

# THE SOURCE

## Cheryl Nielsen and Becky Inness Are October "Job Well Done" Recipients

By NRC Employee Recognition Committee

Congratulations to Cheryl Nielsen, RN, and Becky Inness, Staff Assistant, for being selected the October 2015 "Job Well Done" recipients.

**Cheryl Nielsen** has been employed at NRC since March 2008.



Cheryl Nielsen

Her co-workers stated in her nomination

that she deserves this award because she has utilized her Mandt skills to de-escalate two very angry patients who were threatening physical violence to others. She was able to get one patient to take a time out in his room after he threw chairs and threatened violence to staff. She was also able to persuade another patient to stop making threats to harm himself and others and use his self-soothing skills. This demonstrated a very commendable skill.

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

**Becky Inness** has been employed at NRC since July 1994. Her co-workers stated in



Becky Inness

her nomination that she deserves this award because she has helped transcribe minutes for Pharmacy and Therapeutics Committee, Formulations,

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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.*

## Cheryl Nielsen and Becky Inness Are October “Job Well Done” Recipients

*(Continued from page 1)*

Nurse meetings and Nurse Supervisor meetings since June, due to the retirement of a nursing staff member. This has

allowed other staff to perform the scheduler's duties and orient/train new staff in the scheduler position.

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

## Amy Hancock and Kristy Goetsch Are November “Job Well Done” Recipients

By NRC Employee Recognition Committee

Congratulations to Amy Hancock, Compliance Specialist, and Kristy Goetsch, MHSS II, for being selected the November 2015 “Job Well Done” recipients.

Amy Hancock has been em-

ployed at NRC since February 2015. Her co-workers stated in her nomination that she deserves this award because she was very capable of assisting with a large scale incident while maintaining professionalism, safety for patients and staff, and displaying an excellent code of conduct. She is able to make quick decisions to protect everyone. She is truly an asset to Team NRC!

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

Kristy Goetsch has been employed at NRC since October 2003. Her co-workers stated in her nomination that she deserves this award because she is a top-notch co-worker. She is always willing to help a peer out with questions or getting a

task completed. When new employees start, Kristy is always willing to train them and share her knowledge. She is a ball of fun with a positive attitude!

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



Amy Hancock



Kristy Goetsch

## Patti Leise and Stacey Sommerfeld Are December "Job Well Done" Recipients

By NRC Employee Recognition Committee

Congratulations to Patti Leise, Word Processing Specialist, and Stacey Sommerfeld, MHSS II, for being selected the December 2015 "Job Well Done" recipients.

**Patti Leise** has been employed at NRC since June 1984. Her co-workers stated in her nomi-

nation that she deserves this award for her willingness to make updates for the Advance Directive forms all at one time for the patients who reside on the Skill Building Unit. She was patient, as some of the forms required two to three updates. She is also very thorough with updating treatment plans. Patti has a great attitude and always greets others with a smile.

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

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**Stacey Sommerfeld** has been employed at NRC since June 2004. Her co-workers stated in her nomination that she deserves this award for her compassion toward staff and patients alike. She helped support the family of Vern Gregory during his illness and passing. Stacey also took a patient to the clothing room to find



**Stacey Sommerfeld**

dress clothes for him to wear to his sister's funeral. Stacey's peers appreciate her kindness and willingness to help others.

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



**Patti Leise**

## Please Welcome New NRC Employees



Rebecca Richter  
RN



Andrew Reardon  
Mental Health  
Security Specialist II



Jenny Lytle  
Food Service Assistant



Randal Kruse  
Mental Health  
Security Specialist II—Guard



Mark Wieseler  
Mental Health  
Security Specialist II



Haydn Daudt  
Mental Health  
Security Specialist II



Caley Morford  
Food Service Cook



Mary Lamm  
Food Service Assistant



Jill Drahota  
LPN

## Please Welcome New NRC Employees (cont.)



Sandra Spreeman  
LPN (PRN)



Tabetha Waggoner  
Master Social Worker



Philip Wonnacott  
Food Service Cook

## What's Cooking at NRC

### HOT CRAB DIP

2 sticks butter (1 c.)      2 6-oz. cans white crab meat  
3 8-oz. pkgs. cream cheese

Melt butter in crockpot. Add crab meat and cream cheese. Let mixture melt completely and heat through (about 1 hour). Serve with cut baguette bread.

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



# Service Years Awards Presented

Submitted by TyLynne Bauer, Facility Operating Officer

Twenty-five NRC employees were recognized with service year awards presented at the Norfolk Veterans Home on October 8, 2015. We thank them for their many years of loyalty and contribution to state government, with a combined **565 years** of service!

**Congratulations to all!**

*Photos: Kris Boe-Simmons*



Lois Brenneman — 40 years



Marg Hipp — 35 years



Bev Lueshen — 30 years



Amy Vollbrecht — 25 years



Mike Gettman — 25 years



Juleen Brand — 25 years



Patty True — 20 years



Diane Schumacher — 20 years



Reba Middleton — 20 years

*(Continued on page 7)*

## Service Years Awards Presented

(Continued from page 6)



Jeanette Hoffmann — 20



Julie Redwing — 15 years



Marsha Nelson — 10 years

### 40 YEARS

Lois Brenneman

### 25 YEARS

LuAnn Eddy  
Sarah Fechner  
Mike Gettman  
Juleen Brand  
Amy Vollbrecht

### 15 YEARS

Julie Redwing  
Ray Winter  
Jann Frank

### 35 YEARS

Marg Hipp

### 20 YEARS

Lori Rector  
Patty True  
Julie Batenhorst  
Lynn Briard  
Jeanette Hoffmann  
Reba Middleton  
Diane Schumacher

### 10 YEARS

Marsha Nelson  
Jim Fuchs  
Leann Daniels

### 30 YEARS

Dan Divis  
Greg Sterner  
Corrine Janovec  
Bryan Bretschneider  
Bev Lueshen

# Personal Lessons from the Christmas Truce of 1914

By Joe Tye, CEO, Values Coach, Inc.



On Christmas Eve 1914, a wondrous thing happened in the trenches of Flanders Fields. German soldiers on one side and French and British soldiers on the other side of No Man's Land emerged from the holes they'd dug in the mud and greeted each other. For five months they had been trying to slaughter each other under the most hideous conditions imaginable.

But on that Christmas Eve, German soldiers sang Silent Night. And on the other side of the blood-stained field, British soldiers joined in, each side harmonizing in its own language. On Christmas morning a German soldier stood up on the rampart and waved — and no British soldier shot at him.

Over the next several hours

men emerged from the trenches and congregated in what had been the killing ground. Without authorization and against explicit orders from superior officers, they exchanged

gifts, sang Christmas carols, and staged soccer games.

The fighting recommenced the following day and continued over the next 3 1/2 years. But for that one glorious day, there was peace. For one brief and miraculous moment mankind showed its best.

As we approach the dawn of yet another New Year, a time when we all think about the future and the goals we want to achieve, the Christmas Truce offers interesting lessons about making peace — with other people and with yourself.

**Peace with others:** You will find that if you assume everybody likes you, wants you to succeed, and that when they say no to your requests they are not rejecting you but in-

stead guiding you to ask better questions, you will be happier and more successful. You tend to get what you expect from life and from others.

**Peace with yourself:** Establish a one-year truce with that toxic inner voice of negative self-talk that is the source of low self-esteem, poor self-image, and underachievement in every dimension of your life.

For the duration of 2016, agree that you will anticipate legitimate criticisms and proactively deal with them. If you are overweight, start pushing the plate away before you've eaten everything and commit to an exercise program. If you're unhappy in your job, commit to changing your attitude and starting to think like an owner instead of a hired hand. Demand your negative inner voice offer criticisms and suggestions in a respectful manner, never engage in invidious comparisons, and maintain a positive and optimistic perspective despite obstacles and setbacks.

Call it your own personal Christmas Truce.

## In Memoriam — Vernon Gregory, RN

Submitted by Stacey Sommerfeld, MHSS II

Vernon L. Gregory, 54, of Madison, NE, died Saturday, October 17, 2015 at Regional West Medical Center in Scottsbluff after a short but courageous battle with cancer. Burial took place Tuesday, October 20, at West Lawn cemetery in Gering with a private graveside service. Further arrangements for a celebration of life are pending and will be held at a later date.

Vern was born on December 29, 1960, in El Centro, CA, to Joe and LaWanna Gregory. Throughout his childhood and early years, his family made its home in California, Bristow, OK, and Gering, NE. In 1979 Vern married Jackie Davis, and to this marriage his three children were born. They later divorced, and Vern made his home in eastern Nebraska, living in the Norfolk area.

Throughout the years Vern worked hard and overcame many personal obstacles. He was a former student of West-

ern Nebraska Community College in Scottsbluff and Northeast Community College in Norfolk. Most recently he was employed as a Licensed Practical Nurse at the Norfolk Regional Center. In May of this year he graduated with his degree to become a Registered Nurse. He made his family proud when he passed both the LPN and RN nursing boards on his first attempts, and most importantly, he was proud of himself for his accomplishments. He looked forward to beginning his career as a new RN and had a special interest in psychiatric and mental health nursing.

Vern was dearly loved by his family and an abundant network of friends. He was an avid reader, loved nature, animals, music, dancing, and loved his video games. Most of all, anyone who had the privilege of knowing him could see his genuine love and affection for his family and friends. He will be remembered for his kind



Vernon Gregory

heart, his fantastic sense of humor, his ever-determined spirit and his unshakeable faith in God.

He was preceded in death by his father, Joe Gregory.

He is survived by his children, Michelle Gregory, Danny Gregory and Andrea Gregory-Banks, his mother and stepfather LaWanna (Jim) Haffner, his sisters Vickie (Charlie) Walgren and Vanessa Wilson, his brother Vince (Kristie) Gregory, 10 grandchildren, and numerous aunts, uncles, cousins, nieces, nephews, and friends that he loved as family.

## NRC Staff Holiday Party

Submitted by Becky Inness, Medical Staff Assistant

The annual staff appreciation holiday party, sponsored by NRC's Medical Staff and Leadership Team, was held on December 9. Good food and good fun for all!!



## Employees Leaving NRC

October 6, 2015

Barbara Papstein,  
MHSS II

October 9, 2015

Amber Skoglund, MHSS  
II (PRN)

Emily Donoghue, MHSS II  
(PRN)

October 20, 2015

James Shearer, MHSS II

November 19, 2015

Shelia Lewis, MHSS II

December 4, 2015

Cody Hansen, MHSS II

December 20, 2015

Diane Nelsen, LPN



## The Bulletin Board

On behalf of Leslie Rinaldi, Leann Weich and Stacey Sommerfeld, we would like to thank all of you who purchased bands or gave a donation to "Banding Together for Vern—No One Fights Alone." The amount of support we received from all of you was amazing. We are truly blessed to have such wonderful staff.

Leslie, Leann, Stacey

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Thank you so much to everyone who donated to my family to assist us with expenses while my husband is battling cancer. The card itself was so overwhelming and the words of kindness meant so much, especially at this difficult time. The monetary donation is also greatly appreciated and will be used to help defray costs. We have a tough road ahead, but it is comforting to know that I

have so many wonderful people here at work to help me through it. Blessings to all of you.

Kandi Lange and family

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Thank you, Employees Association, for always remembering everyone's birthdays! The birthday flyers are beautiful and the treat is very thoughtful!

TyLynne Bauer

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## Policy Reviews Via LINK

Submitted by Barb Maas, 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 October and November (none in December):

- ◆ Sharp Objects Responsibilities
- ◆ Spiritual Services
- ◆ Medication Reconciliation
- ◆ Orientation, Education and

### Competency

- ◆ Patient Identification
- ◆ Staff Code of Conduct/Maintaining Professional Relationships
- ◆ Staff Support Following Traumatic Event (formerly Staff Defusing Following Traumatic Event)



## 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*

*Marg Hipp - Editor - 370.3315*

*TyLynne Bauer - 370.3328*

## Ten Reasons It's Good to Be a Dog

1. No matter where it itches, no one is offended if you scratch.
2. No one ever expects you to pay for lunch.
3. No one expects you to take a bath every day.
4. Others comb your hair and manicure your nails.
5. No one thinks you're crazy if you chase your tail.
6. You never have to worry about table manners.
7. It's not improper to look at a friend's behind.
8. No one cares if you have hair growing in weird places.
9. Your family is happy to see you when they have a bad day.
10. If you gain weight, it's someone else's fault.

