

THE SOURCE

NRC's 4th Annual Employee Recognition Reception

By NRC Employee Recognition Committee

NRC's 4th annual Employee Recognition Reception was held on Thursday, February 25th, honoring 30 employees who reached milestone years of service during 2015, as well as announcing NRC's awards for Supervisor of the Year, Employee of the Year, and the Burney Pohlman Memorial Award.

This year's Employee of the Year award was presented to **Byron Myers**, Mental Health Security Specialist II; the Supervisor of the Year award went to **John Kroll**, RN, Director of Nursing; and the Burney Pohlman Memorial Award was presented to **Brandy Boschult**, Human Services Treatment Specialist II.

TyLynne Bauer, Facility Operating Officer, presented the awards.



Congratulations to all of the honorees!

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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.

NRC Employee Recognition Reception

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Brandy Boschult, HSTS II
Burney Pohlman Memorial
Award Recipient



John Kroll, RN,
Director of Nursing
NRC Supervisor of the Year



Byron Myers, MHSS II
NRC Employee of the Year



Lois Brennemann
40 years



Bryan Bretschneider and Bev Lueshen
30 years

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NRC Employee Recognition Reception

(Continued from page 2)



**Luann Eddy, Mike Gettman, Amy Vollbrecht
and Juleen Brand
25 years**



**Patty True, Jeanette Hoffmann, Lori Rector,
Diane Schumacher and Reba Middleton
20 years**



**Julie Redwing
15 years**



**Marsha Nelson
10 years**



**Brandy Boschult, Sara Gnewuch
and Bob Ternus
5 years**

Draw Your Line in the Sand

By Joe Tye, Values Coach, Inc.

Legend has it that on the day before the Alamo fell to the Mexican army leaving no survivors, Commander William Barrett Travis called his ragtag band of Texians (that's what they called themselves before they were Texans and then Americans) into the courtyard of their surrounded compound. He told them the final Mexican assault would come soon and that no outside help was on the way.

He then drew a long, deep line in the sand and said, "I now want every man who is determined to stay here and die with me to come across this line. Who will be the first?"

Virtually every man stepped across, and every man, over the next two days, did indeed die with their commander. Some months after the battle a young man named J. Frank Dobie visited the Alamo and went to the place where Travis had drawn his line in the sand. "Nobody forgets the line," he wrote. "it is drawn too deep and straight."

You cannot see your worst enemy the way Travis and his men could see Mexican General Santa Ana's army surrounding

them at the Alamo. But you can feel its presence. Every time you say or do something you know you'll later regret, every time you back down from fear and give up on a dream, every time you put off doing important work, every time you look in the mirror and pretend to see in the person looking back at you less than the person you are capable of being, you have been defeated by this enemy.

Meet YOWE—pronounced Yow-eee! Your Own Worst Enemy. The enemy within. YOWE is a greater threat to your future success and happiness than the toughest competitor, the most tyrannical boss, the most heartless creditor, the most disloyal friend or colleague, or any other enemy that's "out there." You know you are under attack by YOWE anytime:

1. You hear the voice of negative self-talk telling you you're not good enough, smart enough, tough enough, pretty enough, and that you don't deserve to realize your most cherished goals and dreams because you're just — well, you're



just you.

2. You start on a new project, venture, or calling with great enthusiasm but then throw in the towel upon hitting the first bump in the road.
3. You've been working on a project, venture, or calling with great determination and dedication but then seem to run out of gas just before the point where you could achieve a significant breakthrough.
4. You care more about what you think other people think of you than you care about what you think of yourself.
5. You blame circumstance, history, other people or any other outside factor for your problems rather than accepting complete personal responsibility for them.
6. You whine, complain, or otherwise play the role of victim or martyr instead of

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Leslie Rinaldi and Kristine Hunt Are January “Job Well Done” Recipients

By the NRC Employee Recognition Committee

Congratulations to Leslie Rinaldi, RN, and Kristine Hunt, Mental Health Security Specialist II, for being selected as the January 2016 “Job Well Done” recipients.

Leslie Rinaldi has been employed at NRC since June 2015.



Her co-workers stated in her nomination that she deserves this award because she was one

of the staff members who were instrumental in the “Banding Together for Vern” campaign. She was positive throughout the entire event and offered lots of encouragement when it was needed. She assisted in raising \$1,335 for Vern to use for his expenses. This is a true show of teamwork here at NRC.

Thank you, Leslie, for all you do!

Kristine Hunt has been employed at NRC since March 2004. Her co-workers stated in her nomination that she deserves this award because in our new age of technology, NRC needs to utilize those staff members with the knowledge to help those that are less fortunate in technology matters. She has the knowledge which allows her to easily learn and master the computer. She generously shares her knowledge and assists others. She was able to use her skills on 2-West to

formulate a more concise long sheet from eight pages down



to four pages. This allows easier changes to information on these sheets, plus saves paper when copies are made for others. Kristine is cheerful, adaptable, capable and willing to share. Team NRC and the night shift are lucky to have her.

Thank you, Kristine, for all you do!

Donna Baumann and Mollie Schindler Are February “Job Well Done” Recipients

By the NRC Employee Recognition Committee

Congratulations to Donna Baumann, Staff Assistant I, and Mollie Schindler, Mental Health Security Specialist II, for being selected as the February 2016 Job Well Done recipients.

Donna Baumann has been employed at NRC since April 1969. Her co-workers stated in her



nomination that she deserves this award because she went above and beyond to assist in updating and organizing all of the Community Discussion

Group binders during Therapeutic Community Week for each mainstream unit. She organized the video discussion topics and alphabetized the list so the topics are easier to find. Additionally, she added more lesson plans and numbered each lesson so it is easier to locate the topics in the book. This was not in Donna's normal job duties, but she did this above and beyond her regular job duties and didn't complain once, even though this took a lot of time. Donna consistently goes above and beyond in the Social Work department, helping to keep things running smoothly and always having a keen eye for details.

Thank you, Donna, for all you do!

Mollie Schindler has been employed at NRC since August 2015. Her co-workers stated in her nomination that she deserves this award because she goes above and beyond while doing her own duties. She was very helpful when night staff was held over due to a sick call

during a week day. She was very good at assisting night staff who had minimal experi-



ence on a day shift during the week. Mollie made sure that night staff fully understood what and where the staff needed to be and what to do. She was very polite and patient while assisting and completing her own duties.

Thank you, Mollie, for all you do!

Luke Backer and Victor Van Fleet Are March “Job Well Done” Recipients

By the NRC Employee Recognition Committee

Congratulations to Luke Backer, Mental Health Security Specialist II – Guard, and Victor Van Fleet, Mental Health Practitioner II, for being selected as the March 2016 Job Well Done recipients.

Luke Backer has been employed at NRC since March 2015. His co-workers stated in his nomination that he deserves this award because he went out of his way to

total, he transported nine staff members. Additionally, Luke is quick to respond when there is an emergency on a unit. He takes the time to talk to the patient to try to de-escalate the situation and ensure everyone stays safe. He is a great addition to Team NRC.

Thank you, Luke, for all you do!



make sure all of the 3-11 shift staff arrived safely to the hospital during February's blizzard. In

Victor Van Fleet has been employed at NRC since July 2007. His co-workers stated in his nomination that he deserves this award because he was called to the unit when one of his patients was displaying agitation. Victor demonstrated patient centered treatment when he recognized that part of the problem the patient was experiencing was boredom. Because of his behavior, the treatment team had denied the patient's request for drawing pencils, which had served as his way of distracting himself from some of his feelings. After reviewing the patient's schedule, Victor recognized that most of the patient's scheduled activities were grouped on three days, leaving long stretches of time on the other two days of the week with little scheduled. Upon learning that another patient had dropped out of



a specialized group, Victor arranged with the facilitators to have this patient take the vacated slot. He also arranged to move the patient's participation in Personal Development to another day, balancing his schedule. This change in the program seemed to make a positive difference with the patient. Victor's solution showed independent thought, motivation to change for the better and a willingness to extend himself for the patient—truly a job well done!

Thank you, Victor, for all you do!

Director's Note

By Sheri Dawson, Director of the Division of Behavioral Health

Before I begin, I wanted to say how pleased I am to have Anthony Walters as our CEO. In the short time he has been here, I continue to be impressed with his knowledge, experience, business approach and focus on those we serve. I can't wait for you all to meet him over the next weeks. Please join me in providing a warm Nebraska welcome to Anthony and his family.

Has anyone seen a sports movie or heard a sports cheer that began with "We are ..."? Let me start my own cheer, "We are the Division of Behavioral Health." On January 5th, staff from the DBH Central Office, Lincoln Regional Center, Hastings Regional Center, and Norfolk Regional Center came together to identify strategies on how the DBH can function as an integrated team and do our business collaboratively. We all do important work. We can't do it alone. Individuals that are patients at the regional centers are discharged into the community. The people we serve deserve the very best support in their recovery journeys. When we talk about the folks in DBH as "downtown" or "Lincoln" or say "if only the Re-

gional Center would ...", we are talking about our very own team members. We are one Division.

We have to be honest about the challenges and opportunities for our division's integration and improving the coordination of the behavioral health system as a whole. We need to take time to learn about the teams in our Division, each of our teams, and continue to identify the best ways to integrate our work. But we can be in today and see tomorrow. I would like to share a vision of tomorrow where DBH is the best place to work, DHB is a national leader of behavioral health services, and DBH is the go-to resource and leader of behavioral health policy. We have so many strengths and accomplishments to build upon. I am grateful for your commitment and dedication to each other and those we serve.

We are the Division of Behavioral Health. We guide our patients through difficult conversations and problem solving. We should expect the same of our teammates. If there are opportunities to improve, we need to sit down with each other, face to face, and work

through the issues together. In that way our team stays

accountable to who we are as a Division and we build a culture of ownership to solve the challenges of the day.

On the 29th of January, the leadership team met to continue to organize our integration and priorities for 2016. We worked through the 2016 Bridge Strategic Plan document and identified strategies and measures to accomplish the tasks outlined in the document. Anthony Walters, our Regional Center CEO, your Medical Director and Facility Operating Officer will be engaging you in discussion about how DBH will organize and accomplish our work in the next months. DBH needs your help and ideas to be successful. Our division serves over 31,000 individuals a year including community based services and each of the three regional centers. They deserve our very best.

The governor and the DHHS CEO have set priorities for a more efficient and effective state government, a more

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Director's Note

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customer focused state government, growing Nebraska, improving public safety, and reducing regulatory complexity. The Division of Behavioral Health is working on those priorities and I am very excited about the future.

When the awareness of what is achievable brushes your life,

the journey has begun. We are the Division of Behavioral Health. Change and transitions can be uncomfortable. I encourage you to ask questions, seek out information, stay positive, and keep out the negativity as we try things and adjust course. DBH team members, the beginning is always the

hardest, it's all about relationships, and a journey is not a destination. I'm extremely proud to serve with you on our journey to integration and developing the gold standard behavioral health system. Our patients need us to hold each other accountable to our mission and vision. Be in the moment.

Please Welcome New NRC Employees



Douglas Phipps, Jr.

Mental Health Security Specialist II



Juan Soto

Mental Health Security Specialist II



Kylee Simpson

Mental Health Security Specialist II



Joy Johnson

LPN (PRN)



Denise Baer

RN



Joletta DeMoss

RN

What's Cooking at NRC

CORN BREAD DELUXE

(from the *Kitchen Klatter* cookbook)



- | | |
|----------------------|----------------------------------|
| 2 c. yellow cornmeal | 4 T. shortening (I use butter) |
| 4 T. flour | 2 c. boiling water |
| 2 tsp. salt | 4 egg yolks, beaten |
| 4 T. sugar | 1/2 tsp. butter flavoring |
| 2 tsp. baking powder | 4 egg whites, beaten until stiff |

Combine cornmeal, flour, salt, sugar, and baking powder. Add shortening and boiling water. Stir until shortening is dissolved. Add beaten egg yolks and butter flavoring at once and beat well. Fold in beaten egg whites. Pour into greased 9 x 13 pan and bake in a 400°F oven for 25 minutes or until done.

Submitted by Penny Buck, and she challenges LuAnn Zerbe to submit a recipe for the next issue of *The Source*.

Cultural Diversity Committee Launched on St. Patrick's Day

Submitted by Cultural Diversity Committee

NRC's new Cultural Diversity Committee launched with a Slurp & Learn Trivia contest, held in conjunction with the 2016 Slurp Fest. Victor Van Fleet aced the trivia contest and was awarded a green beard, chocolate and a glass. Congratulations, Victor!



Employees Leaving NRC

January 8, 2016

Jack Denker, MHSS II — Guard

February 22, 2016

Philip Wonnacott, Food Service Cook

February 26, 2016

William Johnson, RN (PRN)

March 18, 2016

Peggy Hanneman, RN

The Bulletin Board

Dear Friends:

Thank you for all your kind words, cards, and memorials in honor of my Mom. Your support has been invaluable during this time of grieving at her passing, and all of your help has been greatly appreciated by our family.

Jay and Carol Curran

The family of the late Brad Lange wishes to express sincere appreciation for the many generous acts of kindness and support shown during this tremendously difficult time.

Thank you for all the outpouring of messages of sympathy, visits, flowers, food, and the memorials given to us in his honor. Our family is overwhelmed with his loss, and it all has given us great comfort in our time of sorrow.

Brad touched our lives in so

many ways — as a devoted husband, father, brother, uncle, and friend. We will miss his unwavering love and concern for us, his gentleness, and his willingness to help others in need. With love, the memories of him and the strength of his example will live on. We are deeply grateful to have had his love and presence in our lives.

We are taking each new day, one day at a time. Thanks to all of you that have been so supportive during his struggle and fight against cancer and since his passing. It will forever be remembered in our hearts.

With never-ending
gratitude and love,
Kandi Lange

NRC Staff,

Thank you for the NRC retirement key presented during my retirement party. It will be a

reminder of my years at NRC and of the staff it was my pleasure to work with on the units and in Staff Development.

Thank you to all who attended the party and for your kind comments.

Take care of yourselves.

Barb Maas

TyLynne, Administration Staff, and the Employee Recognition Committee,

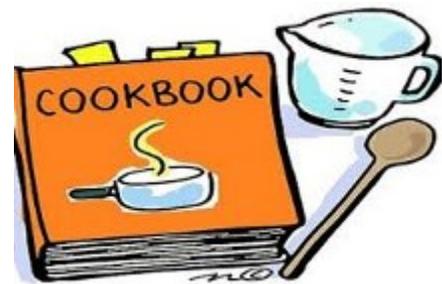
Thank you so much for the generous gift card commemorating my 20 years of employment at NRC! The ceremony was very nice as well and helps to make all employees feel appreciated!

I do believe in our NRC Team in action. We are **awesome** and we do make a positive difference!

Reba Middleton

Wanted

If anyone has one of the first cookbooks that was made at NRC and would be willing to sell it, please contact Penny Buck. Thank you in advance.



NRC Patient Library Awarded Grant

Submitted by Lisa Weible, Activity Assistant

NRC's patient library was awarded a \$500 grant from the Nebraska Library Commission. The grant was supported in part by the Library Services and Technology Act, administered by the federal Institute of Museum and Library Services for library improvement.

The grant money will be used to improve/add to our large print collection, young adult reader collection, and to add two e-readers to our collection for use by level 3 and 4 patients. Also, plans include adding a reading nook for those wishing for a quiet space to

read during library groups. These improvements will benefit our readers with a more diverse collection and incorporate some technology into our library setting.



Policy Reviews Via LINK

Submitted by Bette Lingenfelter, RN, and Karen Johnson, Training Specialist

All updated or revised policies are distributed monthly to each staff member via LINK. Staff are required to review and acknowledge receipt of the policies within 30 days of receipt of the email advising of the assigned curriculum

The following policies were assigned in January and March (none in February):

- Admission Process
- Documentation Requirements
- HR: Overtime and Compensatory Time
- Patient Electronics
- Plan for Professional Services
- Reimbursement for Deliberate Damage to State Property (by a Patient)
- Spiritual Services
- Audio or Visual Recording of Patients
- Holiday Decorations
- Informed Consent for Medication
- Interim Life Safety Measure
- Keys
- Parking and Driving on Grounds
- Violence or Serious Acts
- Violence Risk Assessment of Patients



Sometimes we are so concerned about giving our children what we never had when we were growing up that we neglect to give them what we did have.

Slurp Fest 2016

Submitted by the NRC Spark Plugs



Slurp Fest 2016 was held at NRC on March 17th, sponsored by the NRC Spark Plugs. Employees were invited to enter their best soup, stew or chili for this annual cook off.

Votes were tallied, and the Golden Ladle went to (drum roll) ... Cheri Heimann for her Cheesy Wild Rice Soup!!

The Silver Spoon went to Hollie Frye for her Lucky Leprechaun Soup!!

And the Bronze Spoon went to Linda Hansen for her Tuscan Zuppa Soup!!

NRC staff raised \$225 from the Slurp Fest, and NRC Spark Plugs will match that amount, with all proceeds being donated to disabled veterans of Norfolk. A huge thank you goes out to all who participated in this event.

Below is Cheri's winning recipe!

Cheesy Wild Rice Soup

1 lb. pork sausage	2 pts. half and half, or 2 (12
medium onion, chopped	oz.) cans evaporated milk
6 oz. box Uncle Ben's	1 c. Velveeta cheese
original long grain wild rice	3 c. milk
2 cans cream of potato soup	

Brown pork sausage and chopped onion; drain. Place in slow cooker and add box of wild rice and package seasonings, along with all remaining ingredients. Cook 2 hours on high and at least 3 hours on low to make sure the rice is tender. Enjoy!



Hollie Frye and Cheri Heimann with the dueling spoons.

NRC Leadership Conducts First Workday/Skip Meetings

Submitted by SO Council Members

NRC's SO Council members conducted their first workday/skip meetings by spending several hours with staff members from other departments to gain insight into the daily job tasks required of staff who are not under each member's direct supervision. Here are some of their reactions to their experiences:

Kris Boe-Simmons

I spent time in HIM with Tracy and Kristin. I always knew that HIM job tasks were very detail-oriented, but I learned just how detailed the work is ... much more than my "green" (Emergenetics reference) personality could handle. The tracking of statistics,



Tracy drowning in paper

checking charts and documents for timeliness, filing in a variety of places, scanning overflow charts, entering information into the computer in multiple places, preparing and printing



Kris and Kristin selfie

documents for the units, keeping the print room supplied, etc., etc. — all require A LOT of steps. And it's all done with frequent interruptions to help co-workers.

Hollie Frye

I had the pleasure of working with the 2-East Nursing staff. I was given great instruction by the MHSS IIs. They were welcoming and allowed me to learn about some of their job duties. I got the opportunity to observe on unit groups, escorts to scheduled activities, mail protocols, showering protocols, managing escalated patients, documentation requirements, phone call procedures, and the procedure for lunch. The team would redirect me if I did something incorrectly and

would educate me immediately. The team was willing to talk with me on areas that they feel NRC Administration could be of assistance to their daily work. I look forward to sharing their concerns/comments with the SO Council. This was an amazing experience for me. Thanks to Kristi Kortje, LeAnn Daniels, Jennifer Schultz, Chris Andal, Polly Timperley, Leslie Rinaldi, and Kathy Herian — what an amazing group of people you all are to work with!!

Dr. Daniel Sturgis

I attended three activities that I don't ordinarily go to.

1. I briefly followed John Kelly working in the third floor recreation room. John had noticed the paint was flaking on the walls, a direct result of leaks related to the hail damaged roof. He had noted some concerns that patients might take the paint chips off and some might eat them, etc. The delay in getting the roof fixed has led to damage in several rooms on the third floor. John was cleaning up and doing some tem-

NRC Leadership Conducts First Workday/Skip Meetings

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John Kelly and Jim Bruegman discuss building issues

porary repairs. Later, I met with John and Jim Bruegman, Maintenance Supervisor. Jim told us that a contract had been let and the repair work was waiting on the weather. This was a good opportunity to see the interaction between house-keeping and maintenance. This was an impromptu meeting suggesting there is value in having our program in one building and reflecting the easy communication between various services.

2. I went to 3-East to observe the video presentation and patient discussion. The issue presented was a short recitation on "Boredom." The presentation was short (about 10 minutes) and the nurse led the discussion

with a series of questions. There were many comments. I can't say that there was a lot of interaction (one comment related to the previous one) but most patients made at least one comment and they were relevant. The nurse did a good job of keeping the discussion going and making summary comments.

3. I attended the change of shift meeting on 3-West. The presentation by the leaving shift was quite thorough and there was a free discussion of issues facing each patient. Potential problems were discussed. Comments about patients were quite positive. Staff members seemed in a good mood and morale was good, although some staff seemed a bit weary. There was some sharing of personal issues prior to the beginning of the meeting, suggesting staff members were comfortable working with one another. It was a very pro-

fessional meeting with the unit supervisor present.

John Kroll

I visited Dietary Services and found that they have a big job in feeding 85-90 patients each day. The



John Kroll working the Dietary supply room

dietary staff are pleasant and work hard to provide tasty and appetizing meals. As with any job, there is a lot of unseen paperwork, from accounting for inventory to patient meal requests.

March is National Nutrition Month — Foods for Your Lifestyle

From the Academy of Nutrition and Dietetics

March is National Nutrition Month, when the Academy of Nutrition and Dietetics reminds everyone to return to the basics of healthy eating. It is also the time of year when the Academy celebrates expertise of registered dietitian nutritionists as the food and nutrition experts.

Eating right is essential to keeping your body running at its best. Whether you're a vegetarian, student, athlete, busy parent or a jet-setting executive, it's important to build an eating plan with your unique

lifestyle and nutritional needs in mind. Follow these tips to eat right for your lifestyle.

Career

Busy work days and business travel can lead to on-the-fly meals. For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup or canned tuna in your desk.

Always on the go? Tuck porta-

ble, non-perishable foods in a purse, briefcase or backpack for a meal on the run. Try granola bars, peanut butter and crackers, fresh fruit, trail mix or single-serve packages of whole-grain cereal or crackers.

Athletes

Whether you are a competitive athlete or just enjoy working

more appropriate than water for athletes engaged in moderate- to high-intensity exercise that lasts an hour or longer.

Students

The student lifestyle can be fast-paced and low-budget. Students can eat right on a budget with some savvy food shopping tips. Stock smart snacks that combine protein and carbohydrates to fuel you, such as:

- apples with peanut butter
- carrots and hummus
- hard-boiled eggs and fruit
- banana and yogurt
- almonds with low-fat cheese or whole-grain cereal

These snacks also double as a quick grab-and-go breakfast to wake up your brain and muscles for the day's activities.

At the cafeteria, salad bars are a great choice, just go easy on the cheese, bacon, creamy dressings and other high-calorie add-ons. Follow the MyPlate guidelines and make half of your plate fruits and vegetables.

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out, what you eat will affect your performance. Your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter, a banana or cereal with low-fat milk.

Before, during and after exercise, replace fluids with plenty of water or a sports drink, if you prefer. Sports drinks are

March is National Nutrition Month — Foods for Your Lifestyle

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Families

Caring for family — whether children, elderly parents or both — can be a handful. However, family meals allow parents to be role models to promote healthy eating. And, just because a meal is made quickly doesn't mean it can't be nutritious.

Keep things simple. Build a collection of recipes for quick and easy family favorites. Choose

ingredients that you can use for more than one meal. For example, cook extra grilled chicken for chicken salad or fajitas the next day.

Ask for help. Get the kids involved making a salad, setting the table or other simple tasks.

Vegetarian

A vegetarian diet can include just as many tasty varieties of foods as ones including meat.

For example, nutrient-rich beans are recommended for everyone. Enjoy vegetarian chili, a hummus-filled pita sandwich or veggie burger. Many popular items are or can be vegetarian — pasta primavera, veggie pizza and tofu-vegetable stir-fry.



Draw Your Line in the Sand

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being grateful for the blessings of your life and being determined to plow through the barriers that stand between you and achieving your goals.

7. You waste time and energy criticizing, ridiculing, or demeaning other people instead of working to strengthen your own character and develop your own talents and skills.

8. You allow yourself to fall into a state of anxiety or depression without doing everything within your power to fight your way back to a more

positive emotional state.

9. You turn on the TV or mindlessly check email and surf the web while important work sits unattended and undone.

10. You wait for someone else to give you permission, to "empower" you, to achieve your goals and be your best self rather than claiming the power and giving yourself the permission you need.

You are in a fight to the death with YOWE. It's a fight you can win. It's a fight you must

win if you are to achieve your most important goals in life and to become the person you are meant to be.

Will you draw yourself a line in the sand, making it as deep and straight as the one Colonel Travis scratched into the dirt of the Alamo courtyard? Will you step across that line, declaring your independence from YOWE and your determination to fight for the freedom to be the person you were meant to be?

**DHHS - NORFOLK
REGIONAL CENTER**

DHHS—STATE OF
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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!

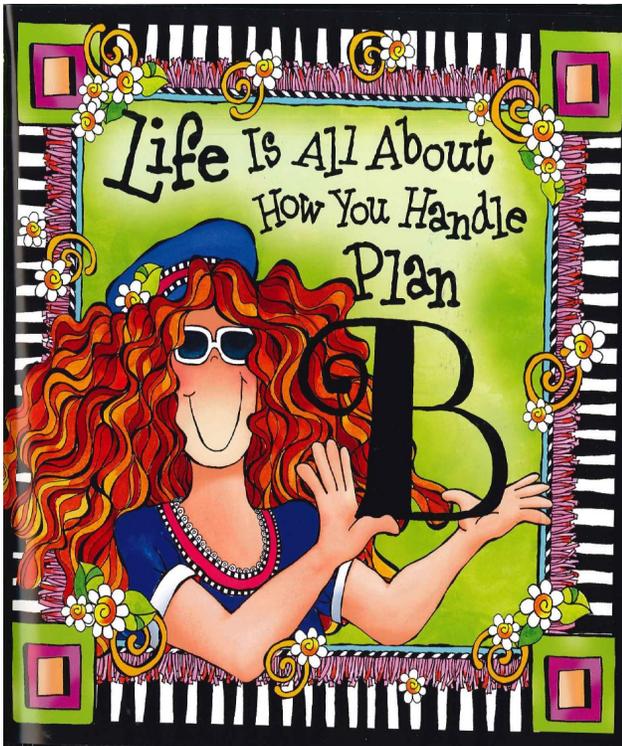
NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Plan B

Submitted by TyLynne Bauer, Facility
Operating Officer



Plan B

Plan A is always my first choice.

You know, the one where
Everything works out to be "happily ever after."

But more often than not, I find myself dealing with
The upside-down, inside-out version
Where nothing goes as it should.
It's at this point the real test
Of my character comes in ...

Do I sink or do I swim?
Do I wallow in self-pity and play the victim?
Simply shift gears and make the best of the situation?
The choice is mine. After all ...

Life is all about
How you handle Plan B.
- Suzy Toronto