briard
Brian Silhacek
11 - David Mitchell
Terry Beltz
Nancy Schaecher
12 - Jyl Hochstein
Reba Middleton
Fern Zechmann
13 - Stephen O'Neill
14 - Nancy Wragge
Janice Hallberg
19 - Becky Inness
20 - Adri Hildebrand
Jean Laing
21 - Terry Hess
22 - Byron Myers
31 - Marilyn Fuller

June

1 - Sandy Bogue
Karen Hitz
5 - Bobbi Schulz
6 - John Kroll
7 - Jason Meinke
11 - Harriet Coble
Marci Sok
13 - Donna Baumann
Monica Schomaker
16 - Darlene Ave
21 - Joshua Dinesen
22 - Bill Block
23 - Hollie Frye
24 - Karen Bressler
Cynthia Krause
25 - Don Brandenburg
27 - Kris Boe-Simmons
Jennifer Bender
James Ebeling
Diane Hassler (22 years)
13 - Greg Sterner (26 years)
14 - Linda Hansen (35 years)
Janice Oswald (12 years)
16 - Susie Kohlhof (26 years)
17 - Pat Brand (32 years)
18 - Kris Boe-Simmons (28 years)
Patti Leise (27 years)
Monica Schomaker (10 years)
29 - Mary Andersen (27 years)

May & June Anniversaries

May

4 - Bill Kiehl (5 years)
12 - Kim Summers (3 years)
14 - Lisa Weible (27 years)
16 - Jay Curran (25 years)
23 - Jeanne Jensen (17 years)
24 - Marilyn Stromberg (12 years)
28 - Jann Drahota (5 years)
30 - Ben Schenck (3 years)
31 - Ken Palmer (28 years)
Christina Stearns (6 years)

June

1 - Dale Clark (24 years)
Penny Clausen (24 years)
Melodie Nielsen (13 years)
Stacey Sommerfeld (7 years)
4 - Marg Hipp (31 years)
6 - Sue Bain (10 years)
7 - John Kroll (35 years)
Pat Weich (29 years)
11 - Myron Wagner (32 years)
Marilyn Blunck (27 years)

Birds, Bees, and Puppies

A three-year-old boy went with his dad to see a new litter of puppies. Afterward, the boy excitedly informed his mom that there were four girl pups and three boy pups.

"How do you know that?" asked Mom.

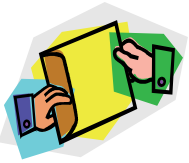
"Dad picked each one up and looked underneath," the boy answered. "I think there were labels printed on their bottoms."

Tricks of the Trade: Arranging a Barter

What do you do really well? Have you ever considered offering to teach someone that skill in exchange for something else? How about things you own? Are there things you would be willing to trade for something else?

This system of bartering has existed as an informal unit of currency in many parts of the world for centuries. And now it's making a comeback. In a time when cash is no longer king, it seems appropriate that we look to what we can trade instead of what we can spend. Here are some tips on bartering:

•Figure out what you want to get, and what you can give. Consider your professional expertise. What hobbies do you have that you could teach someone? Are there chores you would be willing to perform in exchange for something? What would you sell if you were having a garage sale, and is it worth trading?



•Find someone who is willing to trade. Make a list of all the people you know that have something you want. Then make a list of people that may be interested in what you have to offer. See if there is any overlap, and start there. There are also many websites that can help you make the connection. You can also approach people that have something you want and simply ask if they are interested in a trade. You won't know if you don't ask.

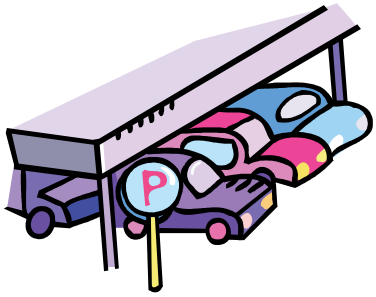
•Figure out the details. In most cases, you will want to make an even exchange, so you will need to determine the dollar value of your goods or service.

Remember that, in certain situations, the law requires you to report bartering transactions on your tax return, especially if you engage in business-to-business bartering. Be sure to decide on a time frame for the exchange. And, if your exchange is worth a lot of money or is ongoing, it is best to put something in writing.

The next time you need something, consider what you have to give and see if you can arrange a trade. It's a sustainable way to meet the needs of others and have your needs met at the same time.

More ideas are available at: www.TheGreenestDollar.com.

Parking Lot Lottery



Winners for the month of June are:

1. Juleen Brand
2. Sue Waterman
3. Terry Hess
4. Neil Heese
5. Harriet Coble
6. Pat Brand
7. Dr. Jay Curran
8. Lisa Weible

Observe Moment of Remembrance on Memorial Day

In 1996, a humanitarian organization based in Washington, D.C., known as "No Greater Love," conducted a survey on children and asked them why do they think there is a holiday on Memorial Day. It was agonizing to hear their remarks that were all associated with barbecues and extended weekend parties and celebration, while they hadn't the vaguest idea about the sacrifices of the soldiers in whose honor it is celebrated. One of the children was even quoted as saying that this was the day when swimming pools open!

Thus, the organization came up with the idea of "National Moment of Remembrance" to remind us, and especially let the future generations know, about the real meaning of the holiday. The idea clicked with the President and Congress, and since 1997 it has become a standard American tradition. National Moment of Remembrance requires everybody to keep silent for a minute, exactly at 3:00 p.m. (local time) when "Taps" is played, and reflect on the glory of those who have shed blood for us.

TAPS: 24 Notes that Tap Deep Emotion

As soon as "Taps" was sounded that night in July 1862, words were put with the music. The first were, "Go to sleep, Go to sleep." As the years went on, many more versions were created. There are no official words to the music, but here are some of the more popular verses:

Day is done, gone the sun,
From the hills, from the lake,
From the sky.
All is well, safely rest,
God is nigh.

Go to sleep, peaceful sleep,
May the soldier or sailor,
God keep.
On the land or the deep,
Safe in sleep.

Love, good night, Must thou go,
When the day, and the night
Need thee so?
All is well. Speedeth all
To their rest.

Fades the light; And afar
Goeth day, And the stars
Shineth bright,
Fare thee well; Day has gone,
Night is on.

Thanks and praise, For our days,
'Neath the sun, Neath the stars,
'Neath the sky,
As we go, this we know,
God is nigh.

Leave of Employment

April 20, 2011
Chad Miller, MHSS II

May 5, 2011
Jeanette Uehling, MHSS II

May 21, 2001
Roxanne Miller, MHSS II

For Sale

Tropical wedding table centerpieces, $50 for all.

Tropical wedding head table décor, $50 for all.

Wedding Arbor and flowers/palms, $50 for all.

New battery (boat, jet ski, motorcycle, ATV), paid $150, asking $100.

Call 402.860.2153.

Don't Let Bugs Ruin Your Summer Vacation

Submitted by Joy Wieseler, RN, Infection Control Coordinator

Despite soaring gas prices and an economy that is far from recovered, a recent survey by Home Away, Inc. found that the majority of Americans still plan to travel this summer. Most will vacation in the U.S., but about one out of 10 will venture abroad.

Whether you fly, drive or cruise the seas, vacations are expensive and your time away from the stress of the normal routine is precious. Therefore, you can't afford to let germs ruin the time away for you or your loved ones. Here are some basic tips to help keep your summer vacation a healthy and happy one, provided by the Association for Professionals in Infection Control and Epidemiology (APIC):

Air Travel

In a 2007 study by Charles Gerba, PhD, a professor of environmental microbiology at the University of Arizona, a variety of shared surfaces on airplanes from eight flights were swabbed. He reported the following results:

- Four out of six tray tables were positive for Methicillin-resistant Staphylococcus aureus (MRSA) and one was positive for norovirus.
- Most of the bathrooms were found to have E-coli, a common gut organism (30% of sinks, flush and faucet handles and 20% of toilet seats).

This study highlights the importance of bringing alcohol hand rub with you on airplanes to sanitize your hands and your tray table before you eat. If you will be landing in an exotic location, be sure that your vaccinations are up to date. Be aware of local health conditions present in the area in which you will be traveling (e.g.,

Cholera in the Dominican Republic; avian bird flu in Asia, the Middle East, Europe and Africa; Measles in Europe; Dengue in Asia, the Caribbean, and Central and South America). Consider visiting a Travel Medicine clinic before you leave for vacation. Avoid high-risk areas such as live animal markets and poultry farms; also avoid eating undercooked eggs, poultry and food from street vendors. If you do develop Traveler's Diarrhea, (cramps, nausea, vomiting, dizziness, fever, and diarrhea), which usually lasts three to seven days and affects 20-50% of short-term travelers, here are several tips from the Centers for disease Control and Prevention (CDC):

- Only take antibiotics if absolutely necessary.
- Avoid dehydration by drinking plenty of fluids such as bottled carbonated beverages, but not local water, ice, or dairy.
- As long as you don't have a high fever and bloody stools, you can take over-the-counter Imodium.
- Carefully select food by avoiding uncooked shellfish, undercooked seafood or meat, as well as raw vegetables that might have been washed in local water.
- Fruits are fine to eat, as long as they are peeled and washed with boiled water.
- Consider carrying some basic medical supplies in your suitcase.

Road Trips

AAA estimates 75% of summer vacationers will travel by car. Pack non-perishable snacks, alcohol hand rub and a first aid kit. Do not store medications in the trunk or glove box because high heat and humidity can alter their potency.

Camping

Before you go, research and review photos of toxic plants such as poison oak and ivy so you can avoid them. If you experience contact with poisonous plants, wash the area immediately with soap and water. Never drink water from rivers or streams because it can often be contaminated with the cysts of a parasite called Giardia, which causes an infection in the small intestine. Giardiasis, also known as "Beaver Fever," is one of the chief causes of diarrhea illness in the U.S. It can be spread by water, soil or food that has come in contact with feces from infected humans or animals.

Insect bites and stings can put a damper on your fun and present a potential health threat. Mosquitoes can transmit encephalitis and West Nile Virus. Ticks can carry Rocky Mountain Spotted Fever, as well as Lyme disease. Take the following steps to protect from these unwelcome "guests:"

- Place mosquito netting over infant carriers.
- Use insect repellant with DEET on all campers older than two months of age, but read and follow the directions carefully (e.g., don't apply to children's hands, don't use on cuts or irritated skin, apply to hands first, then face, don't apply under clothing, don't spray around food).
- Wear light-colored clothing that covers skin.
- Check screens for holes and fix them.
- Combine sunscreen with repellent, if necessary.
- Eliminate mosquito breeding spots around vacation property (e.g., standing water in pool covers, old tires, saucers under pots, garbage

cans and recycle bins). Change water frequently in wading pools, bird baths and pet bowls.

Picnics

It is easy to forget about the importance of hand hygiene at a picnic, but germs are no respecters of vacation or leisure time, so be sure to use pre-moistened antiseptic or alcohol hand rub before and after handling food. Foods containing mayonnaise have historically gotten a bad rap for causing gastrointestinal illness, which is undeserved because acid in mayo actually prevents or slows the growth of bacteria. Mixed foods, such as chicken or tuna salad, are often handled a lot during preparation, which may contribute to contamination. Here are some additional tips to keep your picnic germ-free:

- Foods should not be left out for more than one hour in hot weather.
- Be sure to keep uncooked meat away from other prepared food.
- Keep hot food hot and cold food cold.
- It is important to have a cooler with ice or cold packs.
- Be sure the ice is kept in a tight container so the food does not get wet and possibly contaminated.

Cruising

Cruising has become a popular choice for summer vacations. Unfortunately, outbreaks of gastrointestinal illness are common on cruise ships. This may be because large groups of people share common surfaces over an extended period of time. Norovirus, the usual suspect, is difficult to eliminate from environmental surfaces. Flu and cold viruses can survive for up to 72 hours on surfaces such as plastic, and norovirus can last from two to four weeks. Symptoms include nausea, vomiting, diarrhea, and stomach cramps that begin 24-48 hours after the virus is ingested. This virus is very contagious and has prompted cruise line officials from Carnival to recommend that their passengers knock elbows rather than shake hands when greeting one another. Careful and frequent hand hygiene will prevent this infection. If traveling with infants, pay very close attention to cleaning pacifiers, teething rings and shared toys.

Unwanted Hitch-hikers

If you're not careful, you may pick up and bring home unwanted and bothersome "hitch-hikers," such as bedbugs. Hotels, college dorms, hospitals, movie theaters and other places throughout the country have reported bedbug infestations. Once these pests gain a foothold, they are difficult and expensive to eliminate. Therefore, prevention is the key. Never place your suitcase on the floor of your hotel room; instead use a luggage rack if available. Check mattress seams, box springs and bed sheets upon entering your hotel room. Look behind headboards, a favorite hiding place for bedbugs. These villains are about the size of a poppy seed and are visible to the naked eye. Once home, wash or dry clean your clothes and be sure to inspect your suitcase before storing it. You may want to consider purchasing luggage covers.

General Reminders for Any Vacation

Sunburn always spoils a vacation. It can also lead to a skin infection and present a future health risk. Keep in mind that antibiotics such as Tetracy-

DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF NEBRASKA

Norfolk Regional Center
1700 N. Victory Road,
Bldg. 16
PO Box 1209
Norfolk NE 68702-1209
Email:
marg.hipp@nebraska.gov
402.370.3315

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!

NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Susie Kohlhof - 370.4313

Marilyn Stromberg - 370.3142

cline and sulfa drugs increase sensitivity to the sun and your chance of receiving more severe sunburn. Always wear sunscreen, but take additional precaution if you're on these antibiotics. If you have had recent surgery, you should usually avoid going swimming in the ocean for at least six to eight weeks. It is always best to check with your surgeon to know when it is okay to swim in a pool, fresh water or in the ocean.

Hot Tubs

Hot tubs can be a fun and relaxing thing to enjoy while on vacation. However, they have been associated with folliculitis, an infection of the hair follicles caused by pseudomonas. Legionnaire's disease and other infections can also occur if hot tubs are not properly cleaned and sanitized. An itchy, bumpy red rash or blisters occurring two to three days after using a hot tub is the usual sign of folliculitis. If the water in the hot tub is cloudy or smells foul or sour, you should not go in. Also don't go in a hot tub if you have open wounds or cuts. Promptly shower after you get out.

Source: *Infection Control Today*