

# THE SOURCE

## Terry Hess and Chris Luebe Are January "Job Well Done" Recipients

By NRC Employee Recognition Committee

Congratulations to Terry Hess, MHSS II, and Chris Luebe, MHSS II, for being selected as the January 2015 "Job Well Done" recipients.

Terry Hess has been employed at NRC since July 1998. His co-



workers stated in his nomination that he deserves this award because he always has a

positive attitude. Any time he is asked to help out with something extra, he steps right up. He is supportive of his co-workers and provides therapeutic communication with patients, encouraging them to work their treatment. He is never afraid to go the extra mile.

**Thanks, Terry, for all you do!**

Chris Luebe has been employed at NRC since April 2008. His co-workers stated in his nomination that he deserves this award because he has been an active member of the media committee for the last two years. He communicates media

information and decisions well to other nursing staff. In addi-



tion, he has helped the patients play "fantasy football" last year and has volunteered to provide information to patients again this year who want to play this game.

**Thanks, Chris, 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.*

# Terri Bruegman and Sara Gnewuch Are February “Job Well Done” Recipients

By NRC Employee Recognition Committee

Congratulations to Terri Bruegman, Staff Assistant I, and Sara Gnewuch, MHSS II, for being selected as the February 2015 “Job Well Done” recipients.

**Terri Bruegman** has been employed at NRC since January 2012. Her co-workers stated in



her nomination that she deserves this award because she completed payroll and staffing schedules from September 22, 2014, through January 4, 2015, by herself. She did an excellent job ensuring staff were paid correctly and addressing various staffing scheduling issues, posting period, vacation requests, comp time requests and sick leave requests. She continued to do her other assigned duties as well. She did a good job in prioritizing work duties to ensure that all deadlines were met.

**Thank you, Terri, for all you do!**

**Sara Gnewuch** has been employed at NRC since April 2010. Her co-workers stated in her nomination that she deserves this award because she displays a high and consistent lev-



el of investment in implementing the program on every unit she works. Her documentation is excellent, as she has a knack for describing behavior so the reader can see a very clear picture of any situation documented.

**Thank you, Sara, for all you do!**



*All you need is love. But a little chocolate now and then doesn't hurt.*

*- Charles M. Schulz*



## Please Welcome New NRC Employees



Kelly Kenny  
Mental Health  
Security Specialist II



William "Butch" Johnson  
Registered Nurse (PRN)



Amy Hancock  
Compliance Specialist



Erica Roberts  
Mental Health  
Security Specialist II



Bruce Kimball  
Mental Health  
Security Specialist II

## What's Cooking at NRC

### REALLY EASY PORK SCALLOPINE



1 lb. pork tenderloin or boneless pork tenderloin  
1/4 tsp. salt  
1/4 tsp. pepper  
2 T. olive oil, divided  
2 T. capers, drained (may substitute green olive or dill pickle)

2 T. butter, divided  
1 clove of garlic  
juice of 1 lemon

Cut pork crosswise into 8 slices. Place pork between two sheets of heavy duty plastic wrap, flatten to 1/4" thickness using meat mallet or rolling pin (tenderizes and allows it to cook faster). Sprinkle pork evenly with salt and pepper. In large skillet, heat 1 T. olive oil and 1 T. butter on medium heat until hot. Add garlic and 1/2 pork. Cook 2 minutes on each side. Repeat process with rest of pork. Add capers or green olives or dill pickle. Add lemon juice to skillet. Cook 30 seconds and pour sauce over pork and serve.

(Submitted by Lori Strong, and she challenges Dianna Mastny to submit a recipe for the next issue of *The Source*.)

## Lisa Weible Attains Certification

Submitted by Kandi Lange, Personal Development Activity Supervisor

Lisa Weible, Activity Assistant in Personal Development East, attained full certification as a Public Librarian. She completed the certification program available through the Nebraska Library Commission in December 2014 after 1 1/2 years of study courses, each lasting 3-4 weeks.

The Public Librarian Certification Program requires every participant to fulfill the Basic

Skills requirement and earn 45 continuing education credits during each three-year certification period. The Basic Skills courses are presented as online asynchronous learning modules. Basic Skills participants are required to complete at least 13 modules — 6 requisite modules and 7 electives during their (first) three-year certification period.

The six requisite modules are:

- Collection Management
- The Community and the Library
- Communication
- Customer Service
- Intellectual Freedom and the Core Value of Librarianship
- Organization of Materials

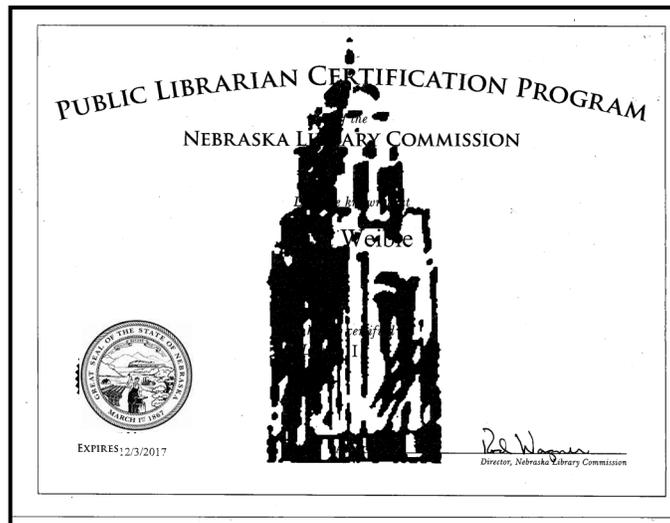
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## Lisa Weible Attains Certification

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The ten elective modules are:

- Leadership
- Library Finance
- Library Governance
- Library Policy
- Library Services to Children and Youth
- Library Technology
- Management & Supervision
- Programming and Outreach
- Readers Advisory
- Reference



**Congratulations, Lisa, on this accomplishment!**  
**We're proud of you!**

## The Bulletin Board

As I retire from NRC I look forward to the next phase of my life. I have received the friendship of many of the staff and I will cherish those memories the rest of my life. The last 9 months have been a struggle for me personally. With help of the nursing staff I have managed to get through until now. I wish everyone well that I leave behind. Hopefully I have made some lifelong friends and will keep in touch. May God bless and keep you.

Starla DeMoss, LPN

I would like to thank all my co-workers who donated to my

mother's memorial, all of the kind words, cards, sentiments, the beautiful angel statue and for the flowers our family received in her honor. It is difficult to lose someone so dear regardless of their age or health struggles, but it is reassuring to know that there are those that truly care here at work. Thank you so much!

Kandi Lange

Thank you very much for the monetary donations, prayers, and concern. I am doing a whole lot better and I will be back as soon as I can.

Dan Divis

I want to send out a huge heartfelt thank you to everyone for being there for me during my husband's illness and passing. Thank you for all the phone calls, cards, memorials, food, plants, stamps, etc. It's just amazing what a wonderful, kindhearted, generous group of people I am blessed to work with at NRC. From the bottom of my heart, thank you all so very much. Your thoughtfulness is deeply appreciated.

Sincerely,

Sandy Wiseman

# Meet the Man Who Never Had a Bad Day

From Joe Tye, Values Coach, Inc.



You knew that was coming, didn't you? Everybody has bad days now and then, sometimes a lot more now than then. So the real question is not whether you have bad days or not, or even how many of them you have. The real question is what you do when you have them.

Some of the best advice for dealing with bad days comes from two English authors separated by 350 years: William Shakespeare and Winston Churchill.

In the play *Hamlet* (scene 2,

act 2), Hamlet says: "There is nothing either good or bad, but thinking makes it so."

The way you think about your bad days will profoundly influence the approach you take to dealing with them. You will deal with your bad day in a very different way if you see the problem as a potential opportunity than if you see yourself as the victim of someone else's malevolence or of unpleasant happenings over which you have no control. Good or bad, your thinking will make it so.

Winston Churchill has often been quoted as having said: "Success is the ability to go from one failure to another with no loss of enthusiasm."

Bad days challenge you to stand up straight and tall and put a smile on your face when

you would rather slouch on the couch and feel sorry for yourself. They challenge you to take a risk and take action when you would rather hide under the bed and wait for someone else to deal with the situation.

In his beautiful book *The Last Lecture*, the late Randy Pausch wrote: "Brick walls are not there to stop you, they are there to make you prove how much you want something."

The same can be said for bad days. They are not there to torment you, they are there to challenge you and to change you. If you rise to the challenge and make the change — without loss of enthusiasm — then someday you will look back on those bad days and recognize that they were really the best of days.

## Employees Leaving NRC

December 30, 2014

Starla DeMoss, LPN

January 2, 2015

Lynn Beal, MHSS II

January 4, 2015

Austin Rohrich, MHSS II — Guard

January 8, 2015

Sharon Koehler, MHSS II

January 20, 2015

Ginger Jensen, Custodian/  
Housekeeper

January 31, 2015

Ryan Sukup, MHSS II — Guard

February 3, 2015

Lindsey Wheeler, RN (PRN)

February 12, 2015

Dean Henderson, MHSS II

# Kandice Lange Completes Supervisor Training

Submitted by TyLynne Bauer, Facility Operating Officer



Kandice Lange, Personal Development Activity Supervisor, recently completed the "Succeeding as an Experienced Supervisor" training series. Completion of this training series demonstrates the dedication and commitment she has for the Department of Health and Human Services and the staff she supervises.

**Congratulations, Kandi, on your accomplishment!**



# Start Your Vegetable Seeds Indoors for Spring Planting



When starting seeds indoors for spring planting, timing is very important. The plants need to be large enough to move outdoors at the normal planting time, without being spindly and overgrown.

To figure out when to start your seeds, you need to know three things:

- **Frost date** — Your average last spring frost date is the key to planting in your area.
- **Growing time** — You need to know the average number of weeks between planting seeds and transplanting seedlings. The growing time varies depending on what you're planting and should be on the seed packet label. The average growing time is usually between 4 and 12 weeks.
- **Planting time** — Warm-season vegetables can't go outside until after the last frost, while cool-season veggies can go outside up to a month before the last frost.

The sidebar table offers a general guide to help you plan your spring planting times.

Vegetable	Indoor Growing Time	Outdoor Planting Time
Broccoli	5-7 weeks	4-5 weeks before last frost
Cabbage	5-7 weeks	4-6 weeks before last frost
Corn	4-5 weeks	After last frost
Cucumber	3-4 weeks	After last frost
Eggplant	6-8 weeks	After last frost
Lettuce & spinach	4-6 weeks	4 weeks before last frost
Okra	6-8 weeks	After last frost
Pepper	6-8 weeks	After last frost
Pumpkin	3-4 weeks	After last frost
Summer Squash	3-4 weeks	After last frost
Tomato	6-8 weeks	After last frost
Watermelon	3-4 weeks	After last frost

## 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*

*Marilyn Stromberg - 370.3142*

## Not One Valentine

Little Chad was a shy, quiet young man. One day he came home and told his mother that he'd like to make a valentine for everyone in his class. Her heart sank. She thought, "I wish he wouldn't do that," because she had watched the children when they walked home from school. Her Chad was always behind them. They laughed and hung onto each other and talked to each other. But Chad was never included. Nevertheless, she decided she would go along with her son, so she purchased the paper, glue and crayons. For three weeks, night after night, Chad painstakingly made 35 valentines.

Valentine's Day dawned, and Chad was beside himself with excitement. He carefully stacked them up, put them in a bag, and bolted out the door. His mother decided to bake him his favorite cookies and serve them nice and warm with a cool glass of milk when he came home from school. She just knew he would be disappointed and maybe that would ease the pain a little. It hurt her to think that he wouldn't get many valentines, maybe none at all.

That afternoon she had the cookies and milk on the table. When she heard the children outside, she looked out the win-

dow. Sure enough, there they came, laughing and having the best time. And, as always, there was Chad in the rear. He walked a little faster than usual. She fully expected him to burst into tears as soon as he got inside. His arms were empty, she noticed.

"There are some cookies and milk for you," she said. But he hardly heard her. He just marched right on by, his face aglow, and all he could say was, "Not a one. Not a one."

Her heart sank. And then he added, "I didn't forget a one, not a single one!"

