



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

# The Spectrum

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2009

## Employee of the Month

### May EOM:

### Jacque Phillips, Training Officer Staff Development



Training Officer Jacque Phillips (L) receives a certificate for being EOM for the month of May from Staff Development Director, Marjorie Potts (R).

The following nomination was submitted by Nancy McIntosh, LAN Administrator. She writes, "I have worked with Jacque for many years and have been truly amazed with her knowledge, friendliness, helpfulness, and the sheer enjoyment of working with her. She is always willing to help with anything that she is asked to do and will even go above and beyond the scope of the task. Her latest effort

can be seen on the LSH Intranet and the Hospital Wide: Office 2007. Her work with the online training by making sure that it is done in a timely manner is another example of her dedication to her job. Jacque has the capabilities to think outside the box, which puts a whole new perspective on many of the new projects or even the simplest daily tasks. She has made our work easier and less time consuming by helping the staff with many of the Microsoft Office software problems that they encounter while doing their job."

The Staff Development Director, Marge Potts, certainly supports this nomination. "Jacque is very dependable with a great work ethic. She continuously improves her skills by attending workshops and through self-teaching; Jacque serves as a good resource person providing helpful group and individual responses during classes and consults. She regularly extends additional effort beyond personal workload working fast with accuracy and numerous staff compliment her fine results. She also finds time to support the LSH State Employee Community Campaign and our LSH Museum."

## Nominate Someone Today!



# SPYKE THE PSYCHE



## Caring for the Aging Population

Increase your knowledge about caring for the aging population by visiting the following online geriatric care sites:

- The American Geriatrics Society ([www.americangeriatrics.org](http://www.americangeriatrics.org))
- Hartford Institute for Geriatric Nursing ( [www.hartfordign.org](http://www.hartfordign.org))
- Geriatric Mental Health Foundation ([www.gmhfonline.org](http://www.gmhfonline.org))
- Geriatric Web ([www.geriatricweb.sc.edu](http://www.geriatricweb.sc.edu))

By 2030 there will be more than 72 million Americans over 65 years old – almost 20% of the population. Are we educated and prepared to care for them?

“We need to adjust our thinking with treatment plans because the baby boomers are not the 70-year-olds of the past.” says Kelly Holt, RN, MSN, administrative director for patient care services at Alexian Brothers Medical Center in Elk Grove Village, Illinois. At Alexian, staff members have recently implemented several initiatives to better meet the needs of the aging population, but Holt says she is planning for even more changes.

### New Initiatives at Alexian:

#### > Patient’s Plan of Care

“We need to gather more information on the patient before developing their plan of care, such as neurological deficits and baseline mobility information,” says Holt. Alexian recently implemented a new program involving patient care techs, who are now known as the mobility team. Patients who do not meet criteria for physical therapy still need movement assistance so they don’t debilitate to the point where they need therapy, says Holt. The patient care techs visit patient units every day to help elderly patients walk.



### **SPECTRUM**

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Logansport, Indiana 46947

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> Functional Assessment

Holt wants her staff to conduct functional assessments on each patient to review mobility and improve the overall assessment on admission. The goal of the functional assessment is to determine whether the patient's current capabilities allow them to move around the hospital safely. "When a geriatric patient is admitted, a functional assessment is conducted by observing the patient's ability to walk with a steady gait, sit and rise from a chair without difficulty, reposition him or herself in the hospital bed, and navigate between the bed and the bathroom safely." says Kelly Holt RN, MSN.

> Debunk Myths

Holt's passion for the geriatric population helped her envision that some staff members have myths about geriatric patients. "For example," says Holt, "if elderly patients respond slowly to questions, it's easy to believe they are not able to cooperate or make care decisions. They may not be able to articulate information quickly, but that doesn't mean they are incapable of making decisions," she says. We must investigate the needs of the older adult population.

> Be More Proactive With Patients

When patients enter the hospital, Holt would like staff members to be more knowledgeable so they look at patients as a whole, rather than just their treatment modality. "It's important that we start looking at geriatric issues more proactively and not just considering generic age-specific interventions," says Holt. "Understanding the impact of avoidable functional decline during the hospital stay should motivate more healthcare facilities to develop plans of care that minimize the impact of hospitalization in the older adult population."

Reference: "Caring for the aging population: Plan for the future," The Staff Educator, March 2009, Vol.5, No.3.Plans are underway.....

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## Who Am I?

Can you guess who this is?

If you can, call Darrin Monroe at #3803 or e-mail Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov).

Employees with correct answers will be put into a drawing for a chance to win a free soft drink from the Hillside Café.

Winner will be announced in the next Spectrum



Winner of a free drink from the last "Who Am I?," is Misty Moss. Congratulations Misty for guessing Donna Rikard.

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

# Certificate of Distinction

## Isaac Ray 1 West Staff

The following nomination was submitted by Dr. Thompson, Jean Wandrei, Paul Wilson, Doug Biggs and Teresa McGowan recognizing the staff on the Isaac Ray 1 West unit (IRTC 1 W). Their nomination reads: "The 1 West Treatment Team would like to nominate the staff of 1 West as the Team of the Month. IRTC 1West has on a consistent basis held a high standard for the continuance of care for the entire unit. This is evident by the 99% average rating the unit received the year of 2008. This was the highest average for any unit throughout the hospital. Teamwork has been reflected in numerous avenues. Staff has worked hand in hand throughout the year on holiday projects: for example, during Halloween clients and staff from every shift turned the day room into a haunted house. This project was time-consuming and detailed and the effort that was placed into it earned first place for the Halloween contest. Teamwork and persistence is also displayed by the number of clients that continue to be successfully transitioned off of the unit to other hospitals or the LSH civil side. We believe that all the staff of 1 West have through their efforts, earned and deserve the nomination of unit/employees of the month."

### IRTC 1 W Staff

#### Attendant Staff:

Linda Scruggs  
Bill Banter  
Jaime Blanton  
Stephanie Goze  
Dickie Lewis  
David Fagan  
Jesika Alexander  
John Yoakum  
Stan Dymek  
Melissa Reyburn  
James McCartney  
Justin Mucker  
Kristina Hayes  
Alexander Holmes  
Robert Boxell  
Dave White  
Thomas Horton

#### Attendant Staff:

Holly Balderas  
Lynn Benish  
Tara Lease  
Joel Gudas  
Leonardo Olridge  
Scott Hoffa  
Matt Burkett

#### Nurses:

Teresa McGowan  
Susan Hostetler  
Kimberly Miller  
Robbie Tosch  
Susan Iliff  
Rebecca Dodd  
Gary Trimble

#### Professional Staff:

Dr. Thompson  
Jean Wandrei  
Doug Biggs  
Bobbi Jo Meagher

#### Secretary:

Kimberly Walker

Way To Go IRTC 1 W.  
Congratulations!

# Arts-'n-facts

## Longcliff Museum Art-'n-facts

### Raze Longcliff Landmark



Staff Photo by Tom Hudgings

The Logansport State Hospital Chapel, center of the hospital activities for more than 60 years, is coming down to provide room for a new ward building. Built in 1893 as a "religious, social assembly hall and recreation center," the chapel was condemned by the state fire marshal's office in 1955 as unsafe. Flower shows and all entertainment programs were held there until the Activity Therapy building was erected in 1963. The Wolf Construction company has the contract to raze it.

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

# Spotlight On Dr. Kelly Kearns & Dr. McEwan

## Department of Psychology

Logansport State Hospital is fortunate to have two excellent Clinical Psychologists who recently joined the Department of Psychology. Dr. Kelly Kearns began at LSH in September and Dr. Janet McEwan began in December. Dr. Kearns works mainly on Southworth Treatment Center and Dr. McEwan on Larson Treatment Center. However, all LSH Psychologists provide Psychological Services and staff training hospital-wide. With the addition of Dr. Kearns and Dr. McEwan, the Department of Psychology has been able to expand and improve the quality of services provided to patients, and to provide resources and support to LSH staff. We're so glad you both are here!

### Brief Biographies:

**Dr. Kearns:** Dr. Kearns received her doctorate in Clinical Psychology from the Chicago School of Professional Psychology in 2007. She completed her internship at Henry Ford Health System, and a postdoctoral fellowship in Neuropsychology and Geriatric Psychology at the Veteran's Administration in Pittsburgh. She has had extensive training and experience in Psychological Assessment.



**Dr. McEwan:** Dr. McEwan received her doctorate in Clinical Psychology from Nova Southeastern University, Florida in 1999. She completed an internship at University of Tennessee, Department of Psychiatry, followed by a post-doctoral forensic fellowship with Miami-Dade County Court. Dr. McEwan has over 15 years of experience in Psychology. She has worked forensically with Court Systems (including Broward County Court) and the Delinquency/Detention Center systems, including Clinical Directorship of a level-8 commitment facility. Over the years, she has been a Psychology Consultant with Miami-Dade County and, administratively, Coordinator of a Gang Program. Dr. McEwan's evaluation and psychotherapy experience ranges across the full age spectrum and covers a wide range of severe disorders.

Drs. Kearns and McEwan were interviewed by Dr. Gayle Iwamasa, LSH Psychology Director.

1. How did you select Psychology to be your profession?

Dr. Kearns: I've always been fascinated with the mind, and have a strong desire to help people.

Dr. McEwan: Had an amazing course in High School, "Man in Society," and found it incredible that there were strategies available to provide recovery for people with psychological problems; that people could have an opportunity to rebuild their lives in positive ways. So, I was hooked.

2. What kinds of training and experiences have you had as a Psychologist prior to coming to LSH?

Dr. Kearns: My specialty areas include advanced training in Neuropsychology and Geropsychology. I have trained in various settings including the University of Chicago, Henry Ford Hospital in Detroit, Michigan, and the VA Pittsburgh Healthcare System.

Dr. McEwan: Diverse training - diverse settings, interventions/skills, and cultures. For example, I have worked for Court and delinquency/detention systems; inpatient residential/ post-adjudication programs; hospital settings; outpatient services; and school systems. I have been fortunate to work with patients and their families across the full age spectrum, conducting both therapy and psychological evaluations. I have also handled program development and supervisory roles.

3. What do you like best about your job?

Dr. Kearns: The thing I like best about my job is that there is never a dull day. Every day is unique, which keeps it interesting. I also enjoy that I am able to help people and try to make a difference no matter how small it may be.

Dr. McEwan: Everything - co-workers, patients, management. It is a pleasure to work with people who are diligent and committed to making a difference in the lives of others. I enjoy joining such a team and being a part of patients' recovery.

4. What have you learned about Indiana since you moved here?

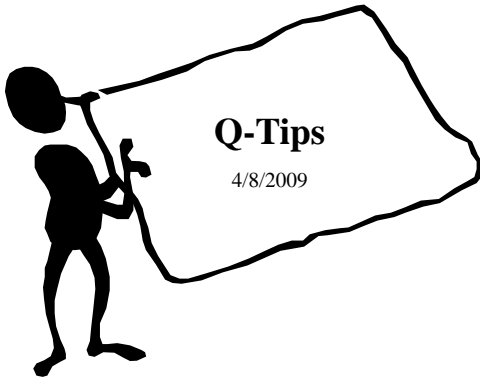
Dr. Kearns: There's a whole lot of corn in Indiana.

Dr. McEwan: Let's agree to call this the Friendliest State! Nice, friendly, caring, fun people here.

5. What do you enjoy doing when you are not working?

Dr. Kearns: When I am not working I enjoy playing with my dog Harley and two cat's Luna and Poe. I also like spending time working in the yard, playing basketball, and watching American Idol.

Dr. McEwan: Unwinding, sight-seeing, developing new friendships, checking-in with family and older friends....the list goes on and on... Oh, and I love to eat!



## Continuous Readiness Reminders

- Patient's Rights

*By Quality Management*

Individuals who need assistive devices (e.g., magnifying glass, sign language), or have a communications challenge such as deafness, low vision, blindness, or not being proficient in English, are at risk of not being informed of their rights.

**We must be sensitive to the communication needs of our patients.**

Are you...

1. Assuring that we are providing interpretation for individuals who speak languages other than English?
2. Using alternative communication techniques or aides for those who are deaf or blind?
3. Taking necessary steps as needed to effectively communicate with the patient?



CMS and Joint Commission standards require that we do so. LSH Policy C-10 addresses our procedure. Treatment Teams are responsible for assuring that we are effectively communicating with our patients.

# OSCAR AWARDS FOR DOCTOR'S DAY

On March 30, Carolyn Murray hosted a fun "Medical Staff Oscar Awards" day event in honor of the Medical Staff at Logansport State Hospital (LSH) on Doctor's Day. A survey was sent out to employee's of the hospital asking which Medical Staff member was best suited for the category given. Below is the results of the tallied survey. LSH Thanks all of the Medical Staff for their dedication to the patients. Thank you Carolyn for hosting such a wonderful event.

## *MEDICAL STAFF OSCARS' EVENT Final Tally*

Please vote for a physician or nurse practitioner in the following categories:

Best sense of humor: \_\_\_\_\_ Dr. Meadows \_\_\_\_\_

Best bedside manner: \_\_\_\_\_ Kristina Currier (1<sup>st</sup>); Dr. Ayers (2<sup>nd</sup>) \_\_\_\_\_

DR./NP McDreamy: \_\_\_\_\_ Chad Davis, NP \_\_\_\_\_

Most fashion sense: \_\_\_\_\_ Dr. Burns \_\_\_\_\_

Most contagious laugh: \_\_\_\_\_ Dr. Thompson \_\_\_\_\_

Most like "Doogie Howser" from the 80's TV show: \_\_\_\_\_ Dr. Morris \_\_\_\_\_

Most like "Dr. House" from the current TV show: Dr. Cloud (1<sup>st</sup>); Dr. Shaw (2<sup>nd</sup>)

Most likely to win on "Survivor": \_\_\_\_\_ Dr. Nusbaum \_\_\_\_\_

Most likely to win on "Dancing with the Stars": Dr. Burns (1<sup>st</sup>); Dr. Borkhetaria (2<sup>nd</sup>)

Most compassionate: \_\_\_\_\_ Dr. Rogers \_\_\_\_\_

Most outgoing personality: \_\_\_\_\_ Dr. Meadows (1<sup>st</sup>); Dr. Morris (2<sup>nd</sup>) \_\_\_\_\_

Most punctual: \_\_\_\_\_ Dr. Lozano \_\_\_\_\_

Most technologically advanced: \_\_\_\_\_ Dr. Bell \_\_\_\_\_

Most soft spoken: \_\_\_\_\_ Dr. Shinwarie \_\_\_\_\_



# Home At Last by Patient at LSH

*It's been so long ago since I've been free  
I miss my family and friends to the highest degree  
Even without glasses, now I see  
Someday soon that will be me  
I'm closer now than ever before  
Soon I'll open my wings, and begin to soar  
Feeling surprised my heart hasn't tore  
Through Jesus and time I'll open that door.*

---

## Employee Picnic Planned

Plans are underway.....



Date:

Thursday, May 14

Times & Location:

7:00 AM - 8:00 AM

11:00 AM - 1:30 PM

~Fogel Auditorium~

Time & Location:

6:00 PM - 7:30 PM



# Maple Syrup

If you have access to maple trees, whether it's in your own yard or the woods, you can produce your own maple syrup. Maple sap for syrup can be collected from all species of maple trees. The tapping of trees are usually done at the end of winter, first of spring when temperatures are 32 degrees and below at night and 40 degrees and above during the day.

Your maple tree should be bigger than 19 inches in diameter. Drill a hole 1 ½ -2 inches. Insert a spile. An average tree will produce 10 gallons of sap. 10 gallons will need to be boiled down to a temperature of 200-230 degrees to produce about a quart of maple syrup. More information can be found at your local library or the Internet.



# THE BOOK NOOK

## New Books in the Library



Kern, Jan. Scars that Wound: Scars that Heal (A journey out of self-injury). Cincinnati, OH: Standard Publishing, 2007.

Editorial Reviews

### **Product Description**

In Scars That Wound: Scars That Heal, you'll walk alongside Jackie, whose arms are marked with reminders of the painful journey she thought she had to take alone. Self-injury is inflicted to deal with stressful situations or traumatic memories; to temporarily ease fears, loneliness, and anxiety; or even as a coping mechanism to turn to again and again. There is a way out of this world of pain. Jesus truly cares- his scars prove it. He's waiting to help heal your wounds and the wounds of the people you care about.

### **About the Author**

Jan Kern writes and speaks from her passion to know God deeply, as well as from her personal journey of struggle, loss, pain and questioning. For more than twenty-five years, she has worked with ministries and groups with which she has had the privilege of mentoring and encouraging teens, young adults and parents.



# **PARKING MEMO**



With the onset of warmer weather, we are starting to see motorcycles and scooters on the streets and on campus. Please be aware that even though these vehicles have a smaller profile than a car or truck, they still have the same right to be on the streets as vehicles. Please keep an eye out and give them the same courtesy and space you would any other vehicle.

Along these same lines, just because we turn into campus does not mean motor vehicle laws and regulations no longer apply. By law you are required to observe posted speed limits, parking and all other laws and regulations.

Anyone may park in any unmarked spot, no matter what type of vehicle, license plate, registration tag, or sticker they have, but we do have certain designated parking spaces, marked by signs, and these must be observed at all times, 24 hours a day.

Something new this year, is motorcycle/scooter registration. Chapter 7, of the Environment of Care Manual, on page 81 states that Identification Tags are required as follows:

1. Auto/Truck - hung from the windshield rear view mirror with the number facing towards the front of the vehicle.
2. Motorcycles/scooters – left front fork.

As with vehicle tags, the new motorcycle/scooter tags can be obtained from the Safety -Security Department.

By Herb Dietrich,  
Safety Director

# Culinary Corner

Make Mother's Day special for Mom by serving her breakfast in bed



## One Week Before:

- Come up with the menu and make a grocery list.
- Have the kids make a card or draw a picture for Mom. (If desired, pick up an inexpensive photo frame for the drawing.)
- Look at home for a breakfast tray or pick one up from the store. You don't have to use a tray with legs...any tray (even a plastic one for outdoor entertaining) will do.

## Two Days Before:

- Stop at the grocery store for any needed items.
- Put marbles in a drinking glass. Surround with a ponytail holder and crayons if desired. Hide the glass from Mom!

## Mother's Day Morning

- Get up early with the kids and let Mom sleep in!
- Have older kids add water and fresh-cut flowers from your yard to the marble-filled drinking glass; set on the breakfast tray along with the kid-crafted greeting card or framed drawing.
- Make Fruit Smoothies or pour Mom a cup of coffee, orange juice or her favorite morning beverage.
- Serve Mom breakfast in bed!

# Breakfast Casserole Recipe



SERVINGS: 2-4

METHOD: Baked

TIME: Prep: 20 min. Bake: 30 min.

## Ingredients:

- 2 sliced bread
- 1/2 pound bulk pork sausage
- 1/2 cup shredded cheddar cheese
- 3 eggs
- 1 cup milk
- 1/2 teaspoon ground mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

## Directions:

Remove the crust from the bread and cut into 1-in. cubes. Place in a greased 8-in. square baking dish. In a skillet, brown the sausage over medium heat until no longer pink; drain. Sprinkle the sausage and cheese over bread cubes.

In a bowl, whisk the eggs, milk, mustard, salt and pepper. Pour over the sausage and cheese. Bake at 350° for 30 minutes or until puffed and golden. **Yield:** 2-4 servings.

**Happy Mother's Day!**

*Happy  
Administrative Assistant's Day!*

*April 22*



*Happy  
Nurses Week*

*May 6 - 12*

*Thank you to all the Administrative Assistants and  
Nurses for the support and dedication you give on a daily  
basis.*

**Sneaky**



**Snaps!**



**Gotcha!**

Gary Cripe caught in the act .

Thanks Gary for all the things you do in helping maintain LSH's beauty.

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

## UPCOMING EVENTS

April 22 - May 20

- April 22nd - Administrative Assistants Day
- April 23rd - Clinton Co Gold Ladies D2E @ 9:00 AM
- April 23rd - Clinton Co Gold Ladies L1E/CLW @ 10:00 AM
- April 24th - Purdue Bingo D1W @ 10:00 AM
- April 28th - Camp Cullum D2E/L1E/CLW @ 12:00 PM
- April 29th - Creative Writing @ 10:00 AM
- May 4th - Social Club @ 6:00 PM
- May 6<sup>th</sup> - 12<sup>th</sup> - Nurses Week
- May 6th - Creative Writing @ 10:00 AM
- May 13th - Creative Writing @ 10:00 AM
- May 18th - Tippy Co MHA SWW @ 1:30 PM
- May 20th - Creative Writing @ 10:00 AM
- May 20th - Catholic Mass @ 3:30 PM