DHHS - NORFOLK REGIONAL CENTER

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THE SOURCE

They Say She Started at NRC When She Was Only 3 Years Old!!

Submitted by Daniel Sturgis, Ph.D. — Director of Psychology

On September 30, 2013, **Darlene Porter**, Psychology Secretary, celebrated her 50th anniversary of working at the Norfolk Regional Center. Someone suggested Darlene must have started when she was 3 years old, but Darlene confirmed she was somewhat older than that, but not much. She was a young gal on her first job. She had just finished Personnel Training Institute in Omaha, where she and seven other girls occupied a rental house near Creighton University. No one had a car, so they walked everywhere (great for the legs but terrible when it rained). Gasoline was around 25¢ a gallon and occasionally 19¢ a gallon during "gas wars."

1963 was an interesting time. We had advisors in Vietnam (the Gulf of Tonkin Resolution was not yet passed) and John Kennedy was president, although he would be assassinated in November of that year. George Wallace had just become governor of Alabama and had proclaimed "segregation now, segregation tomorrow, and segregation forever!" It was clearly a time of unrest as thousands of African Americans were arrested in Birmingham, Alabama, for marching without a permit. Martin Luther King gave his "I Have a Dream" speech in

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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.*

They Say She Started at NRC When She Was Only 3 Years Old!!

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Washington, D.C., and the Beatles released "I Want to Hold Your Hand" and "I Saw Her Standing There."

Darlene started in the same office she still works out of, except she shared it with another secretary. She rode to work on the NRC bus, which ran from the Madison Hotel to NRC, but only for a few weeks before she landed a 1957 Ford for transportation … the product of her $200.00 a month salary. Boyfriend Kenny was working construction at Theisen Brothers.

When Darlene first started, there was no air conditioning (or swamp cooler to be accurate) and temperatures often soared. Large fans kept the air moving, but it was hot air. She had a manual Royal typewriter (the one assigned to her had a pink front — her office mate had a green one). Dictation was done on a machine that produced phonograph records, and reports were produced in quadruple (an original, bond paper copy, with two onion skin copies). So loading the typewriter with four sheets of paper and three carbon papers was de rigueur. Copies were made on Ditto Machines and later mimeograph machines (both were noted for the tendencies to drive drug abusers and everyone else over the edge sniffing them).

The switchboard was actually a switchboard when Darlene came to work at NRC. It was open at least 16 hours a day and there was no such thing as automated answering services. There was always a real person there to meet the public. There may have been up to 1,200 patients at the time Darlene started, along with a dairy and a bakery.

Most of the patients actually worked on the farm and produced the food for the kitchen. This made employee lunches really reasonable. As Darlene noted, "We went to lunch with a quarter and came back with change, and the food was wonderful."

Needless to say, lots have changed in half a century, some for the better and some for the worse. The thing that has not changed is the qualities that make for a good employee: integrity, loyalty, involvement, ownership and caring enough to do our best. These are qualities Darlene possesses in large quantities today, as she did when she started all those years ago.

Thank you, Ms. Porter.

The first 50 years are always the hardest.

Dr. Jean Laing and Kristi Kortje Are September "Job Well Done" Recipients

By NRC's Employee Recognition Committee

Congratulations to Jean Laing, Ph.D., and Kristi Kortje, Mental Health Security Specialist II, for being selected as the September 2013 "Job Well Done" recipients.

Dr. Jean Laing has been employed at NRC since February 1984. Her co-workers stated

she deserves this award because she put forth much extra effort to make the changes to treatment planning go more smoothly. She makes herself available to the Treatment Planning Coordinators, assisting them in making the necessary changes, which saves time for all members of the therapeutic team. She has created a brief summary of the NRC Sex Offender Program to share with the county Mental Health Boards to better inform them how patients are doing at our hospital.

Thank you, Dr. Laing, for all you do!

Kristi Kortje has been employed at NRC since October 1989. Her co-workers stated she deserves this award because she has recently been required to begin the challenging task of rotating to different units. Upon reassignment

to a new unit, she continued to perform the duties of her job competently and with calm confidence. Her excellent observation and reporting skills are being recognized as a "Job Well Done" by Team 1!

Thank you, Kristi, for all you do!

"Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they started."

- David Allen

Marsha Nelson and Seth Lauver Are October 2013 "Job Well Done" Recipients

By NRC's Employee Recognition Committee

Congratulations to Marsha Nelson, Certified Master Social Worker, and Seth Lauver, Mental Health Security Specialist II — Guard, for being selected as the October 2013 "Job Well Done" recipients.

Marsha Nelson has been employed at NRC since January 2005. Her co-workers stated that she deserves this award because she has taken lead responsibility to track the various patients on the white board during 0805 morning report Monday through Friday. She ensures all privilege restrictions and rationale is current and is reviewed per policy. She is willing to serve as the lead staff to track this information, which helps the mainstream clinical staff stay on top of this information.

Thank you, Marsha, for all you do!

Seth Lauver has been employed at NRC since June 2011. His co-workers stated that he deserves this award because he takes his responsibilities as a guard seriously and perseveres in the face of adversity. He is knowledgeable of policies and enforces them. Although some may not appreciate his consistent program adherence, he continues without complaint.

Thank you, Seth, for all you do!

Public Library Thanks for Employees Association Cookbook

Email rec'd by TyLynne Bauer, Facility Operating Officer

TyLynne,

Please convey our appreciation to Brian Planer and the Norfolk Regional Center Employees Association for the copy of the Norfolk Regional Center Employees' Cookbook donated to the Norfolk Public library adult nonfiction collection. We appreciate the generosity to the library and our customers!

I plan on adding it to the collection with a gift plate in the front indicating it being from the Norfolk Regional Center Employees Association. That will happen just as soon as I get through looking through and copying my favorites of all the delicious sounding recipes!!

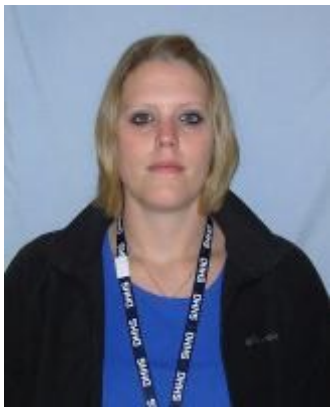
Many thanks,

Judy Hilkemann, Reference Supervisor, Norfolk Public Library

Please Welcome New NRC Employees

James Bruegman
Facility Maintenance Supervisor

Angela Ramsier
Registered Nurse



Jenny Moore
Mental Health Security Specialist II

Andrea Weich
Mental Health Security Specialist II

Ronald Vick, Jr.
Religious Coordinator

Why doesn't Nebraska have a professional football team?

Because then Denver and Chicago would think they needed one too!

(Ha, ha. Don't fall off your chair!)

What's Cooking at NRC

POTATO SOUP

6-8 potatoes, cubed
1 onion, chopped
1 carrot, grated
2 stalks celery, chopped
4 chicken bouillon cubes
1 T. parsley flakes
5 c. water
1 tsp. salt & pepper
1/3 c. butter

Combine all ingredients in a large stew pot. Cook for 25-30 minutes or until potatoes are done.

Mix: 12 oz. evaporated milk
4 T. flour
6 slices cheese
6 pieces bacon, browned and crumbled

Add this mixture to potato mixture and warm until heated through.

Can be done in a crock pot on low for 10-12 hours or on high for 3-4 hours. Stir in milk, flour, cheese and bacon a few minutes before serving.

(Submitted by Larry Sohler, and he challenges Jann Drahota to submit a recipe for the next issue of *The Source*.)

The Bulletin Board

NRC staff,

Jim and I would like to thank all of you for your thoughts, prayers, phone calls, and your generosity during this challenging but yet new period of our lives. A lot of prayers have been answered with hopefully more to come. Thank you again.

Jim & Tracy Daake

Employees Leaving NRC

August 30, 2013
Angela Ottis, MHSS II

September 16, 2013
Nicole Wiese, RN (PRN)

An ounce of keep your mouth shut is worth a ton of explanation.

Length-of Service Awards Presented

Submitted by TyLynne Bauer, Facility Operating Officer

Twenty-four NRC employees were recognized with length-of-service awards presented at the Norfolk Veterans Home on October 8, 2013. We thank all of them for their many years of loyalty and contribution to state government, with a combined **475 years** of service! **Congratulations to all!**

Darlene Porter — 50 years

Julie Beutler — 35 years

Kris Boe-Simmons — 30 years

Sandy Wiseman — 25 years

Dean Garver — 25 years

Bill Block — 25 years

Dr. Stephen O'Neill — 20 years

Melodie Nielsen — 15 years

Julie Clausen — 10 years

(Photos: Linda Sparr)

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Length-of-Service Awards Presented

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50 YEARS

Darlene Porter

25 YEARS

Sandra Wiseman

Dean Garver

Bill Block

15 YEARS

Melodie Nielsen

Dianna Mastny

Cynthia Krause

Susan Johnston

Terry Hess

Bonnie Bergland

35 YEARS

Sue Waterman

Julie Beutler

20 YEARS

Stephen O'Neill

10 YEARS

Nancy Wragge

Barbara Papstein

Peter Graham

Kristy Goetsch

Steven Daniels

Julie Clausen

Karen Bressler

Byron Blain

30 YEARS

Ken Palmer

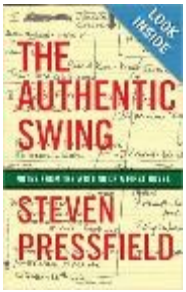
Doug Moats

Kris Boe-Simmons

Finding Your Authentic Swing

From Joe Tye, Values Coach, Inc.

Core Action Value #1 in our course on *The Twelve Core Action Values* is **Authenticity**. We start there because if you really work at Core Action Values 2-12, you will become much more successful much more quickly — and I'd hate to have you accelerate your progress toward becoming a successful phony.



I've just finished reading Steve Pressfield's new book *The Authentic Swing*. It's a very readable little book about how he came to write his bestselling first novel, *The Legend of Bagger Vance*, but at a deeper level it's about how to become your meant-to-be best self. Here are some key lessons:

- Never listen to any motivational speaker or anyone else who tells you that you can be anyone you want to be if you try hard enough. As Pressfield says, you were not born a blank slate — you are meant to be someone unique and special and your challenge in life is to become that person (to achieve your authentic swing).
- When you find yourself in emotional turmoil, chances are that you are not being your authentic best self and the only way you will resolve that turmoil is to remember who you are and to act the part.
- It takes courage to be authentic (as in the courage it took for Pressfield to quit a successful movie career and embark upon the high-risk venture of writing a novel).
- Knowing who you are begins with knowing that you are not the roles you play, the things you remember, or any other such superficiality.
- The only way to become the person you are meant to be is do the work (the title of a previous Pressfield book). As he says in this book, "You discover who you are as you go along." You work, you discover something about yourself, you work some more and you discover some more.

By the way, did I mention that this book is about writing and thus will also be a great gift to anyone who wants to write? Did I mention that this book is about golf and thus will be a great gift for anyone who plays golf? And did I mention that this book is about life and thus … Have a great week — and work on your authentic swing.

————————————

Today's BookSpark: Remembering who you are meant to be

"To say that the golf swing is not learned but remembered is to say that you and I, as individual souls, enter this world not as blank slates, but already possessing a vast fund of knowledge, wisdom, and consciousness. That's a pretty empowering statement, if you think about it."

Steven Pressfield: *The Authentic Swing*

Science on the Brain: Brain Games & Dementia

By Mary Case, M.D., Neuropathologist, Scientific Advisor, Emergenetics International

Brain games. In 2012 the global market for digital technology-type brain health products was estimated to be over one billion dollars, and by 2020 it is projected to be over 6 billion. What explains this huge market? The general goal of digital technology "brain games" is to improve attention, memory and thinking. What if the unstated goal is really to maintain thinking skills — in other words, to prevent dementia?

An international survey in 2011 revealed that next to cancer the disease people fear most is Alzheimer's. In the U.S. 13% of Americans 65 years or older have dementia, and within the age group of 85 years and older, the prevalence is 40%. Alzheimer's Disease (AD) is the most common kind of dementia and is present in 5.4 million persons in the U.S., two-thirds of whom are women. AD has a characteristic set of clinical symptoms — progressive memory loss, disorientation, personality deterioration, and ultimately loss of the ability to take care of oneself. That is accompanied by neuronal neurofibrillary plaques (amyloid) and tangles (tau protein) in characteristic locations in the brain.

Most patients with Alzheimer's dementia first begin to develop symptoms around age 65 (late onset Alzheimer's or LAD). A rare subset is early onset Alzheimer's (EAD) in which symptoms develop as early as 30.

The precise cause of Alzheimer's is unknown and appears to be multi-factorial. There can be a genetic component.

EAD — Most cases are familial with a genetic mutation on chromosomes 1, (abnormal presenelin 2) 14 (abnormal presenelin 1), or 21 (abnormal amyloid precursor protein — APP). A child who inherits any of these mutations has a 50:50 chance of developing EAD.

LAD — There is no definite genetic cause, however, there is a genetic abnormality associated with increased risk for developing LAD, the Apolipprotein E (APOE) on chromosome 19. APOE is present in three forms, 2, 3 and 4. Dozens of research studies have confirmed that while APOE4 is present in 30-40% of normal individuals, it is also the form present in 40% of patients with LAD.

There can be non-genetic components associated with AD, and at present the only one which is proven valid is the presence of cardiovascular disease.

Of the top ten causes of death in the U.S., dementia is the only one that we cannot cure or effectively treat. In fact, in the past decade over 100 clinical drug trials to prevent or slow down the progress of dementia have failed. Perhaps that's how the brain game market has come about, as a "daily dose" of something to prevent the earliest signs of what could be dementia.

It seems unlikely that spending 1-3 hours a week playing digital technology games would thwart the onset of dementia. Research supports this. Studies show after weeks of "practice" on tasks designed to improve memory, concentration, reasoning, attention and visual-spatial skills that there is performance improvement, however, there is no objective improvement in unpracticed related tasks in real life. If we accept

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Science on the Brain: Brain Games & Dementia

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that brain games are purely enjoyable entertainment, are there other real ways to reduce the risk of developing dementia?

Keeping in mind that we cannot choose our genetics, and that we really don't understand the full complexities of what causes dementia, here are a few recommendations:

1. **Good general health.** The brain is only one organ in the body and good nutrition, appropriate exercise, and adequate sleep are integral. Since heart and blood vessel disease is associated with AD, special attention to proper nutrition and exercise is doubly important.
2. **A lifetime of challenging learning is critical.** Keep up the brain's neuroplasticity — master a new language or take a MOOC course or pursue another type of formal education altogether. If you're proficient at the Saturday New York Times crossword puzzle, switch to a new test of your linguistic abilities. Be passionate about difficult tasks.
3. **Live in community with other brains.** Research shows that isolation and loneliness contribute to both decreased cognition and the risk of developing LAD. Cherish your relationships and nurture new ones. Volunteer. Teach. Contribute to the well-being of others.
4. **Be calm everyday.** While it may not be possible for you to be fully present in the moment during all of your waking hours, carve out some time each day to clear your mind and relax your body. Recalibrate.
5. **Be brave.** There are some things that you will gain by aging that will make your life better. You'll see.

In fact, something you're doing already is decreasing your chances of developing dementia. In two studies, one in Britain and one in Denmark, the projected rate of dementia has declined by 25% and twice as many 95-year-olds are getting top scores in a cognitive exam compared to 10 years ago. The "cause"? Better health and better education. So enjoy brain games as entertainment, and keep up the real brain work!

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	5				2			
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6			9			4	3	

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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SPOOKY TREATS

Submitted by Marilyn Stromberg, DHHS Scheduling Coordinator

SPOOKY TREATS

1 box yellow cake mix
1 egg
½ c. butter, softened
3 c. mini marshmallows
½ c. white corn syrup
1/3 c. sugar
1/4 c. brown sugar
½ c. peanut butter
2 c. rice krispies
1 ½ c. peanuts
1 c. candy corn
1 tsp. vanilla

Preheat oven to 350°. Mix cake mix and butter until well blended. Add egg and mix. Pat in 9 x 13 pan and bake for 12-14 minutes until light brown on edges. Put marshmallows on top and bake 1-2 minutes until marshmallows are puffed up. Remove from oven. Combine syrup and sugars in saucepan over medium heat and stir until it boils. Remove from heat and add peanut butter and vanilla. Add cereal, peanuts and candy corn. Mix well and pour over marshmallow mixture. Cool, then cut.