

# THE SOURCE

## Kathy Herian and Linda Hansen Are December "Job Well Done" Recipients

By NRC's Employee Recognition Committee

Congratulations to Kathy Herian, RN, and Linda Hansen, RN, for being selected as the December 2013 "Job Well Done" recipients.

Kathy and Linda received a dual nomination for their ef-



Kathy Herian, RN

forts toward changes made to the de-

livery of morning report. The changes include having multiple bars on the whiteboard that represent significant areas of sex offender treatment. These bars give highlights of patient activity, including baseline checks earned, refusal of groups/classes, contraband checks, medical areas, plus concerns designated for either Team 1 or 2. This approach has proven to be a clever, creative way to make efficient use of limited time.

Kathy and Linda have been employed



Linda Hansen, RN

at NRC since April 1979 and June 1976, respectively. Both Kathy and Linda are great team players, exemplifying NRC's mission, values and act as role models for our treatment program.

**Thank you, Kathy and Linda, for all you do!**

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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 Contract Employees



John Kuvetakis  
Dentist



Michelle Schramm  
Dental Hygienist

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## What's Cooking at NRC

### SWEDISH MEATBALLS



- |                                  |                              |
|----------------------------------|------------------------------|
| 1 egg                            | 1 can cream of chicken soup  |
| 1/4 c. milk                      | 1 can cream of mushroom soup |
| 1 lb. ground beef                | 12 oz. can evaporated milk   |
| 1/4 c. minced onion              | 1 T. chopped fresh parsley   |
| 1/4 c. dry cream of wheat cereal |                              |

Preheat oven to 350°F. In a large bowl, whisk together the egg and milk. Add the beef, cream of wheat and onion. Mix well. Shape into 1-inch balls. Place balls on a lightly greased baking sheet. Bake at 350°F for 20 minutes. Drain meatballs on paper towels, if needed. Then place meatballs in a lightly greased 2-quart casserole dish. In a separate bowl, combine the soups with the evaporated milk; stir until smooth. Pour over meatballs. Bake uncovered at 350°F for 40 minutes. Sprinkle with parsley before serving.

(Submitted by Doug Moats, and he challenges Hollie Frye to submit a recipe for the next issue of *The Source*.)

# 2013 Holiday Party for Employees, December 11th

Photos by Becky Inness, Medical Staff Assistant



Some of Santa's elves rested for a bit before the festivities began at the Employees Holiday Party sponsored by NRC Medical Staff and Leadership Team members.

*We would like to thank all of you for the wonderful holiday celebration. The food was great and the servers were exceptional! This was a good opportunity to visit with other staff, and it helps to make our work family closer. Again, we really appreciated it and hope that all of you have a very Merry Christmas!*

*Marilyn Stromberg  
& Terri Bruegman*



*Thank You to all of you involved in giving us another wonderful Christmas party. I especially like the 1W setting. And, the décor was beautiful. We were able to sample some new tasty foods too I saw Becky and the housekeepers working hard the day before, so I know they also contributed time and effort. I've helped with numerous patient parties over the years, so I know it takes the cooperation and coordination of many. Thank you again for an enjoyable "last" Christmas party for me.*

*A Blessed Holiday Season to You All!*

*Susie K.*



# The Meaning of Faith

By Joe Tye, Values Coaching, Inc.

Core Action Value #6 in our course on The Twelve Core Action Values is Faith. When we talk about faith as a value, we're not talking about religion in any sense. *Everyone* needs faith, regardless of their particular religious beliefs. The holiday season and the approaching new year are a great time to consider your own faith, because it will have a significant influence on your future success and happiness.

The terms faith and belief are often used interchangeably, but they are different qualities. Belief is specific — you believe *something*. Faith is non-specific — it is expectancy, not expectation.

Faith is the marriage of fidelity and trust. Fidelity means that you are faithful to someone or something — a cause, a doctrine, or another person. Trust means that you have faith in someone or something — the future, other people, or a higher power.

Faith is not subject to proof. Faith is called upon precisely at the point where certainty ends.

Our course talks about The 4 Pillars of Faith as being faith in yourself, faith in other people, faith in the future, and

(hopefully) spiritual faith in something bigger than just the material world that can be seen with the human eye.

In the course, each of the twelve values is built upon four cornerstones, the principles that put the action into the value. The four cornerstones of Faith are:

**Gratitude** is a heartfelt thankfulness for the blessings of your life, material and nonmaterial. I think of complaining and other forms of ingratitude as the anti-prayer; instead of gratitude for the blessings in his or her life, the complainer is, in effect, saying that those blessings are not enough. Gratitude is the foundation for future optimism and is reflected in a spirit of charity and generosity.

**Forgiveness** means letting go of the emotional baggage of anger, hate, and resentment toward another person. One of the best definitions of a grudge is that it's like drinking poison in hopes of hurting someone else; the I Ching calls hate a chain that binds you to the object of your hatred.

**Love** in the context of values is not just a mushy emotion — as the late Dr. Scott Peck

wrote in *The Road Less Traveled*, love is hard work on behalf of the beloved. The Beatles were right! There's nothing you can do that can't be done, there's no one you can save that can't be saved, all you need is love. They also said that the love you take is equal to the love you make, and that it's within you and without you. (Note: We need more words to accurately reflect what we mean when we say "I love ..." — to say I love hot dogs is a very different thing than to say I love my wife.)

**Spirituality** is the search for something sacred, something beyond trying to win by dying with the most toys. It's what one feels when gazing at the nighttime starscape (especially from the bottom of the Grand Canyon!); it's those moments when soul wins in the eternal struggle with ego.

From all of us here at Values Coach, we wish you the happiest of holidays and hope that your faith will be rewarded in the new year by deepened spiritual awareness and greater commitment to making a difference in your corner of the world.



## Santa and Mrs. Claus Visit



Santa (aka Ken Duncan, MHSS II) and Mrs. Claus (aka Susan Johnston, Activity Assistant) visited NRC on December 24th to distribute gifts and candy to patients and staff.

## Employees Leaving

December 4, 2013

Devon Zwiener, Food Service Assistant

December 5, 2013

Jann Drahota, RN

December 20, 2013

Whitney Rawhouser, MHSS II

December 23, 2013

Shelly Urquidez-Reyes, Custodian/  
Housekeeper



## Roasted Chestnuts



1 lb. chestnuts

salt to taste

1/4 c. butter

pinch ground cinnamon

Preheat oven to 375°F. Cut a 1/2-inch crisscross on the flat side of each nut. Be sure to cut through the shell to prevent the nut from exploding. Place the nuts in a shallow baking pan and bake for 25-30 minutes. Allow to cool and peel off the shell. Place nuts in a skillet with butter and sauté over high heat until butter is melted and the chestnuts are well coated. Place skillet in oven and roast until they are golden on top. Sprinkle with salt and cinnamon.

## 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

Department of Health & 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!*

*NRC Editorial Board*

*Marg Hipp - Editor - 370.3315*

*TyLynne Bauer - 370.3328*

*Susie Kohlhof - 370.4313*

*Marilyn Stromberg - 370.3142*

## Top Ten Things to Say About a Christmas Gift You Don't Really Like

10. "Hey! There's a gift!"
9. "Well, well, well ..."
8. "Boy, if I had not recently shot up 4 sizes that would've fit."
7. "This is perfect for wearing around the basement."
6. "Gosh. I hope this never catches fire! It is fire season though. There are lots of unexplained fires."
5. "If the dog buries it, I'll be furious!"

4. "I love it — but I fear the jealousy it will inspire."
  3. "Sadly, tomorrow I enter the Federal Witness Protection Program."
  2. "To think — I got this the year I vowed to give all my gifts to charity."
- And the Number One thing to say about a Christmas gift you don't really like:
1. "I really don't deserve this."

