



# THE SOURCE

## Courage, Perseverance, and Faith — Rules for the Journey

Submitted by TyLynne Bauer, Facility Operating Officer

### Courage

**Rule 1:** Accept the fact that anxiety, fear and worry are natural human emotions that everyone feels; don't play the role of victim because you're feeling them, and don't beat yourself up emotionally because you think that if you were stronger, you wouldn't feel them.

### **Rule 2:**

When you're feeling emotionally distressed, ask yourself whether the predominant emotion is anxiety (nonspecific dread about the uncertain future), fear (acute alarm about a certain situation), or



worry (anticipating problems in the future).

**Rule 3:** Get the facts. Fear breeds in ignorance and dissipates when you shine the light of knowledge upon it. What do you not know that if you did know would make your fear more manageable, and how can you find it out?

**Rule 4:** Talk back to your fear. When fear is trying to prevent

you from taking risks that could in fact eliminate the source of the fear, you need to put on your bravest face, rebut your fears with your bravest af-

firmations, then fake it till you make it. As Mark Twain said — *act brave, even if you're not, because nobody can tell the difference.*

### Perseverance

**Rule 1:** Obstacles are not optional, and though they cannot be predicted with precision, they can be anticipated in general; the secret is to prepare in much the same way that a fire department prepares for the next fire.

**Rule 2:** Every successful athletic coach knows this truth: spectacular success is always preceded by unspectacular prepa-

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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.*

ration. No football team ever won a game because of the pre-game pep rally — victory is always founded upon a solid base of discipline and preparation.



**Rule 3:** No adversity comes your way that does not have hidden within it the seeds of a future blessing; it is your challenge to find and capitalize upon that proverbial silver lining.

**Rule 4:** The bigger your dream, the greater will be the challenges you'll face in trans-

forming the dream of today into the reality of tomorrow.

### Faith

**Rule 1:** Build your own inner strength and peace upon the four pillars of faith: faith in yourself, faith in other people, faith in the future, and faith in a higher power that is much bigger than the physical world.

**Rule 2:** Let your faith and your gratitude for all that you have been blessed with shine through in your attitudes and in your actions.

**Rule 3:** True faith is strengthened and tempered in the cauldron of doubt; do not shut the

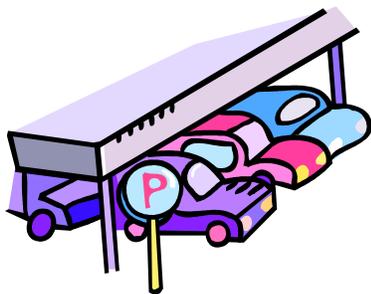
door in the face of difficult questions, but rather let them in, explore their meaning, and let them lead you to deeper answers than can be yielded by merely parroting the liturgy.

**Rule 4:** Faith is bigger and deeper than belief; beliefs can, will and should change as one grows and learns, but faith endures.



## **Parking Lottery Spotlight**

Submitted by Marilyn Blunck, HIM Supervisor



The HIM department would like the opportunity to "spotlight" the monthly parking lottery winners. Monthly winners will be asked to have their picture and/or any information they wish to share with their fellow NRC employees displayed on the bulletin board on the 1st floor during that month. This will give your co-workers an opportunity to get to know you better. Participation is voluntary.

Winners for the month of February are:

- |                      |                     |
|----------------------|---------------------|
| 1. Darlene Sunderman | 5. Jeanette Hoffman |
| 2. Bev Lueshen       | 6. Yancey Cortner   |
| 3. Cami Long         | 7. Susan Johnston   |
| 4. Peter Graham      | 8. Karen Hitz       |

## Please Welcome New NRC Employee



Terri Bruegman  
Staff Assistant I

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## What's Cooking at NRC

### TACO CASSEROLE

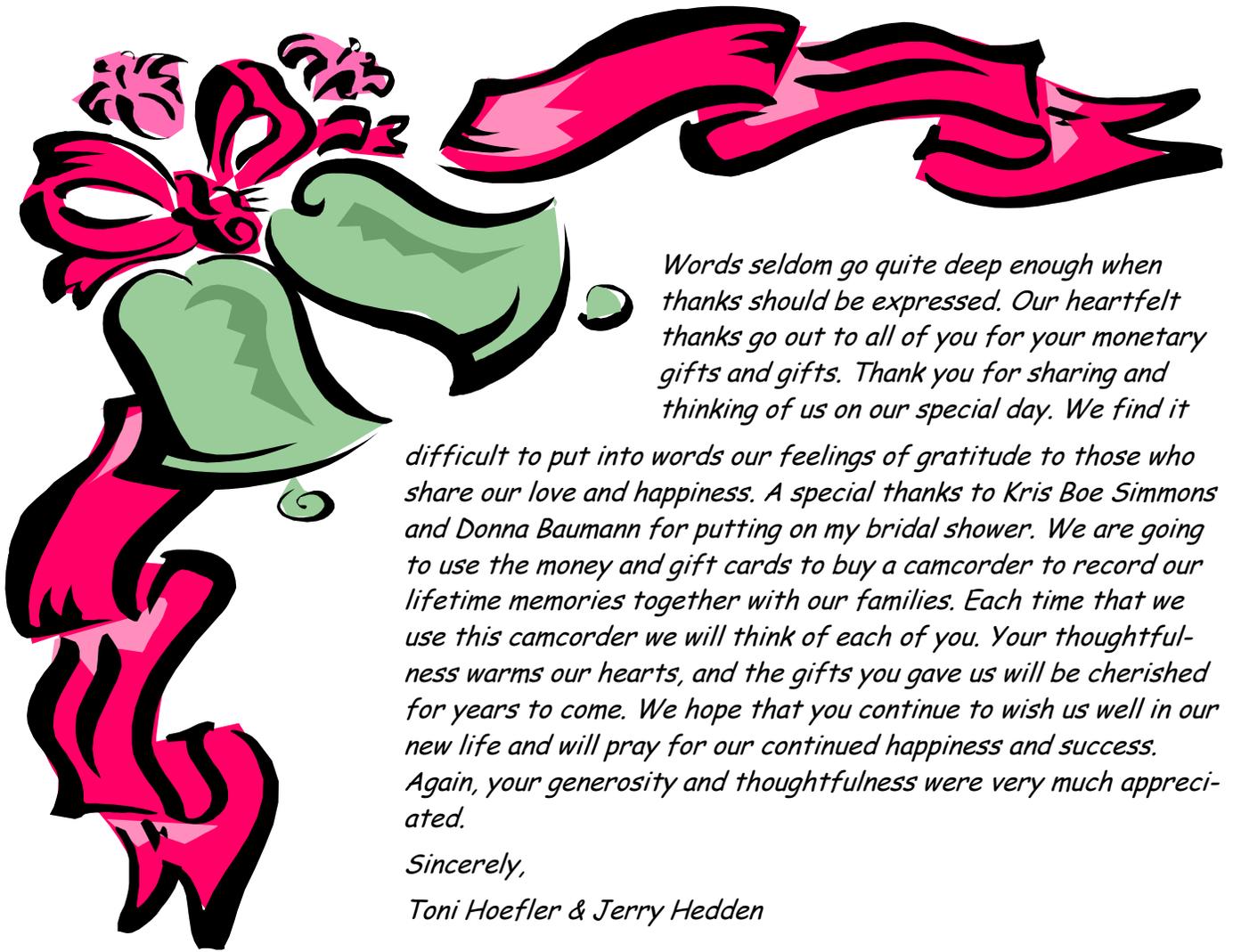
1 1/2 lb. ground beef  
1 c. chopped onion  
1 c. water  
1/2 c. taco sauce

4 oz. can diced green chilies  
1 pkg. taco seasoning mix  
18 taco shells, broken  
2 c. shredded mild cheddar  
cheese



Preheat oven to 375°F. Grease a 13 x 9 inch baking dish. Cook beef and onion until beef is browned; drain. Stir in water, taco sauce, chilies and seasoning mix. Cook over low heat for 3-4 minutes. Layer half of broken shells on bottom of prepared baking dish. Cover with half of meat sauce; sprinkle with 1 cup cheese. Repeat with remaining taco shells, meat sauce and cheese. Bake for 20-25 minutes or until bubbly and cheese is melted. (May top with tomatoes and green onions.)

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



*Words seldom go quite deep enough when thanks should be expressed. Our heartfelt thanks go out to all of you for your monetary gifts and gifts. Thank you for sharing and thinking of us on our special day. We find it*

*difficult to put into words our feelings of gratitude to those who share our love and happiness. A special thanks to Kris Boe Simmons and Donna Baumann for putting on my bridal shower. We are going to use the money and gift cards to buy a camcorder to record our lifetime memories together with our families. Each time that we use this camcorder we will think of each of you. Your thoughtfulness warms our hearts, and the gifts you gave us will be cherished for years to come. We hope that you continue to wish us well in our new life and will pray for our continued happiness and success. Again, your generosity and thoughtfulness were very much appreciated.*

*Sincerely,*

*Toni Hoefler & Jerry Hedden*

## **The Bulletin Board**

I want to thank everyone for the flowers, cards, food, phone calls, prayers and the nice gift from the recovery of my hip surgery. I hope to be back to work soon.

Sharon Koehler



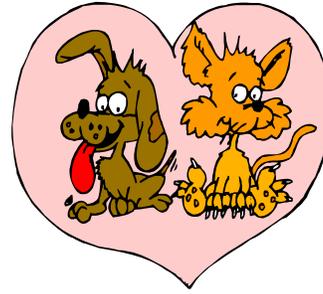
I would like to thank each and every one for all the thoughts, prayers, cards, calls, stamps and plants sent to me and my family during the passing of my brother Terry. It's such a comfort to know I am so lucky to work with such a caring and great group.

Thanks again,  
LaRee Kubes

## The Bulletin Board (Cont.)

During the rough times in life, it's not always family that gets you through. I've worked with a great bunch of people and you are the ones, with comforting words, actions and gentle touch that helped me during this time of loss of my brother and my job. I'm glad to have worked with such caring people. Thank you for your kindness.

Judy Burnett



### *Lasting Friends*

*Friends were strangers I have met,  
Caring ways, I won't forget.  
Helped me through those trying days,  
Gave me hope and gave me praise.*

*Now's the time I must move on,  
Friendships here I hope stay strong.  
Thirty years I've done my best,  
Now this job is put to rest.*

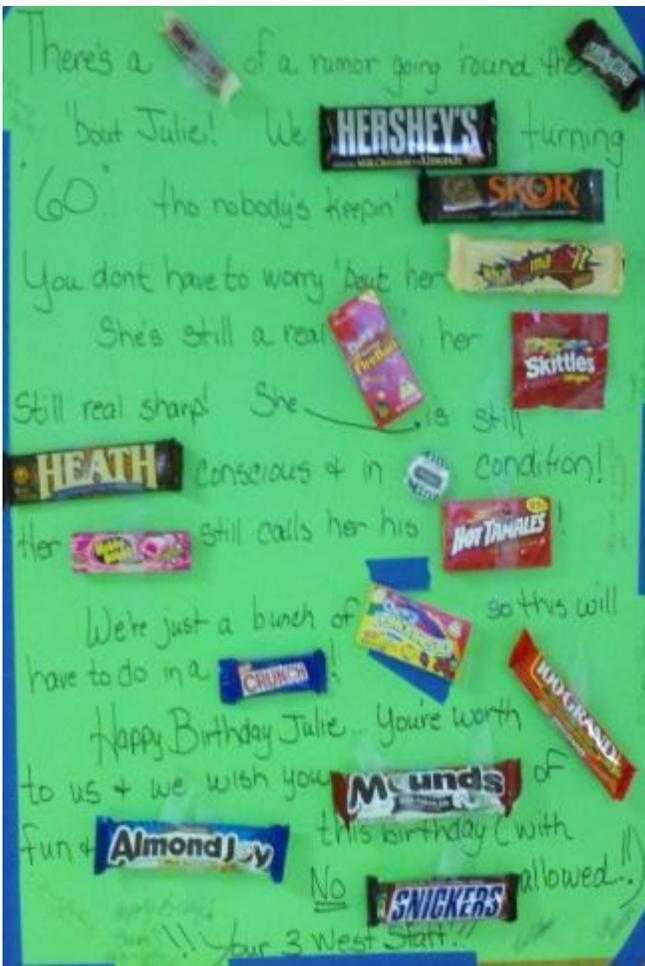
*Some friends linger in my heart  
From the day here I did start.  
My good wishes have no end,  
Thanks for being such a friend.*

Jmb

1-26-12

## Julie Turns ... Oh, No — Six-O!!

Submitted by Julie Beutler, ADON



## Leave of Employment

January 27, 2012

Donald Brandenburg, MHSS II (PRN)

# Yoga Classes for NRC Staff

Submitted by TyLynne Bauer, Facility Operating Officer

The Norfolk Regional Center is excited to offer yoga classes for the next three months. These classes have been graciously donated to us and will be held on the 1-West Visitors Center. Class times will be posted. You've probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. But what are the specific health benefits you can expect to enjoy from doing yoga regularly?

## Physical Benefits

### 1. **Flexibility:**

Stretching your tight body in new ways will help it to become more flexible, bringing

greater range of motion to muscles and joints. Over time, you can expect to gain flexibility in your hamstrings, back, shoulders, and hips.

2. **Strength:** Many yoga poses require you to support the weight of your own body in new ways, including balancing on one leg (such as in Tree Pose) or supporting

yourself with your arms (such as in Downward Facing Dog). Some exercises require you to move slowly in and out of poses, which also increases strength.

3. **Muscle Tone:** As a by-product of getting stronger, you can expect to see increased muscle tone. Yoga helps shape long, lean muscles.

### 4. **Pain Prevention:**

Increased flexibility and strength can help prevent the causes of some types of back pain. Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car.

That can cause tightness and spinal compression, which you can begin to address with yoga. Yoga also improves your alignment, both in and out of class, which helps prevent many other types of pain.

5. **Better Breathing:** Most of us breathe very shallowly into the lungs and don't give much thought to how we

breathe. Yoga breathing exercises, called Pranayama, focus the attention on the breath and teach us how to better use our lungs, which benefits the entire body. Certain types of breath can also help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

## Mental Benefits

1. **Mental Calmness:** Yoga asana practice is intensely physical. Concentrating so intently on what your body is doing has the effect of bringing a calmness to the mind. Yoga also introduces you to meditation techniques, such as watching how you breathe and disengagement from your thoughts, which help calm the mind.

2. **Stress Reduction:** Physical activity is good for relieving stress, and this is particularly true of yoga. Because of the concentration required, your daily troubles, both large and small, seem to melt away during the time you are doing yoga.



This provides a much-needed break from your stressors, as well as helping put things into perspective. The emphasis yoga places on being in the moment can also help relieve stress, as you learn not to dwell on

past events or anticipate the future. You will leave a yoga class feeling less stressed than when you started.

3. **Body Awareness:** Doing yoga will give you an increased awareness of your

own body. You are often called upon to make small, subtle movements to improve your alignment. This can lead to improved posture. Over time, this will increase your level of comfort in your own body.

## The Wooden Bowl

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess.

"We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor."

So the husband and wife set a small table in the corner. There, Grandfather ate alone, while the rest of the family enjoyed dinner. Since Grandfa-

ther had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone.

Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your

food in when I grow up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to

stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband

took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family.

And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.



## DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF NEBRASKA

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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!*

### *NRC Editorial Board*

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*TyLynne Bauer - 370.3328*

*Susie Kohlhof - 370.4313*

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## Recipe

Submitted by TyLynne Bauer, Facility Operating Officer



### BANANA CUPCAKES

1/2 c. shortening

1 1/2 c. sugar

2 eggs

1 tsp. vanilla extract

1 c. mashed ripe bananas

1/4 c. buttermilk

2 c. flour

1 tsp. baking powder

3/4 tsp. baking soda

1/2 tsp. salt

#### **Frosting:**

1/2 c. butter or margarine, softened

2 1/2 c. powdered sugar

3 T. milk

In a large mixing bowl, cream shortening and sugar. Add the eggs, vanilla, bananas and buttermilk. Combine the flour, baking powder, baking soda and salt; add to banana mixture. Fill 18 paper-lined muffin cups two-thirds full. Bake at 350°F for 15-20 minutes or until a toothpick comes out clean. Remove to wire racks to cool completely. **Frosting:** In a small mixing bowl, cream the butter, sugar, and enough milk to achieve desired spreading consistency. Frost cupcakes.