

THE SOURCE

Danish Christmas Traditions

Submitted by TyLynne Bauer, Facility Operating Officer

Growing up in a Danish home isn't always an easy accomplishment. The expectations were always high for excellent grades, being really good at multi-tasking, tremendous respect for your elders and others of high achievements, and for culture and history. My blessed father used to tell me, "You always have to know where you come from because then you will know where you are headed." Today I speak these words to my children and grandchildren. Some of my fondest memories are the Christmas holidays and all of the traditions that were handed down and carried

out with care, love and pride. For nearly 50 years, my father was "Santa's helper." In honor of his Danish heritage and love for Christmas, he created Santaland as a young man, which quickly became part of most everyone in northeast Nebraska and southern South Dakota's tradition every December. Santaland is still in operation today at the Creighton City Park and continues to be visited by hundreds of people each year.

I guess you could say that since I grew up at the North Pole and my dad was Santa, that kind of makes me an elf! Maybe it is the elf in me that contin-

ues to carry on the Danish Christmas traditions that are so near and dear to me and I have proudly passed on to my children.

Denmark is a country of charming family Christmas traditions. A quaint or old-fashioned Christmas is the term I would like to use, as the Danes capture something in their Christmas celebrations that has been nearly lost in other parts of the world. Time spent together, especially around the holidays, is very important to the Danes.

Baking Christmas cookies is a family tradition that begins

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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.

Danish Christmas Traditions

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weeks before Christmas during the Advent season. Whether it is rolling, cutting, stirring, decorating, or nibbling, everyone takes part. Gathering around the table with Farsmor and Farsfar (Grandma and Grandpa), and Mom and Dad, to decorate the *burne kager* (gingerbread cookies) is a tradition the youngest children especially enjoy. The dough was made several weeks earlier and stored in the refrigerator so that its flavor would meld properly. Danish butter cookies and *peppernoder* (peppernuts) are also favorites.

Plates of Christmas cookies are shared and passed between family and friends. It is said that if a visitor leaves your home in Denmark without being fed, he will carry away the Christmas spirit. So, of course, that just isn't allowed. Food is shared liberally with everyone, especially Christmas cookies.

Danes love to decorate their homes for Christmas. Advent wreaths with their candles, *Nissers* (little gnome-like elves), evergreen boughs, mistletoe, and holly are placed throughout the house. If a

family lives in a rural area, the whole family sets out with the sled to find and cut their perfect *juletrae* (Christmas tree).

Before that happens though, a special Danish Christmas tradition occurs. Everyone in the family sits down together and spends the day making and decorating homemade Christmas ornaments. Much like the American tradition of stringing popcorn for their tree, the Danish make and use strings of small red and white Danish flags. Red and white checked heart-shaped baskets and cornucopias filled with treats are favored ornaments. I remember making red and white paper heart ornaments, just like this one with my Farsmor when I was a little girl.

Santa Lucia Day is celebrated on December 13th and is a festival of light celebrated in Scandinavian homes and schools. It is a celebration of hospitality and teaches the values of sharing and caring for others. To celebrate, the eldest girl of the family, dressed in a white robe with a red sash

and a crown of candles and lingonberry, serves fresh baked bread to her family. Any other girls of the family are dressed in white robes with red sashes,

but do not wear crowns. Any boys of the family wear hats of construction paper and are adorned with gold stars. All of the

children assist the crowned Lucia in serving. I remember receiving my Farsmor's gold crown when I was about 12 years old. I still have it and it is used each year, now worn by my oldest daughter when our family celebrates Santa Lucia.

Lille Juleaften (Little Christmas Eve), December 23rd, can be the busiest day of the year. Last minute shopping is done. Presents are wrapped and the house is given a final straightening. The baking is finished for Christmas Eve dinner. The children set out sheathes of grain for the birds and special treats for the animals. My Farsmor would help us make Reindeer Food, which consisted of oatmeal and glitter (so Santa's reindeer could see the sparkles in the snow and know where to find their oats).

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Danish Christmas Traditions

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According to Danish Christmas tradition, the main celebration of Christmas is done on Christmas Eve, *Juleaften*. Although Mother has been busy for hours, the four o'clock church bells signal the beginning of the celebration. The relatives have all arrived and together they attend a candlelight church service. The Christmas feast starts after the service. A bowl of rice porridge is set out for the *Julenisse* (mischievous Christmas gnomes) so that they will relent from their pranks. Dinner begins when a beautifully

browned goose is placed upon the table. It is served with small browned potatoes that have been caramelized with brown sugar. Red cabbage is also a traditional dish. *Ris A L'Amande* (rice pudding), served with cherry sauce, is often the dessert. Father closes the meal by reading the Christmas story from the Bible.

Candles, resting on the ends of the Christmas tree branches, are lit. Always, they are real candles. Every member of the family joins hands and they "dance" around the Christmas

tree. As they walk, they sing carols. *Julemand* (the Danish Santa), comes and distributes his gifts. More Christmas cookies and marzipan are enjoyed as the night settles. Christmas day and Second Christmas day, December 26th, are spent visiting extended family and friends.

Regardless of your Christmas traditions, may you each have a Blessed and Happy Holiday Season, and cheers to a fantastic 2015!

TyLynne Bauer

PEPPERNODDER (Danish Peppernut Christmas Cookies)



- | | |
|--------------------------|------------------------------|
| 1 c. butter, softened | 1/2 tsp. ground nutmeg |
| 1 c. white sugar | 1/4 tsp. ground cloves |
| 2 eggs | 1 tsp. salt |
| 1 tsp. ground cardamom | 2 3/4 c. flour, or as needed |
| 1/2 tsp. ground cinnamon | |

Preheat oven to 350°F. Lightly grease two to three baking sheets. Beat the butter and sugar together in a mixing bowl until light and fluffy. Mix in the eggs, one at a time, and beat well after each. Stir in the cardamom, cinnamon, nutmeg, cloves and salt until well blended. Mix in the flour, one cup at a time, until the dough gathers together. With floured hands, pinch off small, 1/2-teaspoon amounts of dough, roll into tiny balls and place on prepared baking sheets. Bake in preheated oven until bottom of cookies are light tan, 10-12 minutes. Cool 15 minutes on baking sheets. Store in an airtight container.

Amy Vollbrecht and Leann Weich Are November “Job Well Done” Recipients

By NRC Employee Recognition Committee

Congratulations to Amy Vollbrecht, Health Information Management Supervisor, and Leann Weich, LPN, for being selected as the November 2014 “Job Well Done” recipients.

Amy Vollbrecht has been employed at NRC since Decem-



ber 1990. Her co-workers stated in her nomination that she deserves this award because she has helped Mainte-

nance transition to a new work order system on the computer. She is patient with the Maintenance staff and teaches them as they progress with the program. Amy has also taken over the job of communication systems and equipment in the absence of others. She is always cheerful and understanding.

Thank you, Amy, for all you do!

Leann Weich has been employed at NRC since April 1984. Her co-workers stated in her nomination that she deserves this award because she developed a medication dosage key to help all the medication nurses easily calculate how many doses of medication should be left each day until pharmacy refill day. She did this in response to a pharmacy PI study which monitors medication shorts.



The new key helps the medication nurses easily stay on track at a glance. Leann also always helps out on the unit, aside from her regular duties. Whether helping with patient escorts, passing out meal trays or encouraging an upset patient, she is always present and available with a can-do attitude. No task is below her or too difficult for her to handle.

Thank you, Leann, for all you do!

Julie Redwing and Taylor Wozny Are December “Job Well Done” Recipients

By NRC Employee Recognition Committee

Congratulations to Julie Redwing, RN, ADON, and Taylor Wozny, MHSS II, for being selected as the December 2014 “Job Well Done” recipients.

Julie Redwing has been employed at NRC since July 2000. Her co-workers stated in her nomination that she deserves



this award because she has been instrumental in the “go live” process with MyAvatar. Thanks to her hard work in

scheduling nursing staff, over 100 NRC staff received training in a brief (approximately 3 day) period of time just prior to implementation, personally training staff on the 11-7 shift herself. She has maintained a positive attitude, even when things were not going smoothly. She advocated for the needs of NRC during the process. Julie had only about 6 months to learn all the responsibilities of the Associate Director of Nursing position and has done a great job with several difficult projects.

Thank you, Julie, for all you do!

Taylor Wozny has been employed at NRC since July 2013. Her co-workers stated in her nomination that she deserves this award because she accomplished the following details early on in rotation #16 on Unit 2-East. Taylor organized the privileges and restrictions on the

white board in the nursing office to keep staff aware of the changes, designed a sheet to identify patients' limitations, ensured incident reports were completed prior to the end of



shift, and consistently issued checks to patients who were attempting to intimidate staff. Taylor displays excellent communication skills and displays a positive attitude toward her work duties.

Thank you, Taylor, for all you do!

The Bulletin Board

Thanks so much for the key and gift card. I am enjoying retirement but miss the guys on 2-West. Hopefully, if re-

tirement isn't all what it seems, I plan to come back PRN on 2-West. I've really enjoyed all my years at NRC, all

the staff and patients I have had the pleasure of meeting over my 30 years.

Tim Mastny

Please Welcome New NRC Employees



Julie Nelson
LPN (PRN)



Osmany Fernandez
Mental Health
Security Specialist II



Lindsey Wheeler
RN



Kristen Riha
Medical Records Clerk

Employees Leaving NRC

November 2, 2014
Alysia Hasebroock, Food
Service Cook

November 13, 2014
Brian Planer, Compliance
Specialist

November 24, 2014
Kim Synovec, LPN

November 12, 2014
Troy Moore, Activity Assistant

November 18, 2014
William Kiehl, MHSS II

What's Cooking at NRC

CROCKPOT BBQ CHICKEN



2 lbs. boneless, skinless chicken breasts

1 c. BBQ sauce

1/4 c. Zesty Italian dressing

1/4 c. brown sugar

1 T. Worcestershire sauce

salt to taste

Season chicken breast lightly with salt and place in crockpot. In a mixing bowl, combine BBQ sauce, Italian dressing, brown sugar, and Worcestershire sauce. Stir well and pour over chicken. Cover and cook on high for 3-4 hours. Once time is up, you can serve the breast whole or shredded. If shredding, recover and let cook in sauce for about 15 more minutes to let the flavor soak in.

Submitted by Austin Rohrich, and he challenges Lori Strong to submit a recipe for the next issue of *The Source*.

Policy Reviews Via LINK

Submitted by Barb Maas, RN, and Karen Johnson, Training Specialist

As you will recall, all updated or revised policies are now 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 November and December:

☺ Pharmacy — Adverse Drug Reaction or Event

☺ Evacuation Plan

☺ HR: Employee Drug and Alcohol Testing

☺ HR: Ensuring Safety and Security

☺ Nursing Consultation for Patients Who Require Hospitalization at FRHS

☺ Patient Electronics

☺ Pharmacy — Medication Storage

☺ Code Red — Fire Evacuation Plan

☺ Patient Rights and Grievance Procedure



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**MERRY
CHRISTMAS
AND
HAPPY NEW
YEAR**

from all Managers at the
Norfolk Regional Center

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!

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