

HRC NEWS & VIEWS

Volume 8, Issue 7

July 2012

DR. WYSE CHANGING SERVICES



After ten and a half years of service at HRC, Dr. Wyse has made the decision to devote his medical practice full time to the Grand Island Veterans Home.

During these years, there have been many changes within the facility and the Medical Staff. In addition to his physician responsibilities, Dr. Wyse has served as the President/Chairman of the Organized Medical Staff since March, 2004.

The Regional Center appreciates his service and commitment over the years. We wish him the very best in his future providing medical services to our veterans.

Thanks for all you have done to make our program successful!

FROM THE HRC SCRAPBOOK



Christmas 2009



American Gothic— August 2005



Celebrating the holidays as Santa Claus 2004

July is

- Anti-Boredom Month
 - Cell Phone Courtesy Month
 - Family Reunion Month
 - Hot Dog Month
 - National Grilling Month
 - National Ice Cream Month
 - Make a Difference to Children Month
 - Recreation & Parks Month
 - Social Wellness Month
 - Therapeutic Recreation Week July 8 - 14
 - 7/1 Second Half of the Year Day
 - 7/2 I Forgot Day & Made in the USA Day
 - 7/3 Stay Out of the Sun Day
 - 7/4 Independence Day
 - 7/7 Chocolate Day
 - 7/13 Gruntled Workers Day
 - 7/16 Global Hug Your Kid Day
 - 7/21 Toss Away the "Could Haves" and "Should Haves" Day
 - 7/22 Parents Day
 - 7/23 Gorgeous Grandma Day & Hot Enough for Ya Day
- (Grandmas be ready for a group photo !)**

FAREWELL RECEPTION

Honoring Dr. Wyse

Monday, July 30 1:30 to 3:00

Human Resources Area, Room 007

WHAT'S HAPPENING AT HRC

BY MARJ COLBURN



I wanted to give everyone an update on where we are with some of the projects and concerns at HRC.

- With the youth census rising, we are looking at staffing, making sure we will continue to maintain ratios and deciding what vacant positions will need to be filled.
- HRC has had 1 response to our ad for a physician for the program. We will continue to recruit and to work with Lincoln on filling this vacancy.
- DAS is continuing work on the cemetery project. Benches and rock for the path were installed on June 28th. The plaque with a verse should be here by the middle of July.
- The tree contractor arrived on campus June 29th to start the removal of dead and diseased trees. They seem to be moving along quickly in getting them down.
- There have been no problems or issues with the youth admitted to HJCDP that was not directly admitted from YRTC-Kearney.
- The Fire Marshall was on campus in late June completing our annual inspection. He found some issues with lighting, clothing and other items on the floors in youth's room, and some filters that needed to be changed. The biggest concern was items stored within 18" of sprinkler heads. This is not allowed. We need to make sure that when we stack things up we aren't crowding that space within 18" of the ceiling.
- The air is on and functioning in all buildings. I probably shouldn't have said that out loud.
- The youth seemed to enjoy all of the out of school activities. Thanks to all staff who helped and supported those activities.
- The Nebraska State Patrol is planning on using Building #7 for another training July 11th and 12th.

MAINTENANCE NEWS

BY CHERI DELAY

Heat and heat and more heat plus a lack of rain have cut down on the grass growing and the need to mow as much as we usually do in June and early July. Maintenance staff have been keeping busy with painting offices, landscaping, water-

ing, spraying weeds and miscellaneous tasks that arise. The contractor hired to take down several of our diseased trees is currently on campus and making headway with that project. Air conditioning was down in Building 4, June 29th, but

was running again by 11:00 a.m. the next day with the help of Johnson Controls. The benches have arrived for the cemetery and add to the beauty of that special area.

HOUSEKEEPING UPDATE

BY MARY ANN KOCH

Happy July! June was a productive month for Housekeeping, mostly the last two weeks that the boys were out of school. Carpet was cleaned in the two west classrooms in the school. The PVC classroom was scrubbed and waxed, and we

did get one office waxed. It is always nice to be able to get into those areas that get used so much and freshen them up a bit. The west cafeteria is ready to scrub and wax as soon as details can be worked out. We are beginning our vaca-

tion season, so we won't have a lot of extra stuff scheduled. I pray that our air conditioners in all the buildings hold up to the heat that is predicted, and everyone can stay cool. Have a good 4th and rest of your month.

DETERMINATION AND BRICK WALLS

BY VALUES COACH, JOE TYE

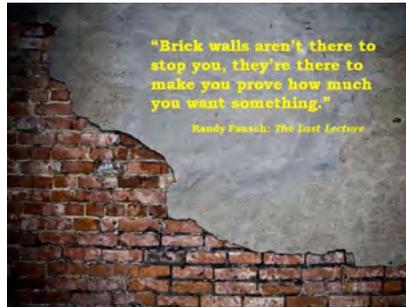
Randy Pausch was living the American Dream. He had a job he loved as a professor at Carnegie Mellon University, a wonderful family, and fascinating hobbies. Then he was diagnosed with terminal pancreatic cancer and given less than six months to live. And as he was dying, he was giving speeches and writing a book about lessons on how to live.

This is my favorite quote from Pausch's book *The Last Lecture*: "Brick walls are not there to stop you, they are there to make you prove how much you want something."

As Harold Kushner so cogently tells us in his book *When Bad Things Happen to Good People*, we all sooner or later run into brick walls. When that happens, we need to remember the advice of my friend W. Mitchell who wrote the book *It's Not What Happens to You It's What You Do About It*.

There are four possible responses to running into a brick wall, each of which is appropriate, depending upon the situation.

The first is to quit, giving up the quest. After a certain number of years, someone who's been toiling away in the minor leagues has to accept that the dream of playing in the Big Leagues is not going to be realized and to find a new set of goals to pursue. I started Values Coach in 1994 after realizing that the brick wall standing between me



and my then-goal of being CEO of a large hospital was trying to tell me that my calling in life laid elsewhere.

The second is to keep pounding away at that brick wall, enduring all the pain and frustration of picking yourself up time and again and knowing that it will knock you down many times before you finally crash through. Every spouse of an alcoholic or parent of a child whose gotten into drugs knows the daily anguish of running into a seemingly impregnable brick wall, hoping that this is the day that one last smash-up will lead to a breakthrough. So does every author who has papered the walls of a room with rejection letters.

The third is to find a way over or around the wall. When Bill Hewlett and Dave Packard started the company that still bears their names, their first project was a pin counter for bowling allies. It hit the market and immediately hit an impenetrable brick wall. Rather than pounding away trying to sell the device with brute force marketing, they tried something else - and devel-

oped the technology that Walt Disney used for the soundtrack of *Fantasia*.

The fourth is to find a new wall. We recently ran into a brick wall that stands in the way of one of the several roads down which we have been traveling - at a pretty high rate of speed. There appears to be no way through, over, or around this particular wall; that road is now barricaded. We are not going to back off on our mission of sparking a movement for values-based life and leadership - quite to the contrary. We are going to find another road to race down, knowing that at some point that road, too, will offer up brick walls to make us prove how much we want to achieve this goal.

Some years ago I wrote a book called *Never Fear, Never Quit*. "Never Fear" doesn't mean don't be afraid - it means don't allow your fears to paralyze you. And "Never Quit" doesn't mean don't stop - if something isn't working, by all means stop and try something else. What it does mean is don't give up.

Sometimes, as Randy Pausch said, brick walls are there to make you prove how much you want something. And sometimes they are there to alert you that you are on the wrong path in life. The challenge is often discerning what sort of wall you have just smashed into, and then facing down your fears and doing what you must do.

MINDFULNESS BY MARY LOU HABERMAN

For many, a synonym of mindfulness is *awareness*. In any particular moment, a person can choose to be aware of body based experiences (e.g. breathing or tension) and/or thoughts/feelings/sensations (visual, auditory, olfactory, tactile, taste). One can choose to *observe* and *accept* awareness or *judge* it. If the awareness is judged (e.g. "good/bad" "should/shouldn't"), the next choice is to "hang on to" that judgment or "let go of it". It's pretty awesome that a person can choose to be aware in the moment and choose to accept "hum, that moment is gone"!

ADOLESCENT GROWTH AND DEVELOPMENT

BY MARJ COLBURN

As providers of care for adolescents (and as parents of some) knowing a little about the changes occurring during this phase of life might be helpful.

During adolescence, children develop the ability to:

- Understand abstract ideas such as math concepts, rights and privileges.
- Establish and maintain relationships by learning to share intimacy

- Develop a more mature sense of self and purpose.
- Question values.

Physical changes occur during adolescence as well. The sudden and rapid changes can make adolescents very self-conscious, sensitive and worried about their body image. They can make painful comparisons between themselves and peers. These physical changes can lead to awkward stages of development.

Youth begin to separate from parents and work towards establishing their own identity—sometimes without problems, but sometimes with a great deal of conflict with the family. As adolescents pull away from the family, friends become more important. The peer group is a safe haven to test ideas. Group members want to act alike, dress alike, have secret codes and rituals and participate in the same activities. A strong need for peer approval can lead a youth to dangerous feats and taking part in risky behavior.

YOU'RE A WINNER

- Kudos to Scot Adams for offering assistance and checking in with us at HRC during Bill's absence. *Marj Colburn*
- The Employee Appreciation Committee organized a great barbecue for all staff. Special thanks to Doug Bonham and Tracy Polage for grilling the brauts and hamburgers!

Corinne Jensen

- Thanks to the employees who participated and wore wild sunglasses on National Sunglasses Day! *Corinne Jensen*
- We appreciate the Human Resources staff who provided support and answered questions during open enrollment. *Marj*

Colburn

- Sherry Block did an awesome job organizing activities during the Summer Break! *Marj Colburn*

NEWS FROM THE KITCHEN

BY MINDY BLAIR

My kitchen staff have been busy preparing meals for special summer events but still having to follow guidelines set by the National School Lunch Program. Doug and I were able to attend a training to prepare us for the New Meal Patterns for the School Lunch Program. There have been a few changes including breaking the Vegetable group into 5 subgroups in which each subgroup has a minimum amount of servings per week. Also, in the Grain group, at least ½ of the

grains served have to be whole grains and there are a minimum and maximum number of servings per week. With Fruits, there are a minimum number of servings as well as in the Meat/Meat Alternate group, there are minimum and maximum servings needed per week. The new change in the Milk group is that 2 different types of milk have to be offered as well as any flavored milk has to be fat-free. Lastly, they have set minimum and maximum ranges for calories for

each meal that we have to follow as well as specific amounts of sodium, saturated fat, and trans fat that is served. You will see these changes gradually being incorporated into our menus. During the month of July, the kitchen celebrates two birthdays including Shelly Cantrell on the 15th and Mindy Blair on the 28th. We hope you have a great day and enjoy time with family and friends.

HEALTHY RESOLUTIONS CLUB BY TONY MARTIN

Have you ever sat down with your doctor to listen to him talk to you about your high blood pressure, high blood sugar, or being over weight? Well, that's where I found myself recently, and my mind was saying to my body, look what you did to yourself, you're a mess, you're doomed. Then I heard the doctor say it's not too late to make a change, if you put in the work to change your bad habits your health will improve, and you will live longer. He said it's not easy, but it's worth it, and you have to start eating better and exercising more. So, here we are, and I'm asking all of you to work together and make those changes for a better life. Let's eat better, and exercise more so that we can live longer, happier lives with our families and each other. You can start by looking at your diet and plan an exercise program that you can stick to. It's a good idea to find a partner for support and encouragement. Keep reaching for your goals, and never give up on yourself.

Does eating lots of grapefruit, celery or hot peppers melt away body fat? There are no foods that burn away body fat. The healthiest way to decrease body fat is to eat a balanced diet and expend more calories through exercise. Magic bullets and quick fixes typically lead to disappointment, and they can thin your wallet rather than your waistline.

Source: Weight-control Information Network

Strong core muscles make it easier to do most physical activities, including everything from swinging a golf club, to getting a glass off the top shelf, and to bending down to tie your shoes. Your core runs the length of your trunk and torso, including the abdominal muscles, the three muscles that run from your neck to your lower back, and the muscles along the vertebral column that extend and rotate the spine.

Weak and unbalanced core muscles are linked to low back pain. The core also includes the external and internal obliques, the hip flexors, muscles at the sides of the hips, and the hamstring group located in the back of the hip and in the upper thigh. Strengthening them helps maintain good balance and posture. They include the breathing diaphragm and pelvic floor muscles. The pelvic muscles are key to lower back stability and continence. They can be strengthened by exercises, including contracting and releasing the muscles that stop the flow of urine.

With all these important muscles included in the core, it's surprising that, aside from a few sit-ups and push-ups, core muscles are often neglected, even though they require no special equipment or a gym membership. One easy core exercise is the bridge. Lie on your

back with your knees bent and your back in a neutral position, not arched or pressed to the floor. Tighten your abdominal muscles and raise your hips off the floor until they are aligned with your knees and shoulders. Hold the position for as long as you can without breaking your form.

The plank (or hover) is another classic exercise. With stomach toward the floor, hold your body in a rigid position balanced on your elbows and your toes. Keep your body in a straight line from ears to toes with no sagging or bending. Your head should be relaxed and you should be looking at the floor. Hold this position for 10 seconds to start. Over time, work up to 30, 45 or 60 seconds.

More and more research is showing that the movement we do throughout the day (or do not do) may be even more important than our planned exercise sessions when it comes to weight management. So in addition to your planned workout, don't sit when you can stand, don't stand when you can pace or walk, and don't just walk when you can walk briskly. A good guide is to never go more than two hours without moving.

Source: Current Cardiovascular Risk Reports

PROUD MOM BY CAROLYN JOHNSON

Stephanie Gaines, daughter of Carolyn Johnson, was promoted to Chief Warrant Officer 4 on June 8, 2012. Stephanie is stationed at Fort Lee, Virginia and has completed 22 years with the Army. The

majority of her service has been spent outside the United States. Her travel has taken her to Germany, Korea, Afghanistan, and Kuwait. Mom hopes she will remain state side until she decides to retire.

Congratulations, Officer Gaines on this fine accomplishment!





During the summer school break the staff helped with all the special activities. They did a great job encouraging youth to get involved and many staff participated in the events. Some of the favorites were the Minute to Win It games, 3 on 3 tournament, kayaking and swimming. THANKS, team!

Jean and Corinne sorting out cards for Minute to Win It game.



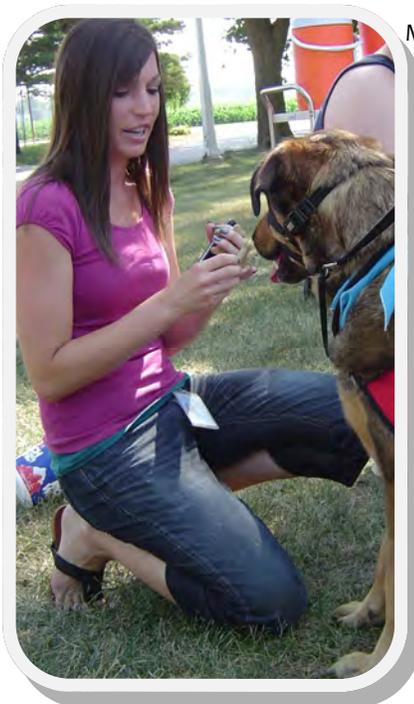
Sufian getting into the action of kayaking.

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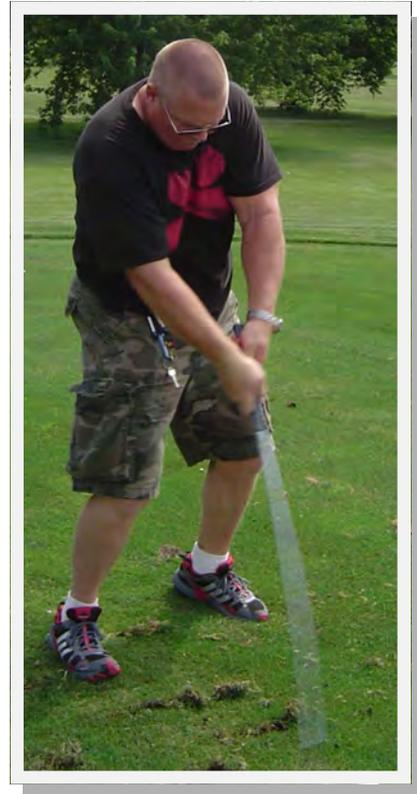
Josh took youth to the Olympic Swim Trials? Not really, the Kenesaw Pool!



Mindy provides a treat to a K-9 Friend.



Travis secures the tarp for slip-n-slide.



Troy is swinging the club at the Elks Driving Range.

WINDOWS, HUMIDITY AND FIRE ALARMS

BY JEAN LUTHER

Summer is here, and for those of us who have worked here for years we know that this season brings with it those irritating fire alarms activating. It's usually the humidity that sets them off and it happens more often in the latter part of the day or at night.

I remember one hot, humid summer afternoon when the Fire Marshal was here to do an inspection. He opened one of the outside stairwell doors and set off the system. Good time to have a drill, but here's

a hint: If the alarms activate, evacuate your office immediately, and don't wait for someone to make an announcement that it is a false alarm. Fire Marshals don't look kindly on that.

Since May 27th the alarms have sounded ten times, seven of these occurring during the night shift. With the increase in humidity it is important to **KEEP THE WINDOWS** in all areas **CLOSED**. During the day there is more activity and the air is moving more consistently. In the

evenings the offices are closed, and the humidity can build up. To help alleviate the problem, two large dehumidifiers have been set up on the first floor, and the night shift supervisor is opening office doors and turning on extra fans to help circulate the air.

The alarms have not activated since these measures have been put into place and I'm keeping my fingers crossed.

Thanks for your cooperation!

SUNGLASSES DAY - JUNE 27



Kelly is on the "cutting edge" with her barbwire shades crafted by her neighbor.



Safety Officer, Jean Luther gone wild!



Cheri, Sherry, Marnie, Marj, Grant and Corinne are looking cool!

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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 & content.

AA/EOE/ADA



Fourth Of July Trivia Quiz

1. The Declaration of Independence begins with what words?
2. How did the Liberty Bell get its crack?
3. What is the official anniversary date of Flag Day?
4. In July 1776, how many people were living in the colonies?
5. Flying a flag upside down is a symbol of what?
6. How tall is the Statue of Liberty?
7. When the Liberty bell was cast, how much did it weigh?
8. Estimated number of Fourth of July cookouts?

Submit your answers to Corinne Jensen by July 17. Entries will all the questions answered correctly will be put in a drawing for a prize. Good luck!

THANK YOU

To Micki for all the things you did to help me keep group running smoothly during my illness. I appreciate all you do to assist me and the effort you put into making sure things still ran without problems.

Rochelle Dixon

THANK YOU

Thank you so much for the way too generous gift card to Austads! That was really very special and nice of you. Now, if my body would just get it together maybe I could get out and enjoy some new golf stuff. Thanks again!

Bill Gibson

Easy Corn on the Cob

from the kitchen of Cheri Delay

Put the entire ear of corn in husk in the microwave for 4 minutes per ear. If you can get two ears in, microwave for 8 minutes. Using a mitt, take the corn out of the microwave, cut approximately 1/2 inch from the bottom of the ear (enough so you cut through all the bottoms of the husks), hold the corn by the tips of the husks and let the corn gently drop through the husks onto a plate. It's hot, ready to be buttered, and eaten. Enjoy.



Swing set or playground set. Contact Micki @ Ext. 3482.

Two Bedroom Apartment or House to Rent.

Contact Mindy @ 3273

COMPLIMENT TO STAFF

The following is a My Voice compliment a youth submitted on June 14.

I just wanted to thank all of you for how understanding and helpful you guys have been for me. I appreciate it a lot. Thank your for being so supportive.

KIDS SAY THE DARNDEST

My oldest son Andrew, when he was around 2 or 3, we were driving in the car in Kearney. I remember traffic was especially heavy and he was in his car seat and just talking and talking. I finally turned and said to him, "Andrew please be quiet you are getting on my nerves." He replied with, "Why mommy, where your nerves at?" I had no reply. It was too funny!

Rochelle Dixon

My daughter and 6 year-old granddaughter were shopping when my daughter noticed a somewhat unpleasant odor in the aisle. She asked my granddaughter, "Did you toot?" To which my granddaughter replied very emphatically, "Yes, but I'm not going to tell you!"

Cheri Delay



Kirby Sentra Vacuum, 2 years old with all attachments, self-propelled. \$700. Contact Carolyn @ 3287.

Computer roll top desk, \$300. It is light oak and in very good condition. Call Pam Schwabauer at 402-469-2013 or Ext. 3398.



Wilderness 5th Wheel Camper, great condition, 30 Ft., all the nice features and ready to roll. Contact Phill Parker

GIVE AWAY

Antique piano and bench in excellent condition. Call Pam Schwabauer at 402-469-2013 or Ext. 3398.

