DHHS—NORFOLK REGIONAL CENTER

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April 29, 2010

THE SOURCE

Earth Day is April 22nd

Submitted by TyLynne Bauer, Facility Operating Officer

Earth Day is a day designed to inspire awareness and appreciation for the Earth's environment held on April 22. It was founded by U.S. Senator Gaylord Nelson (D-Wisconsin) as an environmental teach-in in 1970 and is celebrated in many countries every year. The first Earth Day was in 1970. Earth Day is in spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

The United Nations celebrates Earth Day each year on the spring equinox, which is often March 20. This is a tradition which was founded by peace activist John McConnell in 1969. The United Nations first celebrated Earth Day on the spring equinox in 1971. This was also the first time ever that the United Nations celebrated Earth Day. The first Earth Day on the spring equinox was also in 1970.

Practice the 3 Rs: first **reduce** how much you use, then **reuse** what you can, and then **recycle** the rest. Then dispose of what's left in the most environmentally-friendly way.

Reduce:

- Buy permanent items instead of disposables.
- Buy and use only what you need.
- Buy products with less packaging.
- Buy products that use less toxic chemicals.

Reuse:

- Repair items as much as possible.
- Use durable coffee mugs.
- Use cloth napkins or towels.
- Clean out juice bottles and use them for water.
- Use empty jars to hold leftover food.
- Reuse boxes.
- Purchase refillable pens and pencils.

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The Norfolk Regional Center is a progressive system of innovative adult services that promotes rehabilitation, education, research, and consultation to maximize the quality of life …

Working Together, Giving Our Best, Making a Positive Difference

Earth Day is April 22nd (cont.)

- Participate in a paint collection and reuse program.
- Donate extras to people you know or to charity instead of throwing them away.

Recycle:

- Recycle paper (printer paper, newspapers, mail, etc.), plastic, glass bottles, cardboard, and aluminum cans. If your community doesn't collect at the curb, take them to a collection center.
- Recycle electronics.
- Recycle used motor oil.
- Compost food scraps, grass and other yard clippings, and dead plants.
- Close the loop — buy recycled products and products that use recycled packaging. That's what makes recycling economically possible.

Read about other Earth Day tips and activities at http://www.epa.gov/earthday/podcasts/index.html.

What's Cooking at NRC

From *Rural Electric Nebraskan* (February 2010), recipe provided by Nebraska Department of Agriculture, Poultry, & Egg Division

APPLE CRISP PIZZA

Pastry for single-crust pie
3/4 c. sugar
3 T. flour
1/2 tsp. cinnamon
5 medium baking apples, peeled & sliced very thin

Roll pastry out to fit a 12" pizza pan. Combine sugar, flour and cinnamon in a bowl. Add apples and toss. Arrange the apples in a single layer in a circular pattern to completely cover pastry.

Topping: 1/2 c. flour
1/2 c. packed brown sugar
1/3 c. rolled oats
1/2 tsp. cinnamon
1/4 c. butter or margarine
1/2 c. caramel ice cream topping
Vanilla ice cream

Combine first five topping ingredients; sprinkle over apples. Bake at 350° for 35-40 minutes or until apples are tender. Remove from oven and immediately drizzle with the caramel topping. Best served warm with ice cream topped with a drizzle of the caramel topping.

May Birthdays

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

"Never let the fear of striking out get in your way."

- George Herman "Babe" Ruth

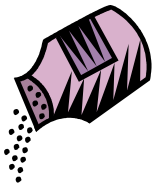
May Anniversaries

4 - William Kiehl (4 years)
12 - Kim Summers (2 years)
14 - Lisa Weible (26 years)
16 - Jay Curran (24 years)
23 - Jeanne Jensen (16 years)
24 - Marilyn Stromberg (11 years)
27 - Benjamin Schenck (2 years)
28 - Jann Drahota (4 years)
31 - Kenneth Palmer (27 years)
Christina Stearns (5 years)

Nutrition Nuggets

Submitted by Julie Beutler, ADON

- Frozen peas have up to 4 times as much vitamin C as canned peas.
- Men who moderately drink alcohol 3-7 days a week are at a 32% lower risk of heart attack than men who drink less than once a week.
- America has more obese people than overweight people.
- One medium carrot has 340% of your daily vitamin A. Wheat flour has 470% more fiber than white flour.
- Although it has just as much sodium as table salt, sea salt does not contain iodine, an essential mineral that your body needs for metabolic and thyroid functions.



Regional Center Water Project OK'd

Excerpt from *Norfolk Daily News*, April 6, 2010, by Greg Wees

City water service for the Norfolk Regional Center ... [was] approved Monday by the Norfolk City Council. Water service will be extended to the regional center under the $1.46 million low bid by J.H. Hespe Co. of Norfolk for the Northeast Regional Pump Station and Pipeline.

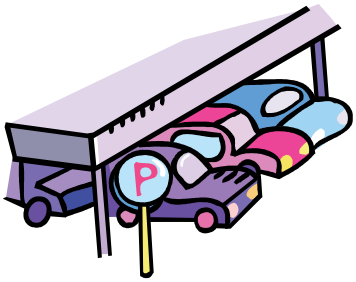
The council last year authorized a $318,600 contract with Black & Veatch engineers to design an industrial pumping station and elevated storage tank on the grounds of the regional center to the west of the main building known as Building 16.

City water will flow to the regional center's Building 16, heating plant and maintenance shop via a 12-inch service line. The regional center's water wells are to be disconnected once the project is finished.

The Nebraska Legislature last year appropriated $1.6 million in state funds for the improvement. According to the agreement, the state also will contribute $250,000 toward the cost of the industrial pumping station. The pumping station will supply water to future industrial and residential customers in the northeast area of Norfolk. To accomplish the improvement, a water extension district will take in properties on each side of Victory Road adjacent to the regional center.

Other bidders on the project were Christiansen Construction of Pender and Rutjens Construction of Tilden.

Parking Lot Lottery



Winners for the month of May are:

1. Janice Oswald
2. Carol Ruge
3. Kathy Arends
4. Donna Young
5. Denise Uhing

Spotlight on Performance Improvement — Restraint and Seclusion Committee

Submitted by TiAnne Morse, Quality Assurance Coordinator

The Restraint and Seclusion Committee is chartered to monitor, plan, design, direct and coordinate processes that will decrease the use of restraint and seclusion at NRC. NRC is committed to the use of the least restrictive measures necessary to provide effective treatment and preserve an environment that minimizes the potential for patient and/or staff injury.

The Restraint and Seclusion Committee will meet at least monthly and maintain a written record of activities. The committee reviews monthly reports on the number of restraint and seclusion episodes. For each episode of restraint or seclusion used for behavioral health purposes, NRC collects information on the following:

- The shift during which the episode occurs
- The setting/unit/location where the episode occurs
- The staff who initiated restraint or seclusion
- The length of each episode
- The date and time each episode is initiated
- The day of the week each episode is initiated
- The type of restraint used
- Any injuries sustained by the patient or staff
- A patient identifier
- The patient's age
- The patient's gender
- The use of psychoactive medications as an alternative to restraint or seclusion or to enable their discontinuation

Post-restraint or post-seclusion information is reviewed for "debriefing" information and required documentation.

Restraint and Seclusion Committee members provide a wide cross-selection of disciplines and expertise within the organization and includes administrative, clinical and support personnel. Members of the committee are as follows:

John Kroll, DON, Chair

Dr. Stephen O'Neill, Medical Staff

Dr. Jean Laing, Psychology

Kris Boe-Simmons, Program Director/Social Work

TiAnne Morse, Quality Assurance Coordinator

Diane Schumacher, PA-C, Medical Staff

Barb Maas, Staff Development

Monica Schomaker, RN

Dean Garver, SSII (rotating)

Neil Heese, SSII (rotating)

Daniel Haycock, Guard (rotating)

Ben Schenck, Guard (rotating)

Ryan Sukup, Guard (rotating)

Life is mostly froth and bubble,

Two things stand like stone,

Kindness in another's trouble,

Courage in your own.

~ Adam Lindsay Gordon

Words to Live By

Submitted by Marilyn Stromberg, Nursing Staff Assistant

John is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a natural motivator. If an employee was having a bad day, John was there telling them how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

He replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or … you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or … I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or … I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested. "Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what he said. Soon thereafter, I left to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that he was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods in his back.

I saw him about 6 months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins … Wanna see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon-to-be born daughter," he replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or … I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. He continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'He's a dead man.' I knew I needed to take action."

"What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything. 'Yes', I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity.' Over their laughter I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

He lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything.

National Nurses Week 2010 — *Nurses: Caring Today for a Healthier Tomorrow*

NRC honors and extends sincere appreciation to all our nurses during National Nurses Week 2010, as well as throughout the year.

Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. As nurses, you work in hospitals, nursing homes, school-based clinics, and homeless shelters, to name a few. You have many roles — from staff nurse to educator to nurse practitioner and nurse researcher — and serve all of them with passion for the profession and with a strong commitment to patient safety.

National Nurses Week is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

The following is an excerpt from Rules and Regulations of the State Lunatic Asylum in St. Joseph, MO, 1890. (Nursing has come a long way!!)

The following is a job description of a floor nurse in 1887. In addition to caring for your fifty patients, each nurse will follow these rules:

1. *Sweep the floors of your ward daily. Dust the furniture and window sills.*
2. *Maintain an even temperature in your wards by bringing in a scuttle of coal at the beginning of each work day.*
3. *Light is important for observing the patient's condition. Therefore each day fill the kerosene lamps, clean chimneys and trim wicks.*
4. *Wash all ward windows once a week.*
5. *The nurse's notes are important to the physician. Make your pens carefully. You may whittle nibs to your individual taste.*
6. *Day duty nurses will report every day at 7 a.m. and leave at 8 p.m. except on Sunday on which day you will be off from 12 noon until 2 p.m.*
7. *Graduate nurses in good standing with the Director of Nurses will be rewarded with an evening off each week for courting purposes, or two evenings, if you regularly go to church.*
8. *Each nurse should lay aside from her wages a goodly sum of her earnings. This is for her benefit during her declining years so she will not become a burden. For example, if you earn thirty dollars a month, you should save fifteen.*
9. *Any nurse who smokes, uses rouge, uses liquor in any form, gets her hair done at a beauty parlor, frequents dance halls, or who engages in levity on Sunday, will give the Director of Nurses good reason to suspect her worth, intentions, and integrity. If her misconduct in such an unseemly and unladylike manner is brought to the attention of the Hospital Administration, she will be asked for her resignation.*
10. *The nurse who performs her labors, serves her patients and doctors faithfully and without fault for five years, will be rewarded by the Hospital Administration with a 5 cent pay day increase, providing there are no hospital debts that are outstanding.*
11. *Free soap is provided for personal cleanliness. Its use is mandatory.*

Emergency Management Tip: Personal Preparedness

Submitted by NRC Environment of Care Committee

As part of all-hazards planning, employees must maintain a minimum week's worth of supplies at home in case they have to shelter in place, or to sustain their families when they are working during a disaster. The U.S. Department of Homeland Security also has basic emergency supply kit recommendations and planning guidelines for children, older adults, persons with disabilities, and pets. Staff members will also need to assemble their own personal "jump bag" to carry with them if the hospital assigns them to work during an anticipated sustained event in which they might have to stay at the hospital for one or more days. This bag can include:

- Toiletries
- Sleeping bag/pillow
- Medications
- Earplugs
- Cash
- Food such as peanut butter, crackers, water and other snacks

Source: NHA Emergency Preparedness

Choose the Gym That's Right for You

Perhaps the time has come to take your workout routine public … that is, take it to a gym. Here are some pointers on choosing the gym that's right for you.

- **Gym philosophy.** Take your time finding a facility that has a genuine interest in helping you achieve your health and fitness goals. Beware of salespeople who seem more concerned with their desire for you to sign a contract than your desire to get healthy.
- **Busy quotient.** Visit each gym during the time of day you will most likely attend, to get a feel for the amount of people that also work out at that time.
- **Equipment.** Don't be wooed by fancy equipment. While high-tech equipment may be appealing, a barbell and a bench can be just as effective when used properly. Offering flashy equipment may give some gyms a reason to charge more for membership.
- **Contract.** There can be a lot of options when signing a contract; just make sure the contract you sign is on your terms and not theirs. This means asking questions about length of contract and cancellation fees, and reading the fine print.

Source: Printer's Press, Big Red Printing, January/February 2010

April Puzzles Challenge

Submitted by Judy Burnett, Switchboard Operator

Julie Beutler was the only one to figure out the March Puzzles Challenge. The words in the Hidden Words puzzle were: fly, hatch, egg, feather, talon, nest, bills, wing, song, hoot, perch and an extra was house. The Drop Quote by Pamela Anderson was: "I don't really think about anything too much. I move on. I don't think about what happened yesterday. If I think too much, it kind of freaks me out."

See if you can figure out these puzzles and turn them in at the mail room/switchboard by May 17th.

SET SQUARE

Place one each of the digits 1-9 in each grid to make the sums work. We've put in some of the numbers to start you off. Sums should be solved from left to right, or from top to bottom.

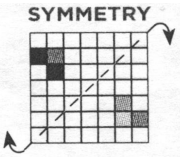
7	+		-		= 10
+		/		×	
	-	1	×		= 6
+		+		+	
	+		-		= 12
= 19		= 15		= 11	

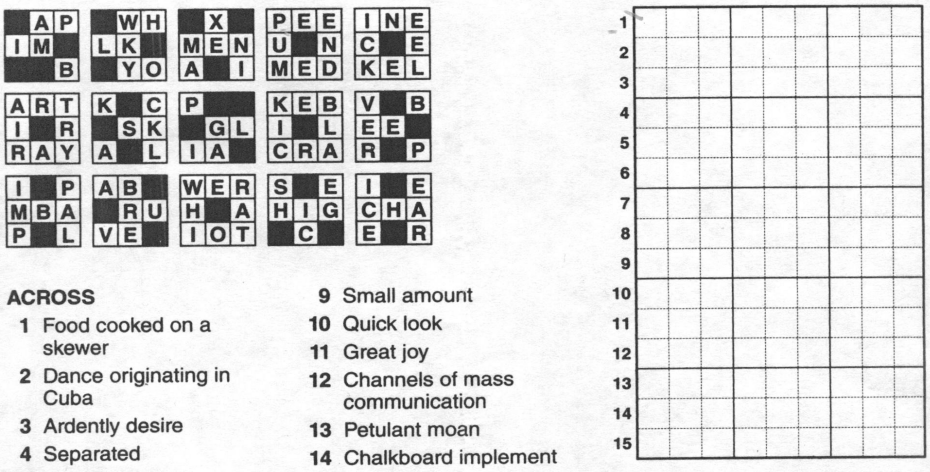
	×	3	-		= 17
×		+		+	
1	+		-		= 4
-		/		-	
	×		/		= 10
= 3		= 3		= 11	

Jigsaw

Use the jigsaw pieces to re-create this completed crossword. We have only listed clues for the rows of Across words, but the pattern of the grid should help you, being symmetrical from top left to bottom right.

SYMMETRY





ACROSS

1 Food cooked on a skewer
2 Dance originating in Cuba
3 Ardently desire
4 Separated
5 Peruse hastily
6 Cry of a donkey
7 Large jug
8 Elevated • Prayer ending
9 Small amount
10 Quick look
11 Great joy
12 Channels of mass communication
13 Petulant moan
14 Chalkboard implement
15 Rustic person

THE SOURCE

DHHS—STATE OF NEBRASKA

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Nebraska Department of Health and Human Services

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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Unusual Fixes That Will Help You Get Home

The syrupy voice of an old crooner spills out of your car-radio speakers. A cool breeze enters through your slightly lowered window. The road ahead is long and open. Life is good.

Moments later, you find yourself at the side of the road with a car that doesn't seem to be acting right. Then you see it: fluid pooling under your vehicle. What can you do to stop the leak? You need a "get-home-at-any-cost tweak" from *Popular Mechanics*' auto guru Mike Allen.

The following are his suggestions for some MacGyver-like repairs you can do to get yourself to the nearest mechanic.

For a leak in your radiator, find a raw egg. Crack the egg into the radiator filler cap — be sure you're not putting it in the overflow tank, if you have one. The white of the egg will serve to plug the hole, for a little while anyway.

Once the leak is fixed, the tank needs to be refilled. If you don't have enough water to refill it, use diet soda. Regular soda has too much sugar and could gum up the engine. Unsweetened iced tea and even beer can work, too.

If you have punched a hold in your oil pan, find a twig, whittle it to fit in the hole, and hammer it in place. Be sure to trim off the excess so the plug won't catch on another rock.

Once the hole is filled, you need something to refill the crankcase. Go ahead and add a quart of water. Whatever oil is left will float on top of the water, and since the oil-pump pickup isn't right at the bottom, it will be fine for now.

If you find a hole in your gas tank, find a bar of soap and stuff a wedge of it into the hole. This fix will last long enough to get you into town.

The moral of the story: never leave home without an egg, some diet soda, and a bar of soap.

More ideas and resources concerning your car are available at www.popularmechanics.com.

Source: Printer's Press, Big Red Printing, January/February 2010