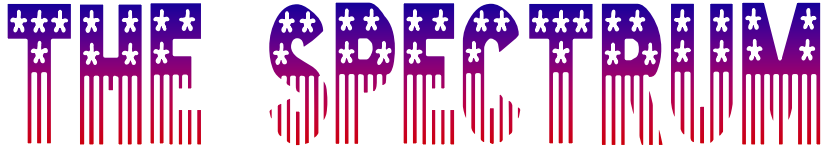




"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital



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Vol. 20, No. 5
May
2010

Volunteer

Of

The

Dear

Award



Jacque Phillips receives Volunteer of the Year Award.

Picture provided

See more on Volunteer of the Year Award and Volunteer Recognition Day. VRD continued on page 5...





SPYKE THE PSYCHE



Your Nest Is Empty? Enjoy Each Other

The empty nest may not be such an unhappy place after all.

Since the 1970s, relationship experts have popularized the notion of “empty nest syndrome,” a time of depression and loss of purpose that plagues parents, especially mothers, when their children leave home. Dozens of Web sites and books have been created to help parents weather the transition. Simon & Schuster has even introduced a “Chicken Soup for the Soul” dedicated to empty nesters.

But a growing body of research suggests that the phenomenon has been misunderstood. While most parents clearly miss children who have left home for college, jobs or marriage, they also enjoy the greater freedom and relaxed responsibility.

And despite the common worry that long-married couples will find themselves with nothing in common, the new research, published in November in the journal *Psychological Science*, shows that marital satisfaction actually improves when the children finally take their exits.

“It’s not like their lives were miserable,” said Sara Melissa Gorchoff, a specialist in adult relationships at the University of California, Berkeley. “Parents were happy with their kids. It’s just that their marriages got better when they left home.”

While that may not be surprising to many parents, understanding *why* empty nesters have better relationships can offer important lessons on marital happiness for parents who are still years away from having a child-free house.

SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

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Indeed, one of the more uncomfortable findings of the scientific study of marriage is the negative effect children can have on previously happy relationships. Despite the popular notion that children bring couples closer, several studies have shown that marital satisfaction and happiness typically plummet with the arrival of the first baby.

In June, The Journal of Advanced Nursing reported on a study from the University of Nebraska College of Nursing that looked at marital happiness in 185 men and women. Scores declined starting in pregnancy, and remained lower as the children reached 5 months and 24 months. Other studies show that couples with two children score even lower than couples with one child.

While having a child clearly makes parents happy, the financial and time constraints can add stress to a relationship. After the birth of a child, couples have only about one-third the time alone together as they had when they were childless, according to researchers from Ohio State.

The arrival of children also puts a disproportionate burden of household duties on women, a common source of marital conflict. After children, housework increases three times as much for women as for men, according to studies from the Center on Population, Gender and Social Equality at the University of Maryland.

But much of the research on children and marital happiness focuses on the early years. To understand the effects over time, researchers at Berkeley tracked marital happiness among 72 women in the Mills Longitudinal Study, which has followed a group of Mills College alumnae for 50 years.

The study is important because it tracks the first generation of women to juggle traditional family responsibilities with jobs in the work force. In the empty-nest study, researchers compared the women's marital happiness in their 40s, when many still had children at home; in their early 50s, when some had older children who had left home; and in their 60s, when virtually all had empty nests. At every point, the empty nesters scored higher on marital happiness than women with children still at home. The finding mirrors that of a report presented last year at the American Psychological Association, tracking a dozen parents who were interviewed at the time of a child's high school graduation and 10 years later. That small study also showed that a majority of parents scored higher on marital satisfaction after children had left home.

While the Berkeley researchers had hypothesized that the improvement in marital happiness came from couples' spending more time together, the women in the same study reported spending just as much time with their partners whether the children were living at home or had moved out. But they said the quality of that time was better.

She notes that the lesson from the empty nest may be that parents need to work to carve out more stress-free time together. In the sample studied, it was only relationship satisfaction that improved when children left home. Over all, parents were just as happy with children at home as in the empty nest. (What happens when adult children move back home, their job prospects having evaporated in a brutal economy, has not been extensively studied.)

“Kids aren’t ruining parents’ lives,” Dr. Gorchoff said. “It’s just that they’re making it more difficult to have enjoyable interactions together.”

By TARA PARKER-POPE
Published: January 19, 2009

Policy Update

Revised/Updated

- A-8 *“Reporting Missing State Property”*
- A-14 *“Use of Logansport State Hospital Facilities”*
- A-15 *“Display of Personal Belongings by Patient”*
- A-24 *“Smoke Free and Tobacco Free Campus Guidelines”*
- A-52 *“Patient Rights and Responsibilities”*
- C-4 *“Authentication of Orders”*
- C-5 *“Search of Patient / Environment”*
- C-8 *“Patient Elopement/AWOL/Return of Patient from Elopement/AWOL”*
- C-12 *“Patient Records”*
- C-16 *“Authorization of Therapeutic Leave of Absence”*
- C-21 *“Off Site Referrals”*
- C-25 *“Supervision for Criminally Involved Persons”*
- C-27 *“Code Blue”*
- C-33 *“Home/Leave Notification”*
- C-34 *“Health Care Representative/Guardianship”*
- H- 27 *“Employee Reportable Diseases”*

RESCIND-

Policy A-13 “Patients, Return Of Escaped (Eloped)”

**** Staff should review the above policies on the Intranet or in the manual.**

Volunteer Recognition Day 2010



Dr. Schutter

April 15th, 2010 turned out to be a beautiful day in more ways than one. Several volunteers came out to celebrate their contributions to Logansport State Hospital and its clients. The theme of the day was "Thank you for your Commit-Mint!"



Shadi Lilly

Volunteers were encouraged to get their pictures taken by Information Specialist, Darrin Monroe, in the beautifully assembled, "Commit-Mint" backdrop created by Paul Zimdahl.

Many volunteers enjoyed light refreshments and listened to Superintendent Dr. Schutter say some words about how important volunteers are to this Hospital. Rick Ricks, Transitional



Rick Ricks

Care Manager, came up and presented the Volunteer of the Year Award to Jacque Phillips. Unfortunately, Jacque was unable to make the ceremony, but when a "Volunteer of the Year" can't make it to the



Shadi Lilly (R) surprises Jacque Phillips (L) as she announces that Jacque was nominated Volunteer of the Year

awards program – Community Services comes to them! Community Services was able to surprise Jacque and get a taped acceptance speech from a surprised Jacque! Those that attended the event then were able to watch the whole surprise on video! A special thank you to Darrin Monroe, Jani Foreman, and Marge Potts who all helped make that happen! Jacque has volunteered many hours to raise awareness of mental health as well as volunteering at the 4-H Fair, and the Longcliff Museum. Jacque also regularly donates to SECC and the annual Gift Lift program for the clients! Congratulations Jacque!



Pastor Greg

Volunteer Recognition Day came to an end as Pastor Greg came up and did the closing. As always, Pastor Greg gave a beautiful closing for a beautiful day. Thank you to everyone who helped make this a special day for Logansport State Hospital's very own special volunteers!



Melissa Stewart (L) receives a VRD certificate from Chris Taylor (C) and Jennifer Barron (R)

ADMINISTRATIVE PROFESSIONAL'S WEEK HISTORY

"National Secretaries' Week" was first organized in 1952. It was established as an effort to recognize secretaries for their contributions in the workplace, and to attract people to secretarial/administrative careers, which had a shortage of skilled workers at the time.

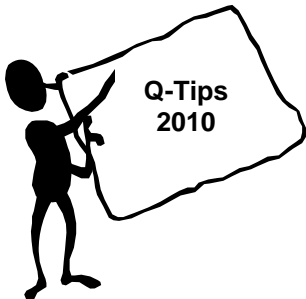
In the year 2000, National Secretaries' Week became Administrative Professional's Week in order to encompass the expanding responsibilities and wide-ranging job titles of administrative support staff.

Here at LSH, we have approximately 45 secretarial and clerical staff that completes a variety of job responsibilities. These staff are essential to our facility. LSH is better able to serve the clients of this state because of the daily contributions of the office support staff.

To show appreciation, there was a small reception held in the ADM Conference Room on Wednesday, April 21st. Dr. Schutter and other leadership staff were there to express appreciation to the support staff for their dedication and hard work and provide encouragement to all those present (see pictures below).



*Thank you for your hard work and dedication.
We appreciate you!*



Continuous Readiness Reminders

- HIPAA REMINDERS

By Quality Management

As a result of the recent HIPAA walk-through audits, please be reminded of the following information.

- **HIPAA Privacy Officer - Jo Curtis-Bamberg**
- **HIPAA Security Officer - Joe McIntosh**
- **HIPAA Complaint Officer - Ron Fawley**
- There are times when external requests are made (attorney/P&A) to view the patient's medical record. These requests should be referred to HIS. When this occurs, HIS will assure the appropriate consents are/have been obtained and will then request the chart. The chart will be viewed in the HIS Director's office.
- Internal e-mail communications with protected health information (patient names, identifying information) may be sent to recipients at other state agencies connected to the State wide-area-network. Be aware of the "Global Address Book". Make sure you are e-mailing the intended recipient.
- External e-mail communications with protected health information must NOT be sent to anyone outside the state wide-area-network. E-mail messages and attachments sent outside this network must contain encrypted PHI.
- If a patient requests to have access to his/her chart, they must put this request in writing and send it to HIS. The Privacy Officer will discuss the request with the treatment team to determine if it should be granted. If granted, requested copies of the medical record will be made at the expense of the patient. If the request is denied, the patient will receive a written statement of the denial from the HIS director.



**For a thorough review of procedures,
review policies IM-2, IM-22, and IM-25.**

*If you have specific questions, please feel free to contact
Jo Curtis-Bamberg (HIPAA Privacy Officer) at extension 3777*

Students from Pioneer School were here!

On April 8, 2010 Logansport State Hospital hosted 75 seventh graders from Pioneer Jr. Sr. High School. These kids got to hear from several LSH employees about the different careers out here. Group leaders, Angela Edwards and Julie Stapleton, representing the Rehab. Department, had the kids in a human hula hoop! This is always a favorite for the kids! Several group leaders gave their time to make sure these kids were treated well and made sure each child had a great time! When asked what was their favorite part of this Career Day/Jr. High Luncheon, some responses included the museum, the bus drive, nutrition services, hearing from the Butler Pharmacy students and instructor, the rehab group and of course the FOOD!

Thank you to the following individuals who made this day a special day for these Pioneer Middle School Students: Brian Newell, Jacque Phillips, Patty Knapp, Rick Ricks, Bridget Lawson, Tami Wilken, Leticia Jones and students, Julie Stapleton, Angela Edwards, Diana Anderson, Paul Zimdahl, Jenny Barron, Mary Foust, Dena Packard, Chris Taylor, and Jill Rowe!





STATE PERSONNEL DEPARTMENT
402 W. Washington St., Rm. W161
Indianapolis, Indiana 46204-2261
Telephone: (317) 232-0200

Mitchell E. Daniels, Jr.
Governor

Daniel L. Hackler
State Personnel Director

Dear Logansport State Hospital employee:

Logansport State Hospital is partnering with the Indiana State Personnel Department to introduce a new service available to you, **the Benefits Hotline!** The Benefits Hotline will be your new source for benefits services provided by the State Personnel Department's Benefits Division. The opportunity to receive service from the staff of the Benefits Division will be a great advantage to you. Effective May 1, 2010, the Benefits Division staff will be your contact for benefits assistance. You will no longer contact your facility benefit representatives.

What does this mean to me?

Anytime you have questions about your medical, dental, vision, life insurance, etc, simply call the Benefits Hotline number and a Benefits Specialist will be available to assist you.

If you experience a qualifying event (see details below), call the Benefits Hotline within 30 calendar days of the event to request changes to your benefits.

A qualifying event may include, but is not limited to, the following:

- Change in legal marital status – marriage, divorce, legal separation, annulment, or death of a spouse
- Change in number of dependents – birth, death, adoption, placement for adoption, award of legal guardianship
- Change in employment status of the employee's spouse or employee's dependent – termination or commencement of employment, a strike or lockout, commencement of or return from unpaid leave of absence which results in employee/dependent becoming ineligible/eligible for coverage
- Dependent satisfies or ceases to satisfy eligibility requirements – marriage of a dependent or change in student status

Note: If a qualifying event is not reported to the State Personnel Department's Benefits Division within 30 calendar days, the next opportunity you will have to make changes to your benefits will be during the next open enrollment period.

If you experience one of the above events or some other type of event you feel could qualify you to make changes in your benefits, you should:

- Call the Benefits Hotline between the hours of 7:30 a.m. to 5:00 p.m., EST.) within 30 calendar days of the qualifying event. The Benefits Hotline phone numbers are 317-232-1167 (within the 317 area code) and 877-248-0007 (outside of the 317 area code).
- The Benefits Specialist will enter changes to your benefits with the information you provide over the phone.
- You will have 30 calendar days from the date you report the change to provide copies of documentation to the Benefits Specialist (i.e., birth certificate, marriage certificate, divorce decree, etc.).
- If the change(s) entered in PeopleSoft result in a change in premiums withheld from your check, the Benefits Specialist will provide you with a payroll authorization form (AS-47) to be signed.
- The AS47 form must be signed and returned to the Benefits Specialist.
- The Benefits Specialist will complete any required forms to collect any missed premiums or refund any overpayments resulting from the change in premiums.

How do I contact the Benefits Division?

- Call the Benefits Hotline: 317-232-1167 (within the 317 area code) and 877-248-0007 (outside of the 317 area code) between the hours of 7:30 a.m. and 5:00 p.m., EST
- FAX: 317-232-3011
- Send questions via email: spdbenefits@spd.in.gov

Please be prepared to provide your PeopleSoft ID or Social Security Number when calling the Benefits Hotline.

May 6 - 12 HAPPY NURSES WEEK

**We appreciate you
every day, every year!**



**“NEEDLE”SS
TO SAY
YOU’RE THE
BEST!**



UPCOMING EVENTS

May 19 - May 27

- ↳ May 19 - Catholic Mass @ 3:30 PM
- ↳ May 24 - Tippy Co MHA @ SWW
- ↳ May 27 - Clinton Co Gold Ladies 9:00 AM - D2E
- ↳ May 27 - Clinton Co Gold Ladies 10:00 AM - L1E/CLW

FRESH FEATURE

Achievement and Success #29: Stop, Look & Enjoy

The road to success, we are told, is through hard work, dedication and focus. We need to keep our noses to the grindstone, shoulders to the wheel, eyes on the ball. It's 10% inspiration, 90% perspiration, etc., etc. We've all heard these mantras before - from our parents, our teachers, our studies and our mentors - and our instincts tell us that the principles behind them are sound.

But...

How do we explain all those people out there - perhaps even you - who follow this advice, yet still aren't happy? How many times have we heard of people seemingly at the pinnacle of their careers suddenly finding themselves in a bleak, depressing point in their lives? People who have it all, but still don't feel fulfilled? If all this advice we've been getting over the years is so good, why does it seem to turn out so bad for so many people? Good questions. And the answers are simpler than one might think.

To begin with, there really is no denying that our achievements are a direct correlation to the amount of effort we put in. Great things rarely, if ever, come to people who just sit around and wait for them. The trap we fall into, however, is believing that these kinds of achievements on their own equate to success. Many times they don't. If one sacrifices family in the pursuit of wealth, is that person successful? Not if family is important to that person. If one has a prestigious job that requires him (her) to compromise his integrity, is he successful? Not if integrity is something he values. Achievement does not always equal success.

But maybe the most common mistake we make is to become so focused on our goals that we forget why we're chasing them in the first place. As the late cartoonist/philosopher Walt Kelly once observed, "Too soon we breast the tape, and too late we realize the fun lay in the running." Here's a tip that we can all benefit from: No matter how busy you are, no matter how crazy things have become, no matter how bad (or good) things have gotten, make a point to look around every now and then and enjoy the scenery. A few times a day, just stop what you're doing, and reflect on the positive things in your life. Think you don't have any? Think again. Even in the darkest night, the proverbial candle glows. You just have to look for it.

Good luck



Winning at Work Newsletter: Achievement and Success #29: Stop, Look & Enjoy (Vol 6, Iss 12, Apr 08, 2010)

Culinary Corner

Budget Cooking: Feed 4 for \$10



Grown-Up Grilled Cheese Sandwiches

Price: \$2.14 per serving

A new take on a familiar favorite pairs grilled cheese with a BLT for a luscious veggie-packed sandwich that feels like an indulgence. Serve with zesty dill pickle spears. If you have extra room in your budget, pair with a sweet-tart hard cider.

Yield: 4 servings (serving size: 1 sandwich)

Ingredients:

Cooking spray

1 cup vertically sliced red onion

1 large garlic clove, minced

1 cup (4 ounces) shredded reduced-fat sharp white cheddar cheese (such as Cracker Barrel)

8 (1-1/2-ounce) slices hearty white bread (such as Pepperidge Farm)

2 cups fresh spinach leaves

8 (1/4-inch-thick) slices tomato

6 slices center-cut bacon, cooked

Preparation:

1. Heat a large nonstick skillet over medium-low heat. Coat pan with cooking spray. Add 1 cup onion and garlic; cook for 10 minutes or until tender and golden brown, stirring occasionally.
2. Sprinkle 2 tablespoons cheese over each of 4 bread slices. Top each slice with 1/2 cup spinach, 2 tomato slices, 2 tablespoons onion mixture, and 1 1/2 bacon slices. Sprinkle each with 2 tablespoons cheese; top with the remaining 4 bread slices.
3. Heat skillet over medium heat. Coat pan with cooking spray. Place sandwiches in pan, and cook for 3 minutes on each side or until golden brown and cheese melts.

Cooking Light 2010

Sneaky



Snaps!



Gotcha!

Darrin Monroe is caught video taping.

Be on the lookout for Darrin and his camera. You may be the next person caught in the act.

Happy

We

Will Miss

Retirement

You!

John Craig

