



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

# The Spectrum

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## Employee of the Month



Rick Biancardi (R) presents Debra Holmes (L) a certificate for becoming March's Employee of the Month.

March EOM:



**Debra Holmes,  
Food Service Worker,  
Nutrition Services.**

The following nomination was submitted by multiple direct care staff from Isaac Ray 2 West, including RNs, LPNs and attendants. Debra Holmes is a food service worker serving patients on the Isaac Ray 2 West unit. The nominator's comments include: "Debra is always on time with meals and food trays are always correct. She is flexible with last minute changes and very pleasant to patients and staff. She is a team player and reduces the stress of our unit by being professional, friendly, kind and considerate. Her kind words and manner are very appreciated by all the patients and staff on Isaac Ray 2 West. We love her."

"Deb Holmes is one of my top employees," states supervisor, Janet Osborn. "Deb always double checks all diets, calls me with any problems or concerns in advance, offers solutions to these problems, and keeps me informed about her unit on a daily basis. Her job knowledge is superior compared to her co-workers, and she cares about her clients and the staff. Since moving Deb to work on the Isaac Ray 2 West area, complaints have been eliminated. Her attitude and attributes are consistent every day." Ms. Osborn added, "I feel my job is easier because of Deb Holmes. I don't need to worry about things being done correctly in an area I cannot always get to."



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**Nominate Someone Today!**



# SPYKE THE PSYCHE



## Love's strange effect on people

Love really does have a strange effect on people, say scientists.

Italian researchers carried out tests on 12 men and 12 women who had fallen in love during the previous six months.

They found that men had lower levels of testosterone than normal, while the women had higher levels of the hormone than usual.

"Men, in some way, had become more like women, and women had become like men," Donatella Marazziti of the University of Pisa told New Scientist magazine.

"It's as if nature wants to eliminate what can be different in men and women, because it's more important to survive at this stage," she said.

### 'Love is blind'

The findings come as another study suggests that love may indeed be blind.

Researchers at University College London have discovered that being in love can affect key circuitry in the brain.

They found that the neural circuits that are normally associated with critical social assessment of other people are suppressed when people are in love.

They said the findings may explain why some people are often "blind" to their partner's faults.

Both studies add to the growing evidence that love can have a strange effect on the body.

Previous research by the Italian researchers, published in 1999, suggested falling in love played havoc with key chemicals in the brain.



### **SPECTRUM**

Logansport State Hospital  
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They found that people who were in love had lower levels of serotonin.

In fact, their serotonin levels were found to be the same as people with obsessive compulsive disorder.

Speaking at the time, the researchers said the finding may explain why people who are in love can sometimes be obsessed about their partner.

### **Love drugs?**

Professor Gareth Leng of the University of Edinburgh is also carrying out research in this area.

"It's about understanding ourselves a little bit better," he told BBC News Online.

But Professor Leng said the research could one day lead to new treatments for people who are having relationship problems.

"We know that a very large proportion of adults do report dissatisfaction with bonding or sexual experience."

"I wouldn't rule out the possibility of some sort of therapeutics in the future," he said.

Story from BBC NEWS:

<http://news.bbc.co.uk/go/pr/fr/-/1/hi/health/3685713.stm>

Published: 2004/05/05 23:09:45 GMT

© BBC MMIX

Love

Amore

**Attention:**  
**Logansport State Hospital Employees!**

Now, is the time to help. Currently, Cass County's food pantries are becoming increasingly empty. In response, LSH is hosting a food drive! Collections will benefit Logansport Salvation Army and Walton Area Community Ministries; both of which serve all of Cass County. Drop off bins are located in break rooms and/ or with unit/ dept secretaries, nursing services, reception center as well as the Administration lobby. This drive will last until Feb 27th!

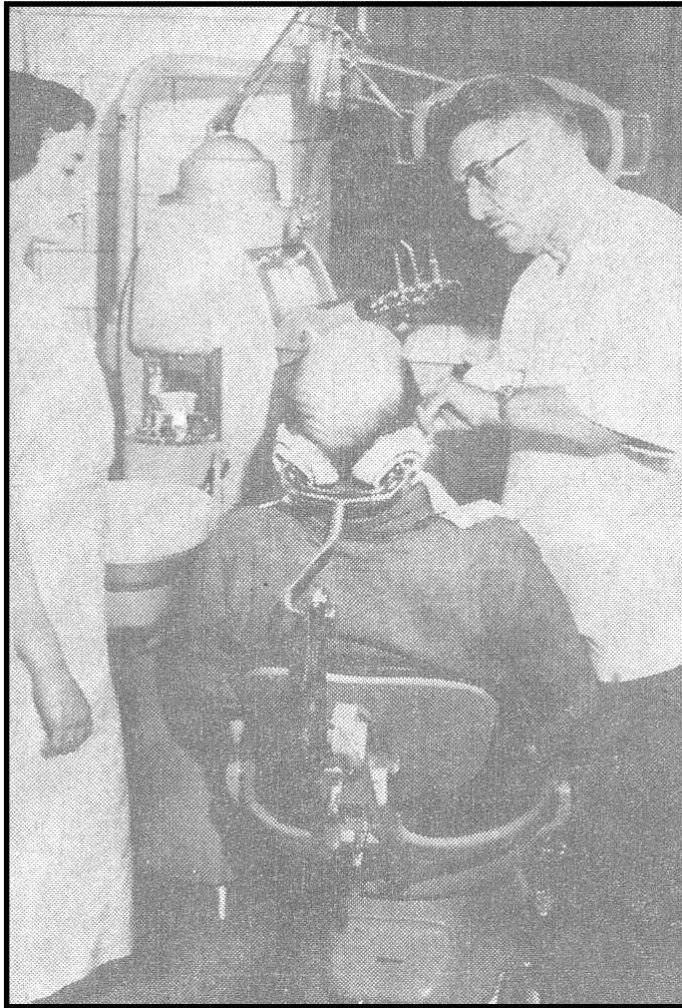
We have almost 800 employees here and if each employee just brought one food item in, we as a Hospital would be able to provide many, many dinners to those who are hungry in Cass County.

Thank you in advance for your support to this very worthy cause!



# Arts-'n-facts

## Longcliff Museum Art-'n-facts



(Pharos-Tribune Photo-Engraving)

### Longcliff Gets New Dental Equipment

Antiquated dental equipment at the Logansport State Hospital has been replaced by the completely modern, electrically operated equipment shown in use in the above photo. Assisting Dr. Richard Griswold, the Longcliff dentist, is Miss Jackie Reder. By pushing a button, the instrument panel opens, revealing an electric mouth mirror, pulp tester and cautery, water, and air syringes, and other instruments as well as an automatic water dispenser for the drinking cup. The dental chair is motor operated. (Pharos - Tribune, April 14, 1954)

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

# Spotlight On Marcia Smith, RN Quality Management Nurse



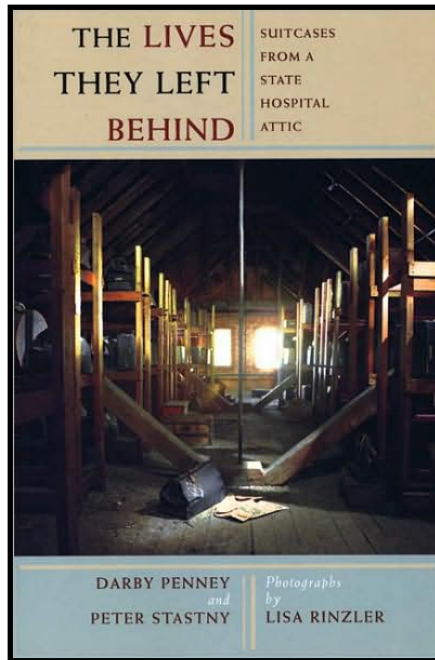
Hello, I am the new Quality Management Nurse at Logansport State Hospital (LSH). I am a Registered Nurse and have been employed at LSH for 15+ years. The majority of that time was spent on the Jayne English Treatment Center.

The job as Quality Management Nurse consists of a lot of research and organization of data, which for me, is enjoyable. I graduated from St. Elizabeth Hospital School of Nursing in Lafayette. I hope to be a good resource for the Nursing Department in regards to JCAHO expectations.

I am excited about my new position and doing something different, Marcia Smith, RN.

# THE BOOK NOOK

## New Books in the Library



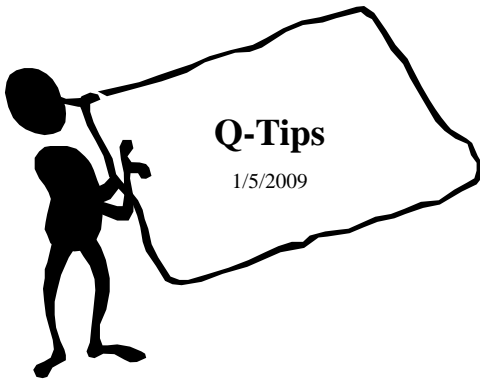
Penny, Darby & Peter Stastny. The Lives They Left Behind: Suitcases from a State Hospital Attic. NY: Bellevue Literary Press, 2008.

“By the time it closed in 1995 after 126 years of operation, Willard Psychiatric Center, overlooking Seneca Lake in upstate New York, had been home to over 54,000 people. If not for the discovery of more than 400 suitcases filled with patients’ belongings in the hospital attic, their lives would have been lost to history. In *The Lives They Left Behind*, the contents of 10 of these suitcases are skillfully examined and compared to the written record to create a moving—and devastating—group portrait of 20<sup>th</sup> century American psychiatric care.” (Publishers synopsis)

Dale Magee, our Material Management Supervisor, read this book. “We’ve shipped a lot of suitcases and clothing out of our hospital,” he said. “It was a fascinating book. I enjoyed the book immensely & would recommend it.”

Please call the library at ext. 3712 if you want to read this book. If you need particular books to help in your work at our hospital, please let me know. [bnewell@fssa.state.in.us](mailto:bnewell@fssa.state.in.us)

# Continuous Readiness Reminders



- **POR Manual On-line**

*By Quality Management*

The POR (Problem Oriented Record keeping) Manual has been updated and is now located on the LSH intranet under publications.

- This manual establishes guidelines for use by staff of LSH for the uniform implementation of the assessment, treatment planning, and documentation processes.
- Discipline specific assessment forms are NO LONGER a part of the POR manual. These assessments and specific guidelines related to how these assessments are to be completed are located in Departmental Manuals.



Please send old POR manuals to Quality Management.  
These manuals are located on the units and in administrative areas in yellow paper 3-ring binders.



One more item to note.....

The Interdisciplinary Patient/Family Education Record (State Form 43495) is now available on the LSH intranet under e-forms. This form MUST BE PRINTED IN GREEN

# R A C E

Any time staff sees or suspects smoke or fire you must activate the alarm system by following the procedure you have been taught R A C E.

*R = Rescue*.....remove everyone that might be in immediate danger from the area.

*A = Alarm*.....sound the alarm by activating a pull station, calling 2222, and notifying Nursing Service Office.

*C = Confine*.....confine the fire by closing the door to the area that is on fire.

*E = Extinguish*.....extinguish the fire ONLY if you can do so safely.

The reason for activation of a pull station is to alert those not in the immediate area that there is an emergency situation in the building.

The reason you do both, activate the pull station and notify NSO, is in case there is a malfunction in the transmission of the pull station. By calling NSO, we are sure the information is being delivered, and a person calling can provide more information on the fire then the activated pull station.

*The policy in Nursing Service is that anytime a pull station, a water flow alarm (sprinkler) is activated, or someone sees smoke or fire, they will immediately call 911 and request the Logansport Fire Department be dispatched.*

# Culinary Corner

## IRISH STEW

Irish stew is easy to make and if made with mutton and cooked slowly will be both flavorsome and tender. Mutton, being an older meat, has more flavor than lamb but does need to be cooked for a couple of hours over a low heat with liquid. It should not be allowed to boil or the flavor will be spoiled. There is little agreement as to the classic recipe - should there be carrots? Should the meat be browned? Should mutton, lamb, beef, or bacon? The following dish will be found to be hearty, nourishing, and traditional enough.

### Ingredients:

2 1/2 lb boned mutton  
4 large potatoes  
2 large onions  
3 or 4 medium carrots  
sprig of parsley  
2 cups water  
salt and pepper  
(serves four)



Cut the meat into good size chunks. Peel the vegetables and slice thickly. Chop the parsley. Choose a pot with a well-fitting lid and put in the ingredients in layers, starting and finishing with potatoes. Pour in the water and season to taste. Cover and put on a very low heat for about 2 1/2 hours until the meat is tender and the potatoes have thickened the liquid. The dish may also be made with lamb, in which case it requires only 1 1/2 hours cooking time.

From the Appletree Press title: *A Little Irish Cookbook*.

**Sneaky**



**Snaps!**



Gotcha!

Jamie Hellyer vacuums up leaves.  
Thanks Jamie.

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



## UPCOMING EVENTS

February 25 - March 25

- February 25<sup>th</sup> - Purdue Bingo @ 10:00 AM - D1W
- February 25<sup>th</sup> - @ 2:00 PM -D1W
- February 25<sup>th</sup> - @ 10:00 AM
- February 26<sup>th</sup> - Clinton Co Gold Ladies @ 9:00 AM -D2E
- February 26<sup>th</sup> - Clinton Co Gold Ladies @ 10:00 AM -CLW/L1E
- February 27<sup>th</sup> - Purdue Bingo @ 10:00 AM - D2W
- February 27<sup>th</sup> - Purdue Bingo @ 10:00 AM - D1W
- March 2<sup>nd</sup> - Social Club @ Cass Co MHA - @ 6:00 PM
- March 4<sup>th</sup> - Creative Writing @ 10:00 AM
- March 11<sup>th</sup> - Creative Writing - @ 10:00 AM
- March 18<sup>th</sup> - Creative Writing - @ 10:00 AM
- March 18<sup>th</sup> - Catholic Mass - 3:30 PM
- March 23<sup>rd</sup> - Tippecanoe Co MHA @ 1:30 PM - SWW
- March 24<sup>th</sup> - Maple Syrup Demonstration @ 9:00, 10:00, & 11:00 AM, 1:00, 2:00, & 3:00 PM
- March 25<sup>th</sup> - Creative Writing @ 10:00 AM