

# THE SOURCE

## Nebraska Values Collaborative Kick-off at NRC

Submitted by TiAnne Morse, Quality Assurance Coordinator



On Friday, November 4, 2011, John Roberts, State Coordinator for Nebraska Values Collaborative kicked off the Values Collaborative training that is headed to NRC staff in 2012. Two in-services were provided and a total of 86 staff attended.

The Nebraska Values Collaborative is to as-

sist healthcare organizations foster a more positive and productive workplace culture by promoting value-based life and leadership skills. During John's presentation, he discussed building a culture of ownership on a foundation of values, being a part of "the movement" and creating a bus everyone wants to join in on.

As we move into 2012, TyLynne Bauer and I are going to start the journey in helping us (NRC) reconnect with our/your values by learning new skills, cultivating a more positive and self-empowering self. The more conscientious you are about living these values, the more successful you will be at achieving your most important goals and the happier and more fulfilled you will be as a human being.

For those that did not see the live presentation, you can view it on the S drive -> Staff Development Folder -> NE Values Collaborative-The Movement.

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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.*

# What “Spark Plugs” Do For an Organization

Submitted by TiAnne Morse, Quality Assurance Coordinator



“Spark Plug” people do for an organization what metal-and-ceramic spark plugs

do for a car: they infuse it with energy and catalyze forward motion. In the world today, an organization without Spark Plug people will find as much difficulty competing in its marketplace as a racecar without spark plugs will have competing in the Indy 500. An organization is different than a car, however, in that it can have as many Spark Plugs as it has people, and the more Spark

Plugs it has the farther and faster it can move.

NRC is looking for Spark Plugs to start our journey of exploring the twelve core values. We want them to spark their own lives, and then work together to spread the spark throughout the organization.

Our ultimate goal for Spark Plugs is twofold: 1) that they **empower themselves** instead of waiting for someone else to empower them to take the actions necessary for them to achieve their most important goals, and 2) that they **take ownership** for their jobs and their work, instead of thinking like a renter.

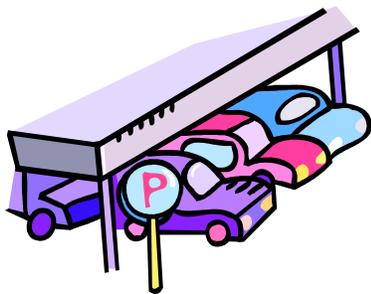
## What Spark Plugs Do

- Attend training
- Represent the entire organization
- Write articles for the newsletter, create poster displays, take on community service projects, get involved in orienting new employees, acknowledge outstanding employees
- Create fun activities throughout the year.

Look for the Spark Plug job description and applications on 1-West ... Become an active member in further refining the program for our organization.

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## Parking Lot Lottery



Winners for the month of December are:

- |                    |                   |
|--------------------|-------------------|
| 1. Jyl Hochstein   | 5. Sandy Wiseman  |
| 2. Bonnie Bergland | 6. Michelle Clark |
| 3. Amy Vollbrecht  | 7. Kathy Herian   |
| 4. Kristi Kortje   | 8. Sandy Bogue    |

## Please Welcome New NRC Employees



Cheryl Heimann  
Certified Master  
Social Worker



Kevin Wiltman  
Mental Health  
Security Specialist II



Whitney Rawhouser  
Mental Health  
Security Specialist II

## The Bulletin Board

We want to express our thank you's to all who in any way gave their condolences to my family and I during the passing of my mother.

You all are very thoughtful and kind. She will be missed very much but her memories will be with us forever.

Thank you,

Dean and Tami Garver

I would like to thank all of you for the cards, words of encouragement and especially the prayers from the time of my father's accident until his passing. It meant a great deal

to me. You are a wonderful group of people to work with. Thank you again.

Jyl Hochstein

I would like to thank all of my friends and coworkers for the phone calls, visits, words of encouragement and the beautiful flowers that were sent to me during my recent hospitalization (knee replacement). It is nice to work with a wonderful group of people here at NRC.

Myron Wagner, SS2, 11-7 shift

I wanted to take a minute af-

ter yesterday's class to say how amazingly shocked I was at how great of a job Hollie and Doug did as instructors. I have taken this Mandt training in the past twice, and as I prepared to be completely bored, I got the opposite reaction and had a very fun experience! They made the whole presentation fun and a great learning experience! As I am new I did not know how to give them a thumbs up but to email you and hope they get a thumbs up for a job well done!

Sincerely,

Nicole Hamersma

## What's Cooking at NRC

### STUFFED PORK ROAST WITH CRANBERRY-PORT SAUCE

- 2 lb. boneless center-cut pork loin, trimmed
- 1 lg. ripe pear, peeled, cored, and sliced
- 1/2 c. reduced-sodium chicken broth
- 1/2 c. ruby port wine or cranberry juice
- 1/2 c. fresh or frozen cranberries
- 1/3 c. dried apricots, chopped
- 1/3 c. dried cranberries
- 1/2 tsp. salt
- 1 T. chopped fresh rosemary
- 1/2 tsp. black pepper
- 1/2 med. red onion, sliced
- 1 1/2 tsp. Dijon mustard



Preheat oven to 450°F. Cut pork in half lengthwise, leaving 1/2-inch hinge (do not cut all the way through). Open pork up like a book. Place pork, cut side down, between 2 sheets of plastic wrap. Pound pork to 1-inch thickness; uncover and sprinkle both sides with 1/4 teaspoon of the salt. Place pork, cut side up, on work surface. Sprinkle apricots and dried cranberries over pork, leaving 1/2-inch border at each short end. Arrange pear slices over dried fruit. From one short end, roll pork up tightly. Tie pork at 1-inch intervals with kitchen string. Rub pork with remaining 1/4 teaspoon salt, the rosemary, and pepper.

Place onion in center of roasting pan; place pork, seam side down, on top of onion. Roast 10 minutes. Reduce oven temperature to 350°F and bake until instant-read thermometer inserted in center of pork registers 160°F, about 50 minutes. Transfer pork to cutting board, loosely cover with foil, and let stand 10 minutes.

Set roasting pan over medium-high heat; add broth, wine, and fresh cranberries. Cook, stirring to scrape any browned bits from bottom of pan. Bring to boil and cook until cranberries pop and sauce thickens, about 6 minutes. Stir in mustard. Cut pork into 8 slices and serve with sauce.

(Submitted by Marilyn Stromberg, and she challenges Bill Block to submit a recipe for the next issue of *The Source*.)

# Symphony for a Hungry Old Man

Submitted by TyLynne Bauer, Facility Operating Officer



The blue jay and the cardinal in a land where their livings in the park at the outskirts of the old village.

Every day, they sat in the low branches of the maple tree, near the wooden bridge where a small stream twisted back upon itself, gurgling over rocks that God had planted before memory to teach the stream patience. The morning sun transformed the little brook's crystalline surface into a dance floor for angels, their wings all a-shimmer as they pirouetted across the liquid ripples.

Summer days, people sat on the banks watching the angels dance and listening to the lullaby of the brook cascading over the rocks - and to the symphony of the birds. The blue jay and the cardinal made a comfortable living serenading the picnickers, who shared crusts from their meat pies;

the young lovers, who tossed bits of bread and cheese; the rangers, who always had delicious seeds and bits of dried fruit; and the old man, who feasted them with chunks of the heavy black bread he made in his own oven.

Life was good for the birds, plump and content up on their branch. It was beyond their comprehension that upheavals in the world outside this little haven could someday impinge upon them. So they were slow to notice the changes when they occurred. How the picnickers stopped bringing pies, then stopped coming altogether. How the young lovers walked briskly, heads down and hands in pockets, without stopping to gaze at the brook or listen to the birds.

How more often than not, instead of bringing fruits to share, the rangers came foraging themselves, digging up roots and dropping them into the limp satchels at their sides. How thin the old man had become, and how his meager bread had lost the taste and the texture of the old days. The blue jay and the car-

dinal could now be seen with the ordinary birds, picking through the dead grass of the meadow and chasing bugs in the tree branches.

"What have I done to deserve this hunger," the blue jay squawked. "I sing as beautifully as ever, but they don't appreciate me anymore." His trills no longer drifted down from the tree branches; when the old man sat on his bench, the jay just screeched at him, vainly demanding food.

But every afternoon the cardinal took his place on the branch. He was scrawny now, and his once regal plumage showed scars from the daily struggle for food. But when he puffed his chest and cocked his head, he regained his ancient majesty. And then he filled the old man's ears with the symphony of his heart.

And for that brief eternity, the hungry little bird and the hungry old man danced with the angels across the stream, floating beyond time and care.

Source: *The Spark Plug* by Joe Tye, November 22, 2011 edition

## Incident Command Corner

Submitted by TiAnne Morse, Quality Assurance Coordinator

### What positions are part of the Command Staff?

Command Staff are those that report directly to the incident Commander, including the Public Information Officer, Safety Officer, Liaison Officer, and other positions as required. Each position may have an assistant or assistants, as needed.

**Liaison Officer:** A member of the Command Staff responsible for coordinating with representatives from cooperating and assisting agencies or organizations not represented in

the EOC.

**Public Information Officer (PIO):** A member of the Command Staff responsible for interfacing with the public and media and/or with other agencies with incident-related information requirements.

**Safety Officer:** A member of the Command Staff responsible for monitoring incident operations and advising the Incident Commander on all matters relating to operational safety, including the health and safety of emergency responder personnel.

**NOTE:** A medical/technical specialist position can also be part of the Command Staff. This person is a subject matter expert (for example a hazmat expert or infectious disease specialist). When this position is included on the org chart, they appear as part of the Command Staff but they can be assigned a different reporting structure depending on the needs of the situation.



## Wind Turbine Largest of Its Kind in State

Submitted by TyLynne Bauer, Facility Operating Officer

A wind turbine recently installed at Northeast Community College stands to be the largest of its kind in the state. The site on the NECC's campus now holds a 100,000 kilowatt wind turbine. School officials say that once it's operational, it will be the largest wind turbine hooked up to a power grid in Nebraska. School Wind Energy Instructor Kory Hildebrand says the

turbine will provide a unique hands-on experience for students in the program, and could signal a boon for renewable energies in Northeast Nebraska. Dean of Applied Technology Lyle Kathol says the turbine is being paid for through a grant that was part of the three-year transition of NECC's wind program from a one-year to a two-year associate degree.



## From the Holiday Recipe Box of TyLynne Bauer

### PUMPKIN GINGER CUPCAKES



- |   |  |
|---|--|
| 2 c. all-purpose flour                          | 1/3 c. finely chopped crystal-<br>lized ginger |
| 3.4 oz pkg. instant butterscotch<br>pudding mix | 1 c. butter, room temperature                  |
| 2 tsp. baking soda                              | 1 c. white sugar                               |
| 1/4 tsp. salt                                   | 1 c. packed brown sugar                        |
| 1 T. ground cinnamon                            | 4 eggs   |
| 1/2 tsp. ground ginger                          | 1 tsp. vanilla extract                         |
| 1/2 tsp. ground allspice                        | 15 oz. can pumpkin puree                       |
| 1/4 tsp. ground cloves                          |  |

Preheat oven to 350°F. Grease 24 muffin cups, or line with paper muffin liners. Whisk together the flour, pudding mix, baking soda, salt, cinnamon, ground ginger, allspice, cloves, and crystallized ginger in a bowl; set aside. Beat the butter, white sugar, and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and pumpkin puree with the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups. Bake until golden and the tops spring back when lightly pressed, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

### PUMPKIN WHITE CHOCOLATE DROPS

- |  |                                   |
|--|-----------------------------------|
| 2 c. granulated sugar  | 1 tsp. baking powder              |
| 2 c. (4 sticks) butter, softened   | 1/2 tsp. baking soda              |
| 16 oz. solid-pack pumpkin  | 12 oz. pkg. white chocolate chips |
| 2 eggs   | 16 oz. cream cheese frosting      |
| 4 c. all-purpose flour   | 1/4 c. packed brown sugar         |
| 2 tsp. pumpkin pie spice* (substitute 1 tsp. ground cinnamon, 1/2 tsp. ground ginger and 1/4 tsp. each ground allspice and ground nutmeg for 2 tsp. pumpkin pie spice) |                                   |

Preheat oven to 375°F. Grease cookie sheets. Beat granulated sugar and butter in large bowl with electric mixer at medium speed until light and fluffy. Add pumpkin and eggs; beat until well blended. Add flour, pumpkin pie spice, baking powder and baking soda; beat just until blended. Stir in white chocolate chips. Drop dough by teaspoonfuls about 2 inches apart onto prepared cookie sheets. Bake 16 minutes or until set and lightly browned. Cool on cookie sheets 1 minute. Remove to wire racks; cool completely. Combine frosting and brown sugar in small bowl. Spread on warm cookies.



# Avoid Guessing About Holiday Food Safety

Submitted by Kathy Arends, RD, LMNT, Food Service Director



ahead, cook late into the night, and host numerous holiday feasts.

Before you cook the turkey, set

USDA FSIS up the buf-

fet, or start making holiday goodies, take the holiday food safety quiz at <http://bit.ly/vY4CJ4>, based on information from the USDA and the Food and Drug Administration.

## Know how. Know now.

During the coming holidays, thoughts turn to family, food, and finding enough time to fit everything in! Food safety may take a back seat as we take short cuts, prepare foods

## FOR MORE INFORMATION

For more holiday food safety tips, go to <http://go.unl.edu/holidayfood>.

Source: University of Nebraska  
Lincoln Extension

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture. University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

## Leave of Employment

October 21, 2011

Nila Brandner, RN

October 26, 2011

Casey Eppenbach, MHSSII

October 27, 2011

Kristy Doffin, Food Service Cook

November 20, 2011

Kim Synovec, LPN

## Trivia

### Questions:

1. What causes most power outages in Nigeria?
2. How can you tell a fish's age?
3. What is former Vice President Dan Quayle's first name?



1. Giraffes running into electric lines.
2. Each pair of growth rings on its scales represents a year.
3. James

Answers:

## For Sale



Retail \$1,485.00, used only 6 weeks.

Asking \$650.00 or best offer.

Contact TyLynne Bauer at (402) 860-2153

## Go “Bananas”

Submitted by Julie Beutler, ADON

- There are over 500 different types of bananas. That means if you ate a different kind of banana every-day, it would take almost a year and a half to eat every one.
- Although generally regarded as a tree, this large tropical plant is really an herb. That means it does not have a woody trunk like a tree. The stalk is composed of leaf sheaths that overlap each other and grow from an underground stem called a rhizome.
- The banana plant can grow as high as 20 feet tall. That's as big as a two-story house.
- Bananas are 99.5% fat free.
- Bananas are a great source

of potassium. Potassium helps build muscle power.



## DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF NEBRASKA

Norfolk Regional Center  
1700 N. Victory Road,  
Bldg. 16  
PO Box 1209  
Norfolk NE 68702-1209  
Email:  
marg.hipp@nebraska.gov  
402.370.3315



*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*

*Susie Kohlhof - 370.4313*

*Marilyn Stromberg - 370.3142*

## Prescription for Health: Get a Pet

From *Nursing*, September 2011, submitted by Julie Beutler, ADON

The benefits of animal-assisted therapy for people facing "significant life stressors" such as a serious illness are well established, but little research has been done on whether pets influence well-being in everyday life. To explore the health benefits of pets on "everyday people," researchers conducted three studies involving pet owners in the community. They found that pet

owners fared better on well-being measures such as self-esteem and exercise, and that pets provided support that complemented but didn't compete with human sources of support. In a test that brought pet owners into the lab, they also demonstrated that pets helped mitigate negativity caused by



social rejection. "In summary, pets can serve as important sources of social support, providing many positive psychological and physical benefits for their owners," they conclude.

Source: McConnell AR, Brown DM, Shoda TM, et al. Friends with benefits: on the positive consequences of pet ownership. *J Pers Soc Psychol.* 2011 July 4. [Epub ahead of print]