



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

THE SPECTRUM

Team of the Month

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January's TOM from L-R: Bridget Lawson, Kathy Hacker, and Judy Gilbert.

**January TOM:
Judy Gilbert,
Psychology;
Kathy Hacker,
Social Services;
and Bridget
Lawson, Rehab
Services; Larson
2 North**

The following nomination was jointly submitted by Dr. Borkhetaria, Pam Kindem and Dr.

Meadows. They explain, "these Larson North team members took it upon themselves to actively involve the patients in the Sexual Responsibility Program (SRP) in planning, organizing and conducting "Family Connections" activities of unprecedented quality. These patients frequently are unable to participate in hospital-wide family mixers. So, patient engagement, feedback, desired outcome, family educational content, role assignments at the meeting, and presentation of information was encouraged and guided by these team members. Families were taken on a tour of the Fogel Building activity areas, handout brochures were prepared by patients and distributed explaining components of their treatment program. This process took months of planning and preparation. Food and drinks were prepared for the activities, and photos were taken by Darrin Monroe of patients and their friends and/or family members. Twenty-two friends and/or family members of nine patients benefited from these activities and provided support to their loved ones."

Pre-and post-surveys revealed pleasing results. Many patients were very helpful in assisting the receptionist register the visitors and provide them with name tags and they distributed the informational brochures explaining the content of the brochures and various activities they attended.

Nominate Someone Today!



SPYKE THE PSYCHE



Holidays Are Stressful

Make no mistake about it, holidays are stressful for many. Remember one key to minimizing holiday stress and depression is to know that the holidays can trigger stress and depression. Accept that things aren't always going to go as planned.

For starters take a few minutes and jot down a list of the kind of things you have trouble with around the holidays. Be honest and give this careful thought; discussing it with your friends or co-workers at break time may help you uncover factors causing you unhappiness that you never realized before.

- Try to pace yourself and not overload on things you think “have got to be done before any special holiday.”
- Practice saying “sorry, but no thanks” to demands on your time if you feel yourself getting less joyful and more uptight. Believe it or not, people will understand if you can't do certain activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed.
- Children do much better if parents make the holidays simpler. If they become on “sensory overload” caused by too much excitement many times tantrums are displayed.
- We should all find ways to “schedule” private time to balance out the “together time.” Suggest a break and go for a walk alone to clear your mind and work off your meal, or take time out for a nap or time out for a shower. Spending just 15 minutes alone may refresh you enough to handle everything you need to do.
- Financial situations can cause stress at any time of the year but especially during the holidays spending more than you have can increase stress. Follow your plan on buying gifts, food, decorations, entertainment. Stick to your budget.



SPECTRUM

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- Relationships can cause turmoil. Family misunderstandings and conflicts can intensify especially at holiday time. Be realistic. As families change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that children and grandchildren can't all gather at your house as usual. Find new ways to celebrate together from afar, such as sharing pictures, e-mails or the many new technologies. Remember to accept imperfections in yourself and in others.
- To those folks who are lonely during the holidays, reach out to others who share your situation. To those blessed by the company of loved ones, invite someone to share the day with you. Don't hesitate to go caroling, visit shut-ins, or collect food or clothing to share with others.
- To those saddened each holiday by the absence of a loved one, there are things to do to ease the pain. You may choose some sort of memorial to celebrate the joy you once shared together. Memorials can be as traditional as providing flowers in church, or much more individual, such as proclaiming to yourself "this year I am donating my time to work for this charity in honor of" This ritual can bring much peace to your memories. You can't force yourself to be happy just because it's the holiday season. Remember it is normal to feel sadness or grief and cry around the holidays.

Take active steps to manage stress and depression during the holidays. You may actually enjoy the holidays this year more than you thought you could.

*"Stress, depression and the holidays:
12 tips for coping" – MayoClinic.com*

...TOM continued from cover (page 1).

These staff members did an outstanding job of guiding the patients in the planning and successful presentation of this event. This is an exemplary way of involving families in the Recovery Paradigm and increasing ongoing engagement by all. From Psychology, Dr. Gayle Iwamasa remarks, "Judy Gilbert is an exemplary Behavioral Clinician. For many years she has been dedicated to the treatment of L2N patients and has worked with patients and their families to make progress toward treatment goals. The quality of Judy's work is consistently excellent. She is a team player, but also demonstrates initiative and creativity in her independent work. Her active role in developing and implementing the successful Family Connections program is just one example of her commitment to the patients. LSH and the Department of Psychology are fortunate to have Judy on our staff. From Social Services, Terry Schrock adds, "Family relations are a key issue in the recovery of the patient and Kathy has been a patient family advocate for many years and represents the hospital and the Social Services Department very well. And Jill Rowe from Rehabilitative Services concludes, "Bridget is doing an outstanding job as a rehabilitation therapist on the L2N unit. She takes great pride in planning active treatment and puts much time and energy into organizing the family connection along with her coworkers. It was a very successful and educational program for all. She is very deserving and an asset to our department and the Larson unit.

Promotions / Position Changes

Marcia Smith - Nurse Supervisor 6.

Jacquelyn Springer – Utilization Review Coordinator.

Kristina Hunt - Laundry Assistant 4.

THANK YOU

Words cannot express the gratitude I feel for all of the prayers, hugs, and words of encouragement, calls, flowers and the monetary gifts with the loss of my son. A heart felt THANK YOU to all of you.

Donna Geisler

WELLNESS CHALLENGE ENDS WITH SEVERAL WINNERS!



Congratulations to all of those that participated in the Living Healthy and Sensible Challenge #7! Approximately 30 LSH employees came together to join for their common goal – to lose weight and be a “Loser!” Combined, over 100 pounds were shed in the challenge!

The male “Biggest Loser” was **Chad Davis** who lost almost 30 pounds in the 6 week challenge! The “Biggest Loser” female winner was **Holly Nolan** who lost 21 pounds! Congratulations to Chad and Holly who also were on the top “Loser” team, along with **Angela Jakes** and **Becca Cramer**! Their team lost over 62 pounds combined!

Individual winners and the top team winners all received gas cards for their winning efforts! Congratulations to EVERYONE that participated in the challenge! The next challenge will be in January! Look for details soon on Channel 12!

LSH Suggestion Program

The Employee Recognition Committee administers the LSH Suggestion Program. In order to respond to the suggestion and provide feedback, we do require the employee provide their name and work phone on the suggestion form.

As a result of the last Employee Satisfaction Survey, the Employee Workgroup suggested two changes to improve the suggestion program: 1) that those employees who want to personally present their suggestions to the committee be given that opportunity, and 2) that service line or department specific issues be addressed by the appropriate service line or department person(s) rather than the Employee Recognition Committee.

In answer to these ideas for improvement, the Suggestion Forms have been modified so that the person making the suggestion may indicate if the suggestion affects their work area only or is a hospital issue, and if they want to attend the Employee Recognition Committee meeting to discuss the suggestion.

New forms have been printed and are now available at each Suggestion Box. Suggestion Boxes are located at the following locations:

- Break room on each service line
- Maintenance break room
- ADM Lobby
- Lynch main entrance



FRESH FEATURE

SYMPTOMS YOU SHOULDN'T IGNORE

Some things – like chest pain or bleeding – are obvious signs that you need medical help. Other symptoms are more subtle but may still be signals that something isn't right. If you experience any of the following symptoms, it's time to call your doctor:

- Weight loss without trying
- Shortness of breath unrelated to exercise
- A high fever or a low-grade fever that won't go away
- Unexplained changes in bowel habits including blood, black - colored stools or persistent diarrhea or constipation
- Headaches that are new or more severe than what you've had before
- Short term loss of vision or flashes of light in your eyes
- Trouble speaking or moving
- Unexplained swelling
- A sore that doesn't heal

Taken from Anthem 360 Degrees Health; sources:

- 1) American Cancer Society, www.cancer.org,
- 2) Mayo Clinic, www.mayoclinic.com,
- 3) American Academy of Family Physicians, www.familydoctor.org (7/08)

Arts-'n-facts

Longcliff Museum Art-'n-facts Volunteer Workers



VOLUNTEER WORKERS-Logansport State Hospital patients are better clothed than they were a few years ago. At least part of the credit for this belongs to the local American Legion Auxiliary, which has donated much clothing for this purpose, as have many local individuals. In the above photo Mrs. Agnes Shanteau, who represents the Auxiliary on the Cass Mental Health Association Board of Directors is helping a patient select a dress, while Mrs. Bessie Hickman fits shoes on another patient, and Mrs. Peg Ashby sorts shoes. Logansport Press Tribune (May 18, 1958)

A graphic of a spotlight with a yellow beam shining on the text. The background is red and black.

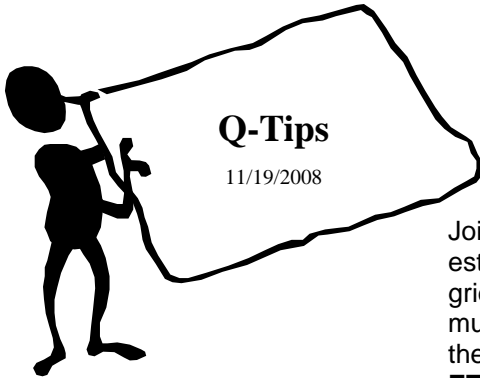
Spotlight ON Environment OF Care Committee

ENVIRONMENT OF CARE COMMITTEE
(Meets 2nd Wednesday at 9:30 AM)

The committee is responsible for the Environment of Care standards (JC). The Environment of Care Committees function is to maintain a safety program facility-wide that objectively and consistently provides for a safe and risk free environment of care. Senior Executive Board Liaison: Gayle Edgerly, Quality Management Director.



Environment of Care Committee members pictured L - R: Paul Wright, Judy Gaby, Herb Detrick III, Gayle Edgerly, Joe McIntosh, Jill Rowe, Clarence Bir, Nancy Viney, and Melissa Stewart. Not pictured: Cindy Bruce and Brian Harvey.



Continuous Readiness Reminders

- Patient Grievance/Complaint Process

By Quality Management

Joint Commission and CMS both require that facilities establish a process for prompt resolution of patient grievances. Patients must be informed of the process and must receive a written copy of the resolution. LSH meets these standards through use of the **HUMAN RIGHTS AND ETHICS COMPLAINT RESOLUTION FORM.** (State Form 50044)

- Patients receive monthly education at Community Meetings regarding their rights and the complaint resolution process.
- Patient rights and the Complaint Resolution Process are given to each patient at admission. There are also yellow posters with this information posted on each unit.

Process

The Logansport State Hospital complaint resolution process begins with DIRECT CARE STAFF.

- Patients are encouraged to bring their grievances to the attendant staff at STEP 1. These are often simple requests that can be taken care of quickly.
- If the attendant staff is unable to resolve the matter, STEP 2 is initiated. The attendant staff should make the Attendant Supervisor aware of the grievance. The Supervisor is to seek resolution with the patient.

IF THE GRIEVANCE IS UNABLE TO BE RESOLVED AT STEP 1 or STEP 2, the patient may put their complaint in writing on State Form 50044.

- At STEP 3, the patient puts their complaint in writing and the unit nurse addresses it. This form is on carbon paper. The patient is to keep the yellow carbon. The nurse will receive the top white copy. If the complaint is resolved, the patient and the nurse sign and date the back of the form. If not, it goes on to the ADON (Step 4), SLM (Step 5), or Human Rights Committee (Step6).
- At the point of resolution, staff must assure that the patient has a copy of the back of the form showing all the steps that have been taken and lists the resolution.

IN ORDER TO MEET THE STANDARDS, STAFF AND PATIENTS MUST UNDERSTAND AND FOLLOW THIS PROCESS.

If you have questions, please ask!

Culinary Corner

Warm Christmas Punch Recipe

Red-hot candies add rich color and spiciness to this festive punch, and the cranberry juice gives it a little tang.

SERVINGS: 8

CATEGORY: Beverages

METHOD: Slow Cooker

TIME: Prep: 5 min. Cook: 2 hours

Ingredients:

- 1 bottle (32 ounces) cranberry juice
- 1 can (32 ounces) pineapple juice
- 1/3 cup red-hot candies
- 1 cinnamon stick (3-1/2 inches)
- Additional cinnamon sticks, optional



Directions:

In a 3-qt. slow cooker, combine juices, red-hots and cinnamon stick. Cook on low for 2-5 hours. Discard cinnamon stick before serving. Use additional cinnamon sticks as stirrers if desired. Yield: 2 quarts.

GOING GREEN

Monitor Your Energy Usage

Turn Off Your Monitor When Not In Use



A screen-saver doesn't reduce the amount of energy your monitor uses.





UPCOMING EVENTS

December 17 - January 28

- ‡ December 17th - Hot Cocoa and Picture with the Clauses - 6:00 - 11:30 AM at ADM building
- ‡ December 17th - Catholic Mass @ 3:30 PM in chapel
- ‡ December 17th - Patient Christmas Program @ 1:30 PM in auditorium
- ‡ December 18th- Veteran's Party Civil Side @ 5:00 PM in game room
- ‡ December 18th - Logansport Swing Choir @ 6:30 PM in auditorium
- ‡ December 23rd - Special Christmas Service @ 10:00 AM in the chapel

- ‡ January 7th - Creative Writing @ 10:00 AM in Library
- ‡ January 7th - Blood Drive - 10:00 AM - 3:00 PM in auditorium
- ‡ January 14th - Creative Writing @ 10:00 AM in library
- ‡ January 21st - Catholic Mass @ 3:30 PM in chapel
- ‡ January 21st - Creative Writing @ 10:00 Am in Library
- ‡ January 22nd - Clinton Co. Gold Ladies @ 9:00 AM D2E
- ‡ January 22nd - Clinton Co. Gold Ladies @ 10:00 AM CLW/L1E
- ‡ January 26th - Tippy Co. MHA's Bingo Party @ 1:30 PM SWW
- ‡ January 28th - Creative Writing @ 10:00 AM on Library

Who Am I?

Sarah Rutschmann had the correct guess to the “Who Am I” picture in the November Spectrum. Congratulations Sarah, you will be receiving a free large coke certificate to use at the Hillside Café.



If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.

Picture of November's Who Am I guess, Lori Michelle Graham.

Flu Shot Winner!

The winner of the Colts Fan Package give-away for flu shot participants, sponsored by Infection Control and Employee Health was Nancy Smith from Dietary. Congratulations Nancy!

Thank you to everyone who obtained their flu shot this year!



Nancy Smith, winner of Colts Fan Package give-away.