

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

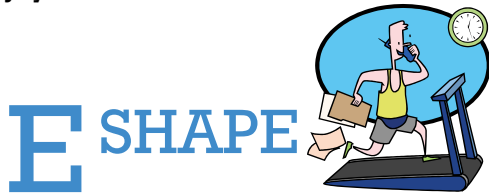
ESH PROMOTES HEALING OF MIND, BODY, AND SPIRIT

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The hospital continues to provide a wide range of programming that promotes the healing of the mind, body, and spirit. Special events and leisure time also focus on overall wellness. Over the past month, residents on Unit E participated in a pedometer competition. Each walker hit their reset button every morning at 8:30 am and recorded their steps every day at 3:00 pm. The purpose of this activity was to come up with a creative way for patients to increase their physical activity. Walkers were randomly rewarded with prizes for the most steps of the day. A grand prize for the most steps in August was awarded, as well as several participation prizes. It was the hope of staff that the pedometers would bring about positive changes in attitudes about health and lead to healthy lifestyle choices in the future.

On a spiritual note, about 50 patients and visitors gathered for the annual worship and praise event, **Raise the Roof**, on Sunday, September 23. Patients were offered the opportunity to share their faith through favorite scripture readings and song. Hospital Chaplain **Fr. Robert Giffin** opened the program with a prayer and introduced the musical performances which included a roster of patients, staff, and special guests. Several residents chose their favorite hymn or a popular melody to sing. Returning guest **Daniel Hyman** performed a ballad with one of his full-body puppets used in his puppet ministry. Guest **Watez Phelps**, son of employee Natasha Phelps, played several familiar tunes on the keyboard. Employees **Susan Trembczynski**, **Lori Willis**, and **Theresa Arvin** also participated in the program. **Women with Voices from American Baptist East Church** concluded the program with several inspirational songs. Everyone walked away feeling joyful and refreshed.



E SHAPE stands for Evansville State Hospital Actively Promoting Exercise!

34 ESH employees challenged 60 Deaconess employees to a walking challenge. ESH employees boasted that they could walk more miles in an eight week period. From May 11-July 4, 2009, employees kept track of miles walked each week on a log sheet in the main nursing office. The two agencies communicated by email on a weekly basis throughout the challenge hoping to spur on the competition. ESH employees were victorious walking 5,059.13 miles compared to Deaconess employees' 2,481.69. Great job ESH!

ESH's fitness group, E SHAPE, has been active since June 2006, forming from the INShape Indiana initiative by Governor Mitch Daniels. In the past three years, employees have been encouraged to lose weight, stop smoking, and exercise more through a variety of individual and group challenges such as Biggest Loser Team competitions and walking challenges. Lunch and learn educational programs on fitness and wellness continue to be offered throughout the year.



ESH Takes Proactive Steps During the Pandemic H1N1-09 Threat

By Vicki Sprengel, Infection Control Nurse

Upon receiving a Health Alert about the Influenza A (H1N1) virus from the Health Department, the hospital has taken appropriate measures to prevent an outbreak at ESH and monitor the status of the alert and status of the strain. The world has been at a pandemic level (Level 6) since June 18, 2009. The hospital's Pandemic Plan Committee has finalized plans to meet this changing situation. Patients and staff have been reminded of good hand hygiene and use of hand sanitizers. Signs have been displayed throughout the building to caution visitors about disease prevention and the possibility of restricting visitation if a patient/visitor is experiencing flu like symptoms.

Family and friends are asked to not visit when they feel sick or have had an illness in the past 48 hours involving a sore throat, cough, or fever of 100 degrees or more. Additional recommendations for cleaning and disinfecting work areas have been implemented throughout the hospital. We are expecting increasing waves of influenza illness especially beginning this Fall. How to protect yourself during a pandemic:



- Pay close attention and take seriously all hospital announcements regarding influenza precautions. The pandemic Flu Info line is 812-469-6866.
- Make preparations for childcare/eldercare in case of school/care center closures.
- Contact your physician to see if your medical condition (diabetes, asthma, etc.) indicates the need for a pneumonia vaccine.
- **Stay home from work or school and limit contact with others if you sick.**
- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze in your sleeve, rather than in your hands.**
- **Wash your hands often with soap and water for 20 seconds or with a hand sanitizer if soap and water are not available, especially after you cough or sneeze. Avoid close contact (within 6 feet) with sick people.**
- Avoid touching your nose, mouth and eyes.
- Avoid shaking hands and always clean your hands after physical contact with others.
- If wearing gloves, always clean your hands after their removal.
- Keep frequently touched common surfaces (for example the telephone) clean.
- Maintain a healthy lifestyle (rest, diet, exercise, and relaxation).
- Plan to take all influenza vaccinations!

Information on the Pandemic H1N1-09 virus can be found at www.pandemicflu.gov.

THANK YOU FOR YOUR DONATION!

Ann Collins
Jill Spradley Cici
Scott Lancaster
Lorrie & Doug Fox
Jo Miller
Ruth Nichol
Joyce Evans
Janice Grismore
Camille Verkamp
Christy Conner
Betty Stevens
St. John the Baptist
Kathy Barnett

Ruth Wathen
Linda Gerling
Ron Oschsner
St. Ann's Altar Society
Patti Lahay
Kathy Griffith
Lou Thompson
Ella Minor
Vera Lee
Jennifer Green
Melissa Williams
Shelley Glover
Jim Key

Diana Vance
Katherine Draughon
Valada Smith
Gibson County MHA
Ed Raber
Carol Fagan
Donna Scheller
Amy Harris
David Greer & Family
Patty Hammers
Harvey Bennett
Marty Lawler
Shirley Clark



Haley Darr
Robert & Mary Lou Bain
Jana Russell
Roxine Koenig
Catherine Eversole
Angela Suter
Marilee Jourdan
Cherrel Underwood
Bob Bihm
Mr. Mrs. Jerry VanPatten



HELPING HANDS

Christmas Gift Lift Program



The fall season brings thoughts of the upcoming holidays that seem to approach more rapidly each year. The Community Services Office has begun preparations for the Christmas holiday season by inviting sponsors to participate again in the Christmas Gift Lift Program which has been in place for more than 40 years. The anonymous program ensures that our patients are remembered with gifts during the holidays.

Sponsors are asked to help by purchasing three items from our patients' wish lists. The cost to sponsor a patient is around \$50. Gift items range from personal care products to clothing to novelty and entertainment items. The process begins in September with our patients completing their wish lists. The lists are sent to sponsors in October so that they can beat the holiday shopping rush.

If you sponsored a patient last year, you should have received a letter/e-mail at the end of August about the 2009 gift program. Monetary donations for party supplies, as well as gift cards and small gift items are also appreciated for the holiday program. If you can help, please contact Theresa at 812-469-6800, ext. 4970.



COLLECT-A-MILLION CLUB

ESH began participating in the "Collect-A-Million" Club in July by recycling the pop tabs from aluminum cans to benefit the Evansville Ronald McDonald House which serves families whose children require care at area hospitals and medical centers. We're off to a good start with a reported 16 pounds or 16,000 pop tabs collected thus far. Pop tab receptacles are available for patient use in the canteen and in each unit's nourishment room. Receptacles can also be found in staff break rooms, and were recently added on the serving line in Dietary and in office areas.

This activity stresses the importance of recycling as well as brings awareness of the McDonald House. Staff and residents have teamed together to help others in the community.

WELCOME VOLUNTEERS!

Lynn Deputy
Joyce Evans
Mahealani Gregg
Kristina Kellams
Ron Pittman
Sheila Simmons
Jessica Sonnemaker

Interns:
Drew Davenport
Holly Holloman
Becky Michael
Anna Nellis

**U of E Music
Therapy Students:**
Audrey Bootwell
Anna Christianson
Kellie Schallert
Stephanie Sullivan



Nursing Students from
Ivy Tech, Henderson, Owensboro, Wabash
Valley, and the University of Evansville



UPCOMING EVENTS

Oct 30—Oktoberfest

NEW EMPLOYEES:

Eric Boyd, Nursing Service
Rebecca Bradford, Nursing Service
Michelle Feast, Nursing Service
Larry Houston, Nursing Service

GOODBYE:

Dewayne Bushard, Security
Sandra Henderson, Housekeeping
Jason Horton, Psychology
Sarah Miller, Rehab Therapy
Rita Scheller, Nursing Service
Melinda Skjoldal, Nursing Service
Jeff Stevens, Housekeeping



COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

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WE'RE ON THE WEB!
WWW.IN.GOV

Did You Know?

October 11, 2009 is National Depression Screening Day

Sites all over the nation will be set up to perform screenings to call the public attention to the conditions of depression and manic-depression, and increase awareness about their respective symptoms and treatment. Depression is the most prevalent psychiatric illness encountered in the primary care setting. It's also the most challenging of diagnoses to make because its presentation is so varied. Depression often hides behind somatic complaints or is masked by co-existing illness. When left undiagnosed, patients with depression often return to their primary care physician office with unresolved health issues. In fact, two-thirds of undiagnosed depressed patients make more than six visits per year to a primary care physician for somatic complaints.

Depression is a result of an imbalance in important neurochemicals that influence thinking and emotions. Medications are available and effective in restoring balance.

1. Over the last two weeks, have you felt down, depressed, or hopeless?
2. Over the last two weeks, have you felt little interest or pleasure in doing things that you usually enjoy?

This two-question tool referring to mood has been effective in identifying symptoms of depression. It's important for individuals to understand that their depression is a medical illness and not a character or emotional weakness. Please urge your loved one to seek help.

Volunteer Needs

- **Friend to Friend Program Sponsors (Male volunteers!)**
- **Christmas Gift Lift Program Sponsors**

Needed Items

- | | |
|----------------------------------|---------------------------------|
| • Pre-paid phone cards | • Writing tablets, bound |
| • Socks | • Gift bags/tissue paper |
| • Men's gloves/sock hats | • Cosmetics |
| • House shoes/slippers | • Chapstick |
| • T-shirts (Large/XL/2XX) | • Pocket Tissues |
| • Men's Velcro wallets | • Sugar free candy/gum |
| • CD players/radios | • Personal Care Products |

THANK YOU FOR YOUR SUPPORT!

St. John's Women's Guild—Buckskin
Friends & Neighbors Home Ec Club
W & W Pizza Inc Employees
Evansville Action Civitan Club
Christian Fellowship Church
Tri State Navy Mothers Club
American Legion Auxiliary
St. Mark's Homemakers Club
Zion United Methodist Church

