

THE SOURCE

NRC Walkers Racked Up the Miles

Submitted by Joyce Hoferer, Human Resources Assistant

NRC staff members racked up some impressive mileage since April 1, 2011. Congratulations to all NRC participants in the Walk This Way program!!



4 Million Steps - Bill Beutler
3 Million Steps
Julie Beutler & Dr. Jean Laing



2 Million Steps
Pat Brand & Juleen Brand



1 Million Steps
JoAnn Henrickson, Joyce Hoferer, & Amy Vollbrecht



600,000 Steps or More

Back row: Amy Vollbrecht, Julie Beutler, Tracy Culligan-Colligan, Pat Brand, Joyce Hoferer, Darlene Porter, Dr. Jay Curran, Loren Ransen, Dr. Jean Laing & Lori Rector
Front row: JoAnn Henrickson, Patty True, Juleen Brand, Mike Gettman & Jeannette Hoffmann



(And More) 600,000 Steps or More

Tim Mastny, TiAnne Morse & Sheryl Hansen

All photos this page courtesy of Joyce Hoferer

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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.

Please Welcome New NRC Employees



Robert McCormick
Mental Health Security
Specialist – Guard



Shelly Urquidez-Reyes
Custodian/Housekeeper



Alysia Hasebrook
Food Service Cook

What's Cooking at NRC

Layered Bean Dip



1 lg. can refried beans, spicy
or regular
1 pkg. taco mix
4 green onions, diced
1/2 – 1 c. salsa

1 c. shredded cheddar cheese
1 c. sour cream
1 1/2 c. shredded lettuce
1 lg. tomato, chopped
1 can sliced black olives,
optional

Mix bean and taco mix together. Put in round pizza pan or 9 x 13 cake pan. Layer toppings: salsa, onions, cheese, sour cream, tomato, lettuce, and olives. May add chopped avocado, if you would like. Serve with corn scoops. Umm!!

Submitted by Bonnie Long, and she challenges Sandy Bogue to submit a recipe for the next issue of *The Source*.

Regional Center Work Slated

Reprinted with permission from *Norfolk Daily News*, by Greg Wees, Wednesday, April 11, 2012



Preparing for demolition of the Stone Building

Photo: TyLynne Bauer

More changes are ahead on the Norfolk Regional Center grounds. The north entrance road has been shut to traffic, as has the loop road, as a contractor waits to demolish the Stone Building on the north side of the campus. Work on the sanitary and storm sewers is planned as well.

New Horizons of Kansas City, Mo., is finishing asbestos abatement in the empty Stone Building before demolition begins, said Rod Anderson, building administrator for the Nebraska Department of Administrative Services. K. Porter Construction of Norfolk, which has the \$128,664 demolition contract, has a crane and trucks on site ready to go when the abatement is finished.

The building was constructed in 1907 out of large limestone blocks. Inside is a marble staircase and terrazzo stone floors. The two roads that will remain open are the west and south entrances to Building 16 housing the Sex Offender Treatment Center. Several of the empty deteriorated buildings on the grounds were razed last year.

A study by JEO Consulting Group has looked at the condition of the sanitary and storm sewer lines, which have deteriorated. "There were several lines that were cracked or had tree roots in them up north," Anderson said. "So we're going to look at abandoning several of the sanitary and storm water lines we don't use any more and then repair or replace some sanitary sewer lines for Building 16." Specifications are being drawn up to let for bids, he said.

The three options outlined are

maintaining the existing sewers at a cost of \$327,315, building a new outfall line and eliminating about half the collection system at a cost of \$463,190 and eliminating nearly the entire collection system and building a new outfall at a cost of \$411,350.

Staff at the regional center have indicated that during heavy rainfall, the storm sewer can't handle runoff from the parking lot, sometimes sending water into the building at the two doors on the south side. The regional center is connected to the collection system that sends wastewater to the City of Norfolk's treatment plant. The city has said the flows have exceeded allowable rates at times, and the study was undertaken to find out if storm water is encroaching.

In 1986, the then-Nebraska Department of Public Institutions entered into an agreement with the City of Norfolk that was part of a larger project in which the Woodland Park SID constructed a new sanitary sewer to convey its effluent and that from the regional center to Norfolk's treatment plant.

Reminders From Infection Control: Germs and Cross-Contamination

Submitted by Joy Wieseler, RN, Infection Control Coordinator

GERMS ARE TOUGH

- Virus can be transferred from dry smooth surface up to 20 minutes after being contaminated.
- Some viruses can travel on droplets through the air.
- *E. coli*, *salmonella* and other bacteria can live up to two hours on surfaces like doorknobs, keyboards, and tables.
- Bacteria doubles every 20 minutes.
 - Five bacteria in a sandwich at 12:00 noon will total over 10 million by 7 pm. After three days, with no bacteria dying, there would be enough to cover the earth.
- Microorganisms can build up resistance to drugs (antibiotic resistance) intended to kill them.
- Hot water will not kill bacteria—only temperatures over 140 degrees can kill them.

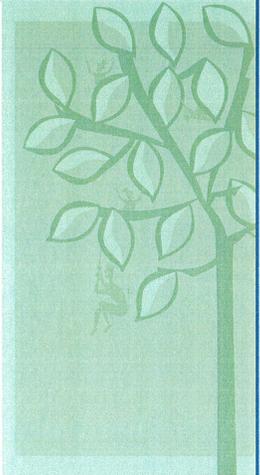


Where do Germs Hide?

- A person has more bacteria on their body than there are people in the United States
- 229,000 germs per square inch on frequently used faucet handles
- 21,000 germs per square inch on work desks
- 1,500 on each square centimeter of hands

High on the worst hiding places list:

- Work desk
- Kitchen sink is worse than bathroom
- Dishcloth, sponge
- Garbage can
- Refrigerator
- Bathroom doorknob
- Keyboards
- Escalator handrails
- Shopping cart handles
- Picnic tables
- Light switches
- Remote controls
- Toys
- Bathroom cups
- Pens, pencils and crayons
- Pet cages



"The bulk of germs are hiding where you least suspect—playground equipment, the phone receiver, ATMs and elevator buttons."
- Charles Gerba, professor of environmental microbiology at the University of Arizona



Notable Quote

Submitted by Julie Beutler, Associate Director of Nursing

"For people who sit most of the day, their risk of heart attack is about the same as smoking."



- Dr. Martha Grogan, cardiologist at the Mayo Clinic, in the *Wall Street Journal* on the prevention of a heart attack

NRC Nominated for Secretary of Defense Employer Support Freedom Award

Submitted by TyLynne Bauer, Facility Operating Officer



NEBRASKA EMPLOYER SUPPORT OF THE GUARD AND RESERVE
1776 N 10TH ST
LINCOLN NE 68508

March 1, 2012

Mr. William Gibson
Nebraska DHHS - Norfolk Regional Center
1700 North Victory Road
Norfolk, NE 68701

Dear Mr. Gibson:

It is my pleasure to inform you that Nebraska DHHS – Norfolk Regional Center was nominated by one of your employees for the prestigious Secretary of Defense Employer Support Freedom Award. The Freedom Award recognizes American employers of Guard and Reserve personnel who provide exceptional support to these citizen-soldiers. The competition this year was intense and demonstrated the incredible support by Nebraska employers for our Guard and Reserve members.

The events of September 11th changed America forever. The use of the Guard and Reserve has dramatically increased and clearly reflects the professional, ready cost- effective force these men and women represent. Our military could not perform the duties of protecting the homeland or wage the War on Terror without your continued support. America's Employers are inextricably linked to our national security. Unfortunately, only a limited number of Freedom Award recipients are selected for public recognition each year from the many great employers providing outstanding support. However, I firmly believe that you have already received the most important recognition of all and that is from the Reserve Component military member that saw fit to nominate you.

Even though your organization was not selected, your nomination for this award illustrates the exceptional leadership, support and personal devotion you provide to your employees. I sincerely appreciate your support for your Guard and Reserve members, and in turn, this great Country of ours. We are forever grateful for your understanding and recognition of our patriotic volunteers.

Members of our Nebraska Employer Support of the Guard and Reserve Committee will maintain close contact with you to solidify the strategic partnership that is vital to the nation's military readiness. Please contact us at (402) 309-7105 with your questions or concerns and visit our website at www.esgr.mil. Once again, congratulations on your nomination!

Sincerely,

A handwritten signature in blue ink, which appears to read "Walter E. Zink II", is written over a faint, larger version of the signature.

Walter E. Zink II
Chair



The Bill of Responsibilities

Submitted by TyLynne Bauer, Facility Operating Officer, and TiAnne Morse, Quality Assurance Coordinator

The Bill of Responsibilities

The Authenticity Amendment

I will be true to myself, manage my ego and emotions so as to be civil and respectful to others, and shall not allow low self-esteem, self-limiting beliefs, or the negativity of others to prevent me from pursuing my authentic goals and dreams and becoming the unique individuals I am meant to be.

The Integrity Amendment

Because integrity is the essential element of earned trust, I will tell the truth, keep my promises, live up to my commitments, and never violate my own integrity and the dignity of others by being judgmental or hypocritical.

The Awareness Amendment

Awareness being the essential element for personal happiness and professional success, as well as peace and harmony, I will pay attention to what is happening in the world around me, be empathetic to the needs and feelings of others, and monitor my emotional reactions to avoid becoming my own worst enemy.

The Courage Amendment

Because fear is a reaction and courage is a decision, I will make the commitment to stand up for what's right, stand up to those who do wrong, and do the things I know I need to despite my fears.

The Perseverance Amendment

Every great accomplishment having once been the seemingly "impossible" dream of a dreamer who refused to quit, I will accept the inevitability of obstacles and roadblocks with good cheer and equanimity, learn from my mistakes and failures, and never quit pursuing my authentic goals when the going gets tough.

The Faith Amendment

My faith in myself, in other people, and in the future will shine through in my attitudes and behaviors, and in open-hearted acceptance of those with beliefs that are different than mine.

The Purpose Amendment

I will commit to a purpose bigger than "what's in it for me" goals and define an overarching purpose to give meaning to my work and life.

The Vision Amendment

I will contribute to creating a common shared vision for a better world, and commit to action that will help to transform the good intentions of today into the reality of tomorrow.

The Focus Amendment

I will be a good steward in how I spend my time, energy, and financial resources in order to concentrate on achieving the goals and dreams that really matter, and that help to make the world a better place for current and future generations.

The Enthusiasm Amendment

I will approach my days with a positive attitude, seek to discern the best in every other person and situation, do my work with a spirit of mission, and seek to restore the passion of youth with curiosity, humor, and a smile.

The Service Amendment

I will help others in need, be generous in spirit and means, and take time to replenish their own spirits so they may continue to serve others.

The Leadership Amendment

Because we all have the opportunity to be leaders, I will, through my example, set high expectations for myself and others, and seek to inspire and influence others to always do what is best for the common good.

The Bill of Responsibilities is adapted from the Values Coach Inc. course on *The Twelve Core Action Values™*.

The Bulletin Board

A heartfelt "thank you" goes out to all my co-workers and friends here at NRC for their expressions of sympathy during the recent loss of my father-in-law. Your cards and words of comfort meant a lot to me and my husband.

Sincerely,
Kathy Arends and the family
of "Raymond B. Arends"

I would like to thank everyone at NRC for the prayers, cards, emails, hugs and support my family has received during my mom's illness and her passing. Everyone has been so wonderful and understanding as I have struggled with my mom's illness and death.

Thank you,
Barb Buettgenbach

Kudos Corner



A BIG thank you to all NRC staff!!! 1-West worked well for MANDT training and your assistance in planning and not having to utilize the area during this time was GREATLY appreciated.

TiAnne

Big thanks to dietary for preparing snacks and beverages for MANDT training. Trainees and Trainer were very appreciative!!

TiAnne

Leave of Employment

March 2, 2012

Diane Synovec, MHSS II

March 7, 2012

Karen Ehlers, Medical Technologist

March 22, 2012

Marci Sok, Custodian/Housekeeper

March 23, 2012

Faith Weaver, RN

March 25, 2012

Bobbi Schulz, RN

April 6, 2012

Eva Mattox, MHSS II

April 9, 2012

Lori Russell, MHSS II — Guard

April 10, 2012

Willard Wesemann, MHSS II (PRN)

April 15, 2012

Karri Roling-Wilson, MHSS II

April 23, 2012

Ty Fankhauser, MHSS II

April 25, 2012

Jason Meinke, MHSS II

**DHHS - NORFOLK
REGIONAL CENTER**

DHHS—STATE OF
NEBRASKA

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Bldg. 16
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402.370.3315

Department of Health & Human Services

DHHS

N E B R A S K A

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

Are Pet Owners Healthier?

Submitted by TyLynne Bauer, Facility Operating Officer

Research is in its early stages. According to the National Institutes of Health (NIH), one study it funded tracked 421 adults who had suffered heart attacks and found that those who owned dogs were significantly more likely than the others to still be living one year later, regardless of the severity of their heart attacks. Another

study of 240 married couples found that those with pets had lower blood pressure, lower heart rates and faster recovery from stressful situations. Dog owners also appear to get more exercise than people who don't own pets. Researchers are still looking into the exact reasons for these results.

Source: Sam's Club *Healthy Living*,
March/April 2012

