

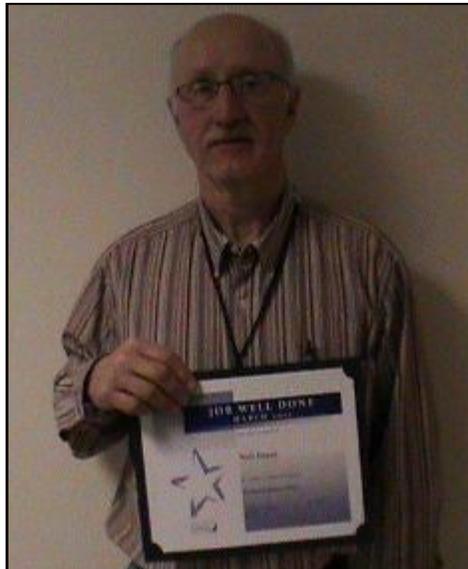
THE SOURCE

Neil Heese is March Job Well Done Recipient

By NRC's Employee Recognition Committee

Congratulations to Neil Heese, MHSS II, for being selected as the March 2013 "Job Well Done" recipient. Neil has been employed at NRC since December 1991. His co-workers stated that he deserves this award because of his quick action on December 30, 2012, in performing the Heimlich maneuver on a patient who was choking. His rapid response and precise decision making skills saved this patient's life.

Thank you, Neil, 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 Employees



Julie Redwing
Registered Nurse (PRN)



Patricia Bethune
Registered Nurse (PRN)

What's Cooking at NRC

PORK CHOP MARINADE

From Ringneck Ranch

(Tipton, KS, where Jim has hunted pheasants every year for the past 29 years)



12 oz. frozen lemonade concentrate (not diluted)

2/3 c. soy sauce

1 tsp. celery salt

2 tsp. seasoned salt

1/4 tsp. garlic powder

Mix and pour over 6-8 pork chops cut 1 1/4" thick. Marinate 2-4 hours in refrigerator, turning half-way through marinate time.

Grill over low heat 30-45 minutes. Don't overcook. Check for doneness by cutting near the bone. As soon as juices run clear, pull chops off the grill.

(Submitted by Jim McElfresh, and he challenges John Kroll to submit a recipe for the next issue of *The Source*.)

National Doctors' Day, March 30

Submitted by Becky Inness, Staff Assistant to Medical Staff

On March 30, 1958, a Resolution Commemorating Doctors' Day was adopted by the United States House of Representatives. In 1990, legislation was introduced in the House and Senate to establish a National Doctors' Day. Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush signed S.J. R&S. #866 (which became Public

Law 101-478) designating March 30th as "National Doctors' Day." Today, the red carnation is commonly used as the symbolic flower for National Doctors' Day.

Please let NRC's doctors and physician assistants know how much we appreciate them!



Dr. Stephen O'Neill

Dr. Daryl Stephenson

Dr. Dan Sturgis

Dr. Jean Laing

Dr. John Curran

Dr. Kevin Piske

Dr. David Mitchell

Diane Schumacher, PA-C

Greg Sterner, PA-C

Easter Egg Preparation Ideas and Tips

Submitted by Marilyn Stromberg, DHHS Scheduling Coordinator



For anyone that may not know,

the best way to make "hard-boiled" eggs is in the oven! Place the eggs in a muffin tray so they do not move around, turn the oven to 325°F, pop in for about 25-30 minutes and remove. Not only are they tastier, but they also are much easier to peel!

Now, how to decorate them? Instead of buying those dyeing kits, you can use Kool-aid. One pack of Kool-aid and 2/3 cups water and you've got an awe-

some egg dye. Two bonuses: it's cheaper than those boxes of egg dye, and it smells great!!

Side note: if you use the lemonade flavor, mix it with a little bit of orange to get a better yellow color, otherwise it's too light.

OR — another egg dyeing idea:

1. Spread cheap white shaving cream in a cookie sheet.
2. Apply drops of neon food coloring across the surface.
3. Use toothpicks to swirl colors around.
4. Roll the dried, cooled hard-

boiled eggs in the colorful cream (use disposable kitchen gloves to reduce the tattoo effect.)

5. Allow to set for 3-4 minutes on a paper plate.
6. Wipe off shaving cream with paper towels.
7. Rinse. Voila! Beautiful marbled eggs, done quickly!



Qualify for the 2013-14 Wellness Health Plan

From Administrative Services — State Employee Wellness & Benefits

The State of Nebraska has partnered with HealthFitness to provide confidential biometric screenings to all employees and spouses (if applicable) enrolled in any of the four State of Nebraska health plans, regardless if you choose to qualify for the Wellness Health Plan. Both the employee and covered spouse (if applicable) need to complete all 3 STEPS to qualify for the 2013-

14 Wellness Health Plan.

3 STEPS To Qualify for the 2013-14 Wellness Health Plan:

STEP 1: COMPLETE WELLNESS PROGRAM BY MARCH 29, 2013 (if you have not already done so!)

STEP 2: COMPLETE ONE BIOMETRIC SCREENING OPTION

Option 1: ONSITE SCREENINGS will be offered at approximately 30 locations during April thru May. After logging into www.wellnessoptions.nebraska.gov, participants can schedule their onsite screening appointment **NOW** by selecting 'Health Scheduler' on the Home page. [CLICK HERE](#) to view a list of all on-site screening locations.

(Cont. on page 4)

TIP: Plan ahead by becoming familiar with the screening locations and dates near you! Spouses must schedule their own appointment by using their own log-in user name and password.

Option 2: Starting April 1! HOME KITS can be requested from April 1 - April 20, 2013 to obtain a finger stick kit mailed to your home. Call the phone number provided on the 'wellnessoptions/Biometric Screenings' webpage on April 1 to request your home kit. Kits must be completed and post-marked no later than April 30, 2013.

TIP: Request a home kit no later than April 20, 2013; mail in completed kit no later than April 30, 2013! Spouses must request their own home kits.

Option 3: Starting April 1! ALTERNATIVE MEANS SCREENING (AMS) Form will be available on the 'wellnessoptions/Biometric Screenings' webpage starting April 1. Print and provide this AMS form to your health care provider to sign and complete (NOTE: Only the AMS form will be accepted - do not submit any other forms!). Use the AMS form to submit recent

biometric screening results (height, weight, blood pressure, total cholesterol, HDL, LDL, triglycerides, glucose) from appointments scheduled with your personal physician after Jan 1, 2013. Mail/fax the completed AMS form with your healthcare provider signature **no later than April 30, 2013.**

TIP: The completed AMS form must be mailed/faxed no later than April 30, 2013. Also, save your fax confirmation receipt.

STEP 3: COMPLETE THE ONLINE INSIGHT HEALTH ASSESSMENT (April 1, 2013 - May 31, 2013)

HOT TIP: View your 'Wellness Plan Checklist' on the wellnessoptions homepage for confirmation of your 3 STEP requirements.

For further information how to participate in each screening option, visit www.wellnessoptions.nebraska.gov within the wellnessoptions/Biometric Screenings section (left toolbar).

IMPORTANT: If you enroll in the Wellness Health Plan

during Open Enrollment and fail to meet the 3 STEP criteria, you will automatically be defaulted to the Regular Health Plan for the 2013-14 plan year at the appropriate tier and based on the effective date, which will result in a premium adjustment.

The following items **are allowed** for participation on company time: Open Enrollment, Health Assessment, onsite biometric screenings, sending and receiving e-mails to/from HealthFitness to/from your work e-mail. Submitting activities are allowed on a State computer, but is to be done on personal time (lunch time or break). Participation is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. HealthFitness maintains the confidentiality of all personal health information in accordance with federal regulations. That means your personal health information, which is obtained by HealthFitness, will not be released to the State of Nebraska.



Rules on Smiling From the Inside Out

By Elisabeth Roush, from Joe Tye, Value Coach, Inc.

Nearly 25 years ago, German researchers, Strack, Martin & Stepper conducted a study to determine how facial activity influences physical responses to humor content (basically the probability of smiling in these when something is funny). The study had subjects hold a pen in their mouth, first between their lips, as a means to hinder a smiling response, and later between their teeth. The results showed that subjects physically smiled more when the pencil was between their teeth because the muscles associated with smiling were free to respond. The results concluded that individuals led to smile would do so more often, while those led to frown would not.

The science of psychoneuroimmunology shows that not only does the mind talk to the body - but that the body listens. When you frown, your body is telling your mind you are unhappy, and when you smile, your body is telling your mind it's all good. If you don't believe me, try it to your-

self: next time you feel down, make yourself smile for half an hour and see if your spirits haven't been lifted.

In any office environment, stress and negative energy often impede progress and collaboration. In Cindy Cashman's *Book of Smiles*, she refers to smiling as "nature's little shot of happiness, a 'to-go bag' of friendship, and the international expression of hope in mankind." Instead of falling victim to a hostile environment, just smile. It seems incredibly simple but can instantly change your outlook on any situation.

Here are some useful tips to help spread happiness:

Make yourself laugh every morning - Make a weird face in the mirror or sing in the car on the way to work. Sure, you might get some strange stares from the car next to you, but then again, you might get them to begin their day with a smile or even a laugh.

Smile at Everyone - and I mean everyone. Think about the people in your office that don't often get acknowledged. A smile might be enough to turn around their day completely.

Stand up Straight. Although you might feel tired and frustrated, other parts of your body are just as powerful in changing your mood *and* building your confidence. Make an effort to demonstrate purpose in your body language. Maybe take a brisk walk around the building during your break.

This weekend, think about how you might start next week off with a smile. Imagine the people you will come into contact with and the impact you can make on their lives with just a little positive energy. I'm smiling just thinking about it.



Employees Leaving NRC

March 17, 2013

Jodi Howard, MHSS II

How to Stretch Your Dollars



Reminder: All employees are invited to share your money-saving methods with your co-workers. Tips may be submitted to any of the editorial board members.

DHHS - NORFOLK REGIONAL CENTER

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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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The Bagpiper's Gig

Submitted by Marilyn Stromberg, DHHS Scheduling Coordinator

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the back country. As I was not familiar with the backwoods, I got lost, and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and

crew left, and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down. The vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played "Amazing

Grace," the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothing' like that before, and I've been putting in septic tanks for twenty years."

Apparently I'm still lost ...

