DHHS - NORFOLK REGIONAL CENTER

Volume 2, Issue 11

November 30, 2010

THE SOURCE

Kissing Under the Mistletoe at the Airport

John's business trip had gone quite well, but he was ready to return home to the warmth of his family. The airport, on the other hand, had turned a tacky red and green; the loudspeakers blared annoying renditions of once-cherished Christmas carols and ancient pop songs.

John enjoyed Christmas and took it very seriously, and being slightly tired and irritable, he just wanted to get home. He approached the check-in desk, humming a carol quietly to himself in an attempt to keep his spirits up.

He was checking in his one suitcase when he saw hanging mistletoe. Not real mistletoe, but very cheap plastic with red paint on some of the rounder parts and green paint on some of the flatter and more pointed parts, that could be taken for mistletoe only in a very surreal type of way.

With considerable irritation and nowhere else to vent it, he said to the woman at the desk, "Even if we were married, I would not want to kiss you under such a ghastly mockery of mistletoe."

"Sir," replied the attendant politely, "look more closely at where the mistletoe is."

"OK," muttered John, "I see that it's above the luggage scale which is the place you'd have to step forward for a kiss."

"That's not why it's there," she replied. "OK, I give up. Why is it there?", snapped John irritably.

The attendant quipped, "It's there so you can kiss your luggage good-bye."

———————

Botany of the Mistletoe Tree (Viscum Alba)

Viscum Alba is an unusual plant. Although mistletoe is a flowering plant (and not a fungus), it is also a

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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.*

parasite growing on trees. In Europe you can find mistletoe on apple, pine, fir, poplar and even oak trees at Christmas time. When you see your very first mistletoe growing wild, you think, "Hmm, something's the matter with that tree." Then you realize the tree's "growth" is mistletoe. In the case of apple and oak trees, the mistletoe shows up clearly in December, because the trees have lost all their leaves which otherwise hide the mistletoe.

Why the Mistletoe Can Be White, Yellow or Even Red

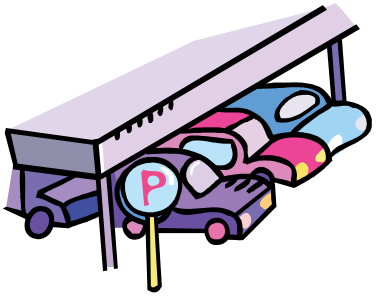
Plant parasites, or epiphytes, are fussy about their "host" tree. Over thousands of years this has resulted in subspecies of mistletoe, each with slightly different colored berries. This is why instead of the traditional pearly white berries, you sometimes see the mistletoe with yellow fruit. The American mistletoes show an even greater variation in color, some even having red berries.

Many of those with orchards or woodlands don't welcome the mistletoe because it is an aggressive parasite which will eventually kill the tree. However, other foresters see it as an opportunity to harvest the mistletoe and make extra income at Christmas time.

Pure botanists like the mistletoe; firstly, because it's unusual to find a flowering plant that is a parasite; secondly, they like the side effect of greater diversity of birds feeding on the berries.

Finally, a word or warning, stick to kissing under the mistletoe. The berries don't taste very nice. In fact, many species are poisonous. If you ignore this advice and eat mistletoe berries or leaves, vomiting is the least of your worries. You are likely to suffer from blurred vision and complications associated with low blood pressure. Look for healthier ways to lower your blood pressure during the hectic holiday season.

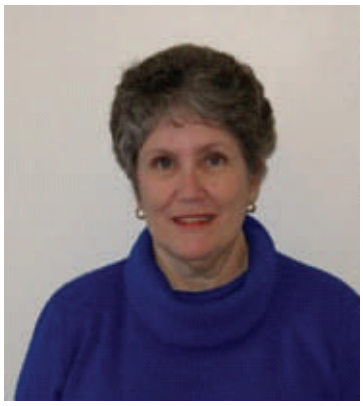
Parking Lot Lottery



Winners for the month of December are:

1. Ben Schenck
2. Bobbi Schulz
3. Chris Dinslage
4. Hollie Frye
5. Byron Myers
6. Cheryl Myers
7. Scott Hoffmann
8. Sandra Spreeman

Please Welcome (Back) New NRC Employee



Elaine Halferty

Certified Master Social Worker (PRN)

What's Cooking at NRC

WACKY CAKE WITH FUDGE FROSTING

2 c. sugar
1/4 c. plus 2 T. cocoa
3 c. flour
2 tsp. baking soda
Pinch of salt

Combine above ingredients in large mixing bowl. Add the following to the dry ingredients:

1 T. vanilla
1 3/4 c. butter
2 T. vinegar
2 c. cold water

Mix well and pour batter into oiled and floured 9 x 13 pan. Bake at 350° for 35-40 minutes.

Fudge Frosting:

6 T. cocoa
1/3 c. milk
2 T. butter
1 tsp. vanilla

Mix and stir in saucepan on stove until combined and smooth. Add to 3 1/2 c. powdered sugar and mix well. Frost cooled cake.

(Submitted by Bonnie Long, and she challenges Bill Kiehl to submit a recipe for the next issue of *The Source*.)

December Birthdays

1 - Kathy Herian
2 - Stacie Steele
3 - William Kiehl
4 - Tonya Mauldin
5 - Bonnie Legate
Victor Van Fleet
6 - William Beutler
11 - Diane Hassler
12 - TyLynne Bauer
Jann Drahota
15 - David Hallberg
18 - Myron Wagner
20 - Penny Clausen
21 - Bryan Bretschneider
Diane Nelsen
24 - Jolene Johnson
Lori Nuttelmann
25 - Starla DeMoss
Annette Ottis
29 - Donna Wagner
30 - Margaret Hipp
Tim Mastny
31 - Cheryl Myers

Leave of Employment

October 24, 2010
Elizabeth Reyes, MHSS II

November 8, 2010
Jan Bruckner, PT II

December Anniversaries

4 - Jyl Hochstein (21 years)
Michelle Clark (13 years)
5 - Lynn Briard (15 years)
7 - Peter Graham (1 year)
8 - Tonya Mauldin (2 years)
Byron Myers (2 years)
10 - Nila Brandner (18 years)
11 - Jeanette Hoffmann (15 years)
12 - Sonia Martin (2 years)
15 - Reba Middleton (15 years)
17 - Amy Vollbrecht (20 years)
18 - Diane Schumacher (15 years)
19 - Dean Garver (22 years)
27 - Kathy Arends (33 years)
29 - Craig Podany (18 years)
30 - Neil Heese (19 years)
LuAnn Zerbe (19 years)
Shannon Bulau (8 years)

The Bulletin Board

Thank you for the kindness and thoughtfulness shown during the time of our loss of my brother. A special thanks to my co-workers on 3-West. I am thankful to work with such caring people.

With great appreciation and heartfelt thanks to all of you at NRC.

Penny Clausen and family

Blast From the Past

Submitted by Marilyn Blunck, HIM Manager

Congratulations to Marilyn Stromberg (and friends) for identifying all but two staff from October's "Blast From the Past." This will be the last month for the "Blast From the Past" feature. Again, a $10 prize will be given to the staff that correctly identifies the most staff from the group. In the event of several winners, a name will be drawn from the winners. Please submit answers to Marilyn Blunck. Good Luck!

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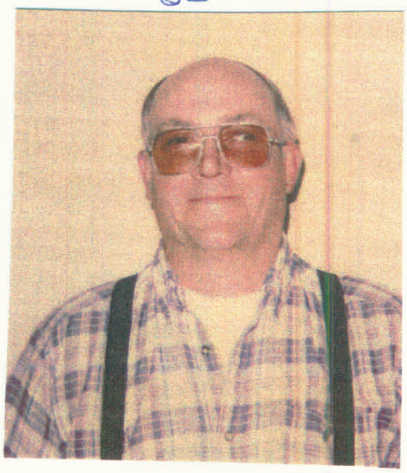

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Answer Sheet for Blast From the Past

BLAST FROM THE PAST

Please submit guesses to Marilyn Blunck.

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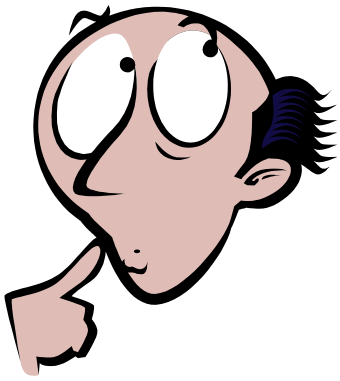
"My mind is vacant on names, but I know him as well as anything. When I need names they drop out of my head; when I don't need them they drop back."

- Imogen Cunningham



September/October "Blast From the Past" Answers

September Answers

1. Lester Martin, Maintenance
2. Jan Selders, OT
3. Inez Hasplaslagh, OT
4. Susie Kohlhof, HSTS
5. Laura Hargens, Admin.
6. Roz Erb, Purchasing
7. Norma Rohlff, Word Processing
8. Vanessa Messerly, Admin.
9. Evelyn Avery, Nursing/UR
10. Ross Henke, Social Work
11. Sherry Bedel, Social Work
12. Ellen Weed, RT/Library
13. Muriel Hillson, Library
14. Florence Kopietz, HIM
15. Marilyn Blunck, HIM
16. Marg Summers, HIM
17. Lila Ritter, HIM
18. Burnie Pohlman, Social Work
19. Joanne Johnson, OT
20. Dee Hartman, SB
21. Bernice Holtzclaw, SB
22. Terry Doten, Canteen
23. Lynn Jerhorek, Eq. Tech.
24. Renee Schmitz, RT
25. Bill Beutler, RT
26. Verlin Redlinger, RT
27. Arlyss Temme, Admission
28. Vi Cherington, Pt Accts.
29. Elaine Jeffrey, Nursing
30. June Ziegenbein, RN
31. Joseph Svoboda, Psych.
32. Joseph Hillson, Psych.
33. Dan Sturgis, Psych.
34. Pauline Efta, Dietitian
35. Kathy Arends, Food Service
36. Marie Maas, Food Service
37. Guy McBride, Admin.
38. Katie Renter, Food Service
    Dee Cloeter, Food Services
39. Marion Meisinger, HR
40. Ramona Lamson, OT
41. Arvona Jaeger, RN
42. Sharon Broders, Accounting
43. Deb Werling, Accounting
44. Bertha (Bert) Berry, RN
45. Lori Rector, Food Service
46. Eileen Matthies, Nursing
47. Avis Glenn, RN
48. Charlotte Neitzke, Nursing
49. Sandy Bogue, RN
50. Rosemary Hofmeister, RN
51. Jann Widhalm, PSA
52. Felma Falk, Remotivation
53. Lisa Walters, RN
54. Don Dammast, HR
55. Inez Hasplaslagh, OT
56. Dick Heberer, Store
57. Mary Ann Droescher, Hskg.
58. Peg Emory, Volunteer Serv.
59. Carl Karmen, Maint.
60. Sue Dutton, Social Work
61. Addie Schmitz, RN
62. Alan McElravy, CEO
63. Eileen Weber, Admin.
64. Frances Carico, Accounting
65. Joyce Hoferer, HR

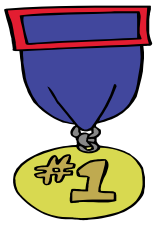
October Answers

1. Linda Reinders, RT
2. Denise Downing, Social Work
3. Maureen Baker, OT
4. Shellie Busch Bretschneider, PTII
5. Jimmy Walton, Maint.
6. Marie Paulk, RT
7. Kathy Groninger, RN
8. Rebecca Ayers, Secretary
9. Pat Moeller, RN
10. Pat Koehler, SB
11. Pam Byerly, Reimbursement
12. Michael Carabine, MD
13. Mark Dannar, PTII
14. Loren Peterson, MD
15. Mike Sullivan, Social Work
16. Shana Halsey, Librarian
17. Kathy Steffensmeier, RN
18. Lori Denker, HIM/WP
19. Lynette Wells, Reimbursement
20. Meg Westby, Psych.
21. Elaine Halferty, Social Work
22. Melanie McFarlin, Dietary
23. Ernie McLaughlin, RN
24. Marilyn Quinn, Hskg.
25. James O'Sullivan, MD
26. Jill Kathol Belt, Social Work
27. Mark McCurdy, Pharmacy
28. Jan Mitchell, SB
29. Angie Kaschke, Pt. Serv.
30. Ardell Plasek, Social Work
31. Cindy Fox, RN
32. Joan Olson, Typist
33. Don Seaman, Maint.
34. Isabelle Tannehill, OT
35. Terry Boecker, HIM
36. John Legate, PTII
37. Robert Vogtman, PTII
38. Lois Brenneman, MHSS
39. Pat Wolfe, RN

Bread Baking Contest Results and Recipes

Sponsored by NRC Employees' Association

In observance of "National Homemade Bread Day," NRC's Employees' Association sponsored a bread baking contest. Staff attending the contest could choose 5 of the entries to taste and then vote for their favorite. Adri Hildebrand, RN, won with her Citrus Streusel Quick Bread. All bread recipes entered in the contest are available here for you to try this holiday season — Enjoy!!



Citrus Streusel Quick Bread (by Adri Hildebrand, RN) ***Winner of Bread Contest!***

Makes 2 loaves

1 pkg. (18 ¼ oz) lemon or orange cake mix
2 T. brown sugar
1 tsp. cinnamon
1 T. cold butter
½ c. chopped pecans
1 pkg. (3.4 oz) instant vanilla pudding mix
1 c. (8 oz.) sour cream
4 eggs
1/3 c. vegetable oil

Glaze: 1 c. powdered sugar and 2-3 T. milk

In a small bowl, combine 2 T. cake mix, brown sugar, and cinnamon; cut in butter until crumbly. Stir in pecans and set aside. In large bowl, combine pudding, sour cream, eggs, oil and remaining cake mix. Beat on low speed for 30 seconds. Beat on medium speed 2 minutes more. Pour into 2 greased 9x5 inch loaf pans. Sprinkle with pecan mixture. Bake at 350° for 45-40 min. or until a toothpick inserted near the center comes out clean. Cool in pans for 10 min. before removing to wire racks. Combine powdered sugar and enough milk to achieve desired glaze consistency and drizzle over warm bread.

Apple Bread (by Rose Prather SSII) *Makes one loaf*

2 c. flour
2 c. sugar
2 tsp. baking soda
2 tsp. cinnamon
½ tsp. salt
2 c. raisins
2 c. walnuts
½ c. vegetable oil
2 eggs
3 c. shredded apples

Mix the first 5 ingredients well. Add raisins, and walnuts. Add oil, eggs and apples. Pour into greased loaf pan. Bake at 350° for 45 mins. Done if toothpick or knife inserted in center comes out clean.

Cheddar Apple Bread (by Cheryl Myers LPN) *Makes one loaf*

2 ½ c. flour
¾ c. sugar
2 tsp. baking powder
½ tsp. cinnamon
1/3 c. margarine or butter, melted
2 c. (8 oz.) shredded sharp cheddar cheese
¾ c. milk
1 ½ c. chopped peeled apples
¾ c. chopped nuts

Combine dry ingredients. Add eggs, milk and margarine and mix well. Stir in remaining ingredients. Spoon into well greased and floured 9x5 in loaf pan. Bake at 350° for 65-70 min. or until wooden pick inserted in center comes out clean. Let stand 5 min, remove from pan.

Amish Cinnamon Friendship Bread (by Reba Middleton, RN) *Makes 4 starter bags for friends and 2 baked loaves*

Ingredients needed during entire 10 day process:

1 pkg. active dry yeast
1 c. water
3 ½ c. sugar
(plus extra for cinnamon/sugar mixture)
4 c. flour
2 c. milk
1 c. oil
3 eggs
1 tsp. vanilla
1 ½ tsp. baking powder
2 tsp. plus of cinnamon
½ tsp. salt
½ tsp. baking soda
1 large pkg. instant vanilla pudding mix (or favorite flavor)
1 c. chopped nuts (optional)

Bread starter:

1 pkg. active dry yeast
1 c. water
½ c. sugar
½ c. flour

Mix in 10x12 in. ziplock bag. Let rise 24-48 hours. Ready to start rest of instructions next day…

Store your starter on the counter top at room temp. Do NOT refrigerate!

Day 1…Mush bag two times during the day
Day 2… Mush bag two times during the day
Day 3… Mush bag two times during the day
Day 4… Mush bag two times during the day
Day 5… Mush bag two times during the day
Day 6…Add to the bag: 1 c. flour, 1 c. sugar and 1 c. milk. Seal the bag, letting out as much air as possible. Mush thoroughly.

Day 7…Mush bag two times during the day and let the air out.

Day 8… Mush bag two times during the day and let the air out.

Day 9… Mush bag two times during the day and let the air out.

Day 10..Squeeze the contents out of the bag into a large bowl. Add to the bowl: 1 cup each of flour, sugar and milk. Stir thoroughly and measure out 4 1-cup portions to create starters into 4 different ziplock bags. Give these bags and a copy of the instructions to friends to enjoy!

To the small amount left in your bowl, add 1 c. oil, ½ c. milk, 3 eggs, and 1 tsp. vanilla. Mix well. In another bowl combine 2 c. flour, 1 c. sugar, 1 ½ tsp. baking powder, 2 tsp. cinnamon, ½ tsp. salt, ½ tsp. baking soda and 1 large instant vanilla pudding mix (or other preferred flavor!). May add 1 c. chopped nuts if desired. Add all dry ingredients to the first mixture. Mix well. Spray 2 loaf pans with cooking spray and sprinkle generously with cinnamon and sugar. Pour mixture evenly into 2 pans. Sprinkle tops of loaves with cinnamon/sugar and bake in 325° oven for 1 hour or until toothpick inserted near center comes out clean. Tomorrow starts Day 1.

Cranberry Orange Bread (by Kevin Anderson, SSII) *Makes one loaf*

1 ½ c. flour
½ c. whole wheat flour
1 c. sugar
1 ½ tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 egg
½ c. orange juice
Grated peel of 1 orange
2 T. butter or margarine, melted
2 T. hot water
1 c. fresh or frozen cranberries
1 c. chopped walnuts

Mix together flour, sugar, baking powder, soda and salt in large mixing bowl and set aside. In separate bowl, beat egg, add orange juice, peel, butter and water and mix well. Stir in dry ingredients just until moistened. Add in cranberries and nuts. Pour into greased 9x5 in. loaf pan. Bake at 325° for 1 hour or until toothpick inserted in center comes out clean. Cool in pan for 10 minutes before removing.

Walnut Marmalade Mini Loaves (Pat Bethune, RN) *Makes 3 mini loaves*

2 ½ c. flour
1/3 c. sugar
1 T. baking powder
1 tsp. salt
1 jar (12 oz) orange marmalade
1 c. orange juice
3 T. canola oil
1 egg
1 c. chopped walnuts

In a large bowl, combine the flour, sugar, baking powder and salt. Combine the marmalade, orange juice, oil and egg; stir into dry ingredients just until moistened. Stir in walnuts. Pour into three greased 5 ¾ x 3 inch loaf pans. Bake at 350° for 40-45 min. or until a toothpick comes out clean. Cool for 10 min. before removing from pans. May top with glaze if desired (powdered sugar and milk).

Swiss Onion Bread Ring (Pat Bethune RN) *Makes one bundt pan*

2 ½ tsp. poppy seeds, divided

2 tubes (11 oz each) refrigerated French bread dough

1 cup (4 oz) shredded Swiss cheese

¾ c. sliced green onions

6 T. butter, melted

Sprinkle ½ tsp. poppy seeds in a greased 10 in. fluted tube or bundt pan. Cut the dough into 20 1-inch pieces per tube (40 total); place half in prepared pan. Sprinkle with half of the cheese and onions. Top with 1 tsp. poppy seeds; drizzle with half of the melted butter. Repeat for second layer. Bake at 375° for 30-35 min. or until golden brown. Immediately invert onto a wire rack. Serve warm.

Jalapeno and Corn Bubble Bread (Pat Bethune, RN) Looks funky…but REALLY good!!

Makes 2 loaves or one bundt pan

2 loaves (1 pound each) frozen bread dough, thawed

1 can (8 ¾ oz) whole kernel corn, drained

1 egg, slightly beaten

1 can (3 ½ oz) whole jalepenos, chopped and drained

2 T. taco seasoning

1 jar (2 oz) sliced pimentos, drained

1 ½ tsp. white vinegar

Cut bread dough into 1-inch pieces. Place all ingredients in a large bowl and toss to mix well. Spoon into greased bundt pan or two greased loaf pans. Cover and let stand for 15 minutes in warm place. Bake at 350° for 35-40 minutes. Cool in pan 10 minutes before removing to wire rack. Serve warm.

***May remove seeds from jalapenos before chopping for milder flavor.**

Pineapple Carrot Bread (Pat Bethune, RN) *Makes 2 loaves*

3 c. flour
2 c. sugar
1 tsp. baking soda
1 tsp. cinnamon
¾ tsp. salt
3 eggs
2 c. shredded carrots
1 c. canola oil

1 can (8 oz) unsweetened crushed pineapple, drained
2 tsp vanilla
1 c. chopped pecans or walnuts

Glaze (optional): ¾ c. powdered sugar and 1-1 ½ tsp. milk

In large bowl, combine the flour, sugar, baking soda, cinnamon and salt. In another bowl, beat eggs; add carrots, oil, pineapple and vanilla. Stir into dry ingredients just until moistened. Fold in nuts. Spoon into two greased and floured 8x4 in. loaf pans. Bake at 350° for 65-70 min or until a toothpick inserted near center comes out clean. Cool for 10 min. before removing to wire rack. If glaze is desired, combine powdered sugar and milk to desired consistency and drizzle over bread.

Pumpkin Bread (JoAnn Henrickson, HIM) *Makes 3 loaves*

3 c. sugar
4 eggs
1 c. oil
1-16 oz can of pumpkin
3 ½ c. flour
2 tsp. baking soda
1 tsp. baking powder

1 tsp. cinnamon
1 tsp. allspice
1 tsp. nutmeg
½ tsp. cloves
1/8 tsp. salt
2/3 c. water

Beat sugar and eggs. Add oil and pumpkin and mix well. Sift dry ingredients and add to first mixture with the water. Mix well. Pour into 3 greased and floured bread pans. Bake at 350° for 40 min. or until toothpick inserted near center comes out clean.

<u>Jam or Jelly Recipes:</u>

Triple Berry Jam (Pat Bethune, RN)

5 c. prepared fruit.
(about 3 pints ripe strawberries, 1 ½ pint ripe raspberries and 1 pint ripe blackberries)
1 box Sure Jell fruit pectin
½ tsp. butter or margarine
7 c. sugar

Stem and crush strawberries and measure 2 ½ c. exactly into 6-8 qt. sauce pan. Crush raspberries and measure 1 ½ c. exactly into pot with strawberries. Crush blackberries and measure 1 c. exactly into pot with berries. (Total fruit should be an exact 5 cups…can vary some with each berry but should total 5.)

Stir in pectin and add butter. Bring to full rolling boil on high heat stirring constantly. (Rolling boil should not stop if stirred). Stir in sugar and bring back to rolling boil…boil for 1 full minute, stirring constantly. Skim off foam if desired with metal spoon. Ladle hot jam into sterilized jars leaving 1/8 inch headspace. Seal with sterilized lids and process in water bath for 10 minutes. Any unsealed jars should be refrigerated. Makes about 8 half pints.

Habanero Jelly (Pat Bethune, RN)

1/3 c. sliced dried apricots

¾ c. white vinegar

¼ c. finely chopped red onion

¼ c. finely diced red bell pepper

¼ c. finely diced habanero peppers (with seed for hot jelly, without for mild version)

3 c. sugar

1 envelope Certo liquid pectin

Cut apricots and chop lightly in food processor. Then place in sauce pan and add vinegar. LET STAND FOR 4 HOURS. Cut onions and peppers and chop lightly in food processer. Add to apricots after the 4-hour period. Stir in sugar and bring to full rolling boil, stirring constantly. Boil for 1 full minute. Remove from heat and add liquid pectin. Stir for 3 full minutes to mix thoroughly. Pour hot into hot, sterilized jars, leaving ¼-inch headspace. Wipe rims and seal with sterilized lids. Process in water bath for 5 minutes. Any unsealed jars should be refrigerated. Makes about 3 half pint jars.

Staff Share NRC Heritage With Photographers

Submitted by TyLynne Bauer, Facility Operating Officer

"Hats off" to NRC staff members Bryan Bretschneider, Maintenance; Mark Craft, Facility Maintenance Supervisor; and TiAnne Morse, Quality Assurance Coordinator. In recent months they have shared NRC's heritage with photographers interested in capturing some of the quickly-disappearing history of mental institutions across America.

NRC has been visited by photographers Christopher Payne from New York, Relena Gordon from Colorado, and Adam Flogstad from Omaha. All have expressed their appreciation for the hospitality these staff members extended during their visits, as well as their willingness to share their knowledge of NRC's history.

National Hand Washing Day — December 8th

Submitted by Joy Wieseler, RN, Infection Control Coordinator

In observance of National Hand Washing Day on December 8, I thought I would share some information and reminders for us all.

Hand Washing: Use soap and warm water. Rub hands together, top and bottom, for at least 20 seconds. (Sing Happy Birthday or the alphabet to yourself.) Use soap and water when your hands are visibly soiled, such as after using the bathroom, after taking out the garbage, before and after eating, and before handling food. If your hands are not visibly soiled, such as after touching a patient or any of their belongings, after coughing or sneezing, or after using a keyboard on a computer, use one of the 41 hand sanitizers located around the hospital.

Cough Etiquette: Instead of coughing or sneezing into your bare hand, you should cough or sneeze into the bend of your arm, or into a tissue you can throw away, and then wash your hands.

The #1 most important way to reduce spreading infectious disease or germs is by washing your hands!!!

The #2 most important thing to do to reduce spreading infectious disease or germs is by getting your annual flu shot … which is offered to you free of charge by your employer!!!

Because we are going into flu and cold season, everyone needs to be aware of the difference between an UPPER RESPIRATORY infection, which can be a VIRAL infection (caused by a virus) and a BACTERIAL infection (caused by bacteria). Viral infections cannot be treated with an antibiotic medication. Bacterial infections can be treated with antibiotics. If you get a viral infection, all you can do is rest, drink plenty of fluids, and take Tylenol or Motrin to help with generalized body aches or headache.

LITTLE-KNOWN FACTS:

- There are 40 times more bacteria on elevator buttons than on public toilet seats!!
- Bacteria potentially can more than double on a surface in a 20-minute period.
- There is an estimated 20,000 germs per square inch on the average office desk.

Let's not get complacent with our hand hygiene practices. Poor hand hygiene is the #1 factor in transmission of germs, bacteria and diseases. Because of our diligence, our numbers are low — WE NEED TO KEEP IT THAT WAY!! Don't fall into the trap of complacency. This is all for your protection as well as the protection of our patients.

Know the Symptoms of A.A.A.D.D.

Submitted by . . . Hmmm . . . I can't recall . . .

Thank goodness there's a name for this disorder. Somehow I feel better, even though I have it!!

Recently I was diagnosed with A.A.A.D.D. — Age-Associated Attention Deficit Disorder. This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mail box when I take out the garbage anyway, I may as well pay the bills first.

I take my checkbook off the table and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of soda I'd been drinking.

I'm going to look for my checks, but first I need to push the soda aside so that I don't accidentally knock it over.

The soda is getting warm. I decide to put it in the refrigerator to keep it cold. As I head toward the kitchen with the soda, a vase of flowers on the counter catches my eye.

They need water. I put the soda on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone had left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs.

But first I'll water the flowers.

I pour some water in the flowers. Quite a bit of it spills on the floor. So, I set the remote back on the table, get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day:

The car isn't washed, the bills aren't paid, there is a warm can of soda sitting on the counter, the flowers don't have enough water, there is still only one check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done, I'm really baffled because I know I was busy all day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Do me a favor, if you would, please. Tell everyone you know about this condition called A.A.A.D.D., because I don't remember who I've already told.

THE SOURCE

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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!

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Grandpa's Christmas Presents

Grandpa decided that shopping for Christmas presents had become too difficult. All his grandchildren had everything they needed, so he decided to send them each a check.

On each card he wrote:

"Merry Christmas, from Grandpa

P.S. Buy your own present!"

Now, while Grandpa enjoyed the family festivities, he thought that his grandchildren were just slightly distant. It preyed on his mind into the New Year. Then one day he was sorting out his study, and under a pile of magazines he found a little pile of checks for his grandchildren. He had completely forgotten to put them into the Christmas cards.