



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

# The Spectrum

## Team of the Month

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From L - R: Jeremy Dobson, Steve Hilt, Dave Parrish, Jeff Babb, Herb Detrick, Rob Clover, Gary Cripe, Brian Hardy, Dave Welch, Jeff DuBois, Charlie Wandrei, Patrick Chomko, Eli Smith, Carl Summers. Not Pictured: Frank Zeider

### June TOM:

#### Maintenance and Security Staff

On March 18<sup>th</sup> at approximately 4:30 pm, a fire started in the grounds storage building located at the corner of Tecumseh and Cherry Lane. The fire, which apparently started due to faulty wiring, had spread to the attic of the building weakening the steel trusses causing a real danger of a roof collapse. Several employees who were already off duty heard of the fire over scanners at home and immediately returned to Logansport State Hospital to assist in any way possible. Responding were: Gary Cripe, Dave Welch, Herb Detrick, Brian Hardy, Jeff DuBois, along with Eli Smith, Patrick Chomko, Charlie Wandrei, Dave Parrish and Carl Summers. In addition, the three security guards on duty (Steve Hilt, Jeremy Dobson and Frank Zeider), also responded and assisted with traffic control.

Continued on Page 4.

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## Nominate Someone Today!



# SPYKE THE PSYCHE



## Mental Health Problems in Young People with Intellectual Disabilities: The Impact on Parents

Increasing evidence suggests that young people with intellectual disability may also experience mental disorders during the transition to adolescence (40%). Further research also indicates that about 64% of young people with intellectual disabilities who have transitioned to adulthood and have had an established childhood mental disorder or behavior problem, received no specialist mental health professional input. Finally, families who have children with Intellectual Disabilities and a child psychopathology often experience more stress and it impacts parental abilities. The aim of this study examined the experiences of parents who have an adolescent child with a dual diagnosis. The study used in-depth interviews with 13 parents and one adult sibling of 11 young people with dual diagnosis.

### Results:

#### Impact on Parents:

- **The struggle to understand:** all parents found a strong sense of confusion when behaviors and mood changes occurred for the adolescent.
- **More pain:** parents found that the behavior and mood change brought upon them a new sense of pain; all parents described significant suffering as a result of the adolescent's mental health problems, including feelings of depression, anxiety and anger, increased physical illnesses and poor sleep.
- **Trying to get by:** almost all parents described a sense of helplessness.
- **The battle for help:** parents felt alone and isolated in trying to manage services for the adolescent's mental health; all parents felt fears of stigma and shame which prevented them from telling others about the additional mental health difficulties. Most parents noted a lack of opportunity to be provided services as well as being listened to about their experiences.



### SPECTRUM

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**The importance of the study indicates a need for improvements in support for these families such that they may be able to detect mental disorder symptoms as well as seek treatment and rehabilitation for the children.**

Taken from The National Association of Dual Disabilities (NADD)

Faust, H., & Scior, K. (2008). Mental Health Problems in Young People with Intellectual Disabilities: The Impact on Parents. *Journal of Applied Research in Intellectual Disabilities*. 21:414-424

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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).

Need a hint? He will play music for the right price.

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 Erica Deeter. Congratulations Erica for guessing Dikki Leonard.

Dikki Leonard

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

TOM: continued...

All of the facility tractors and mowers are stored in the grounds storage building, along with various other grounds equipment and supplies, which were in danger of being lost to the fire. With the tight economic times, the hospital would have been hard pressed to replace these items and losing this equipment would have caused an extreme hardship to the facility and would have been greatly missed.

With the assistance and permission of the City of Logansport Fire Department, Gary Cripe, Dave Welch, Brian Hardy and Jeff DuBois entered the building and started to remove the grounds equipment that was accessible. While these employees were doing this, the entire attic was still involved in fire and debris was still falling at one end of the building. These men worked as hard and fast as possible and were able to save all but one lawn mower and one snow blower from the fire. Without these dedicated employees, the hospital would have lost over \$500,000 worth of equipment and supplies.

Special mention should be made regarding the security guards doing an excellent job of checking the buildings of the hospital, without them doing their job this fire could have been much worse than it was.

Rob Clover adds, "Mr. Babb has a dedicated staff whose quick response and willingness to perform beyond the normal call of duty was evidenced once again during this fire. I am extremely proud of them."

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## Certificate of Distinction

Judy Gilbert, Behavioral Clinician  
Larson Treatment Center



The nomination read:

"Judy has provided consistent excellent performance in all my observations of her work. Not only is she an excellent and experienced clinician, she is also a major resource to Logansport in the area of psychological treatment of sexual offenses. In addition to her usual duties, Judy is also training and supervising a Clinical Psychology PhD student from Purdue. Judy's written work is outstanding and reflecting the effort and energy she puts into making her written work clear and professional. Judy serves as an excellent role model and works well on her interdisciplinary team."

Pam Kindem added the following endorsement, "Judy is an asset to the Larson 2 North program as well as to the Larson Service Line. Her expertise is utilized by many as she is called upon frequently to evaluate and provide assistance in cases involving sexual issues. She is one of the initial developers of the Sexual Response Program (SRP) program and continues to work diligently in utilizing the best practices in the treatment of these individuals."

Congratulations!

# Arts-'n-facts

## Longcliff Museum Art-'n-facts

### New Equipment for Longcliff

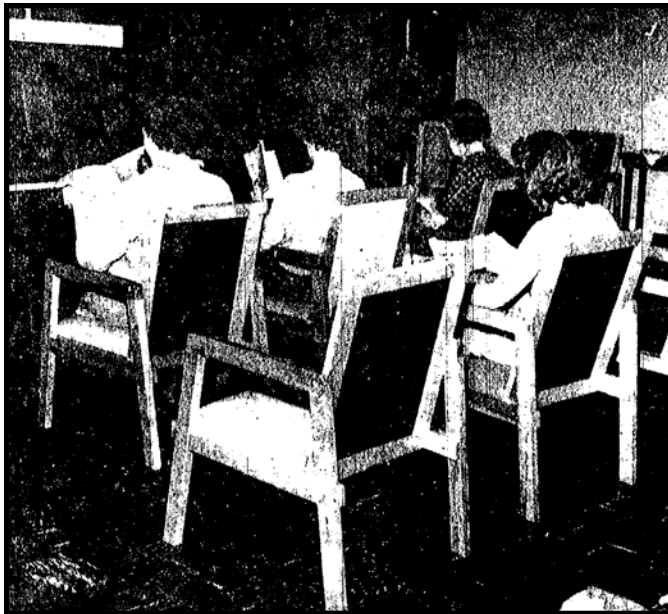
As part of a "Design for Living" program inaugurated at the Logansport State Hospital by Superintendent Ernest J. Fogel to give patients more attractive surroundings, Longcliff officials are distributing a specially designed modern lounge chair on various wards at the state hospital.

To be known as the Longcliff chair, it was modeled after a chair in the Rogers Hall personnel building. The shells are being manufactured at the state reformatory at Pendleton, while the seats and backs are being made at Longcliff.

The chairs feature bright colors, durability and comfort. The backs are made of a two-inch rubberized hair, while the seats are a laminated one-inch polyurethane foam, which is both fire resistant and longer lived than rubber.

One hundred and ninety of the chairs already have been finished and placed on the wards, breaking up the monotony of the archaic straight back chairs and rockers which have been in use for many years at the hospital.

Approximately 1,000 of the chairs will be obtained altogether, Dr. Fogel reported. The first order was for 240 of them.



The chairs are costing the hospital less than \$25 a piece, which is less than half of the cost if they were purchased on the industrial market.

Superintendent Fogel pointed out that old chair become very depressing to the patients, and that their surroundings are more important now than they were a few years ago because the new drugs being used in the treatment of mental patients make them more aware of what is going on around them.

In a further effort to improve the furnishings at the state hospital, Superintendent Fogel and A. L. Maines, Business Administrator, are trying to make arrangements for the state reformatory to build settees to be substituted for the benches no longer in use at Longcliff.

Logansport Tribune & Press (March 15, 1959)

# National **CPR/AED** Awareness Week Introduced in Congress

**WASHINGTON, Thursday, September 20, 2007** — The American Red Cross and American Heart Association have joined to applaud federal legislation that would designate the first week of June as “National Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Week.” The bill, introduced today by U.S. Representatives John R. “Randy” Kuhl, Jr. (R-NY), and Dan Boren (D-OK) would further educate Americans about the necessity of CPR and AED training and use to reduce death and disability from sudden cardiac arrest.

“This legislation will help Americans save lives at the community level,” said Rep. Kuhl. “If you suffer sudden cardiac arrest outside of a hospital, you have a five percent chance of survival. It doesn’t have to be that way. If we can train more Americans in performing CPR and using AEDs, we can save more lives.”

Approximately 325,000 Americans suffer sudden cardiac arrest each year and more than 95 percent of them die before reaching the hospital. If CPR and defibrillation are not applied within 10 minutes after sudden cardiac arrest, there is virtually no chance of survival. However, in cities where defibrillation is provided within five to seven minutes, the survival rate from sudden cardiac arrest is as high as 49 percent.

The goal of a National CPR and AED awareness week is to encourage states, cities, and towns to establish well-organized programs that provide CPR and AED trainings and increase public access to AEDs. Machines were placed across the Logansport State Hospital campus several years ago. Currently there are twenty-five AEDs ready to save the lives of patients, staff, and visitors.

“Increased awareness of health issues and access to health care are both important to me,” Boren said. “As the leading cause of death in the U.S., it is critical that we continue to demonstrate the dangers of heart disease and support programs that provide cardiopulmonary resuscitation training and increased public access to automated defibrillators. I am proud to help establish a nationally recognized week to help raise the awareness of these important issues.” The legislation also requests that the President of the United States issue a proclamation making the week permanent. This would coincide with the American Heart Association and Red Cross campaigns to raise public awareness about CPR and AED use.

“The Red Cross has been advocating for the nation to prepare for all types of emergencies; and part of that call to action is to take training in lifesaving skills such as CPR and AED,” said, Scott Conner, Vice President for American Red Cross Preparedness and Health And Safety Services. “It’s wonderful to have a week devoted to calling people’s attention to the fact that saving someone’s life is as simple as taking a class.”

The American Heart Association and most Emergency Medical Service (EMS) responders advocate the “chain of survival,” which represents the four crucial links of the emergency treatment of sudden cardiac arrest. The links are:

- 1) Early Access to Care
- 2) Early Cardiopulmonary Resuscitation, or CPR
- 3) Early Defibrillation
- 4) Early Advanced Care

“The chain of survival is only as strong as its most critical links, which in most cases of cardiac arrest is early CPR and defibrillation,” said Robert O’Connor, Chair of the American Heart Association’s Emergency Cardiovascular Care Committee. “It is crucial that more Americans are trained in CPR and that AEDs are made more accessible to the public. A national awareness week will be a strong step for our nation in making that a priority.”

### **About the American Red Cross:**

*The American Red Cross shelters, feeds and counsels victims of disasters; provides nearly half of the nation's blood supply; teaches lifesaving skills; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its humanitarian mission. For more information, please visit [www.redcross.org](http://www.redcross.org) or join our blog at [www.redcrosschat.org](http://www.redcrosschat.org).*

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**FOR MEDIA ONLY**  
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# Family Mixer

August 18<sup>th</sup> brought beautiful weather for one hundred twenty-three family and friends who came for our Family Mixer! Our Nutrition Services provided a wonderful meal of chicken patties, delicious macaroni salad, vegetables, chips and some homemade cookies. Information Specialist, Darrin Monroe took photos of the families posing in front of a nautical backdrop.

Families chatted and enjoyed the precious gift of time with one another. What a difference these visits make and how many lives are touched through each Family Mixer. May the good memories endure until our next Family Mixer, October 10<sup>th</sup>, 2009!

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## Volunteer Recognition Day 2009

April 9<sup>th</sup>, 2009 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 "Volunteers are Lifesavers!" Volunteers were encouraged to get their pictures taken by Information Specialist, Darrin Monroe, on the beautifully constructed wooden pier backdrop created by Paul Zimdahl. Many volunteers enjoyed light refreshments and listened to Medical Director, Dr. Danny Meadows, say some words about how important volunteers are to this hospital. Rick Ricks, Transitional Care Manager, presented the Volunteer of the Year Award to retired Rehab Therapist, Jerry Kelley. Of course, Jerry was very surprised and had many good things to say about the folks that have supported him through the years as an employee and volunteer! Jerry has volunteered many hours since retiring from LSH to the clients' sports league and the Longcliff Museum. Congratulations Jerry! Volunteer Recognition Day came to an end as Pastor Greg Peck 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!



# FRESH FEATURE

## What's New With Cancer

Good news is on the horizon in the detection of many types of cancer! Here's a glance at what's happening on the research front.

- More than 15,000 women a year die from ovarian cancer. Many women experience no symptoms. A new blood test, better than those before we hope, that was 99% accurate in detecting ovarian cancer in recent studies, even in the disease's earliest stages. The blood test should be available soon. (Yale University School of Medicine)
- Using tissue samples from the mouth doctors are developing a new lung cancer test that compares genetic changes that take place 95% of the time in both mouth and lung cells. (University of Texas)
- Scientists are identifying precancerous cells, thanks to a new type of laser light that they shine on a patient's breast. (National Institute of Standards and Technology – University of Colorado)
- To eliminate the need for diagnostic surgery and better identify skin and cervical cancer, an Australian researcher has developed a non-invasive "virtual biopsy" technology that uses harmless electrical currents.

*Source: National Women's Health Resource Center*

Should I take supplements during cancer therapy?

Surveys find a common reaction for newly diagnosed cancer patients is to load up on vitamins at the health food store to help reduce the toxic effects of chemotherapy, and perhaps even to potentially help fight the cancer. Overloading on certain dietary supplements may do more harm than good. Maintaining a healthy diet is important during treatment. For patients unable to do so, doctors and dietitians may recommend dietary supplements but each situation must be considered independently. Always consult your doctor before using supplements. Nutrition therapy can be a strong ally during cancer and its treatment:

### Boost Intake

- Eat nutrient-dense foods first so you do not get full too quickly on other foods
- Keep indulgent foods on hand for when absolutely nothing else will do
- Add powdered milk to liquid milk. Sprinkle grated cheese in soups and on vegetables

### Lack of Energy

- Ask for help with food shopping and meal preparation
- Eat off disposable plates with plastic utensils if you do not feel up to washing dishes
- Try finger foods such as cheese, bananas with peanut butter, & avocado sandwiches

### Nausea

- Take anti-nausea medication as directed
- Cold foods are often better tolerated
- Make sure food preparation areas are properly ventilated to lessen odors that may worsen nausea

## Mouth Sores

- Choose soft textures and moisten solid foods with gravy or cheese sauce
- Stay away from acidic, spicy, and salty items, tobacco, alcohol that are irritating to the mouth
- Take pain mediation before meals or as prescribed by your physician

*Source: CURE Cancer Resource Guide 2009 (www.CureToday.com)*

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# Collection Box

We are collecting items to send a care package to Justin Mucker's (Justin works midnights at IRTC) platoon **384<sup>th</sup> MP CO at Camp Sykes IRAQ**. There are approximately 80 soldiers in his platoon. If anyone is interested, the following items are needed. Travel size items are acceptable. We have a continuous collection box in control center at IRTC.

Shampoo and Conditioner

Toothpaste

Deodorant

Wet Wipes

Feminine Products

Disposable Razors

Body Wash

Shaving Cream

Powdered Drink Mixes

Trail Mix

Beef Jerky

Ponytail Holders

Phone Cards

Magazines such as guns, sports, video, gaming, Cosmo, etc...(nothing explicit)

Snacks (Non-Perishable, things you do not have to cook)

# LINCOLN RAILSPLITTERS WERE HERE!

On Thursday, April 2, 2009, approximately 75 kids from Lincoln Middle School were here! These kids were invited by Community Services of LSH to come to the annual Jr. High Luncheon. Several staff and volunteers assist in creating this special day for the kids! Each station that the kids visited represented a career choice and was geared towards the kids learning about possible careers they could grow up and be at Logansport State Hospital! When the kids leave, they have a better understanding of the many positions available and needed to maintain a facility like ours.

A special thank you goes out to Bridget Lawson, Patty Hardesty, Terry Tharp, Jacque Phillips, Brian Newell, Tami Wilken, Cathy Hickey, Dr. Maryann Nusbaum, Julie Stapleton, Angela Edwards, Herb Detrick, Dave Welch, and Diana Anderson, Mary Foust, Dena Packard, Sarah Rutschman, Paul Zimdahl, and Jill Rowe, for making this a special day for the kids! The day concluded with a "Brain Game" competition between some of the kids and Terry Tharp as the best game show host ever! Thanks again to everyone that helped make this a special day for the kids!

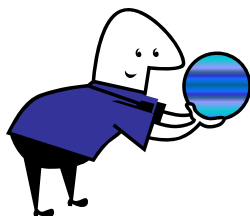


# YMCA Corporate Challenge

## SEPTEMBER 2009 EVENTS



Whether you enjoy the spirit of good competition, the camaraderie of team events or you just want to have fun, this year's challenge has something for everyone!



Contact Tressa Bowman at  
Ext. 3634 or via email for information  
and registration.

[Sign Up Today!](#)

**Events include:**

- Mini-Golf (\$5.00 per person)
- Bowling (\$15.00 for 2-person team)
- Chess (\$5.00 per person)
- Wally ball (\$10.00 for 4-person team)
- Badminton (\$5.00 for 2-person team)
- Corn hole (\$10.00 for 2-person team)
- 1.5 Mile Prediction Walk (\$3.00 per person)
- Golf Scramble (\$15.00 for 2-person team)
- Basketball Spot Shot (\$6.00 for 2-person team)
- Euchre (\$8.00 for 2-person team)
- Co-Ed Softball (\$30.00 per team)
- Home Run Derby (\$5.00 per person)

# Ways To Observe Memorial Day

Memorial Day reminds us of our duties towards the wounded soldiers and the bereaved families, orphans and widows of the dead soldiers. We should honor the dead by adorning their sacred remains with flowers and garlands and show our gratitude towards them in the following ways:

- Adorning the graves of the soldiers with flags or flowers.
- Visiting cemeteries and memorials.
- Furling the American Flag at half-mast until noon.
- Furling the 'POW/MIA Flag'.
- Keep silence for a minute at 3 p.m., 'National Moment of Remembrance' and listen to Taps being played.
- Take a pledge to aid the disabled veterans, widows, widowers and orphans of the dead and keep it.
- You may support the efforts to restore the traditional day of observance of Memorial Day back to May 30th.
- Offering thanks to the veterans and appreciating the ultimate sacrifices of the soldiers to the bereaved families personally may help too.



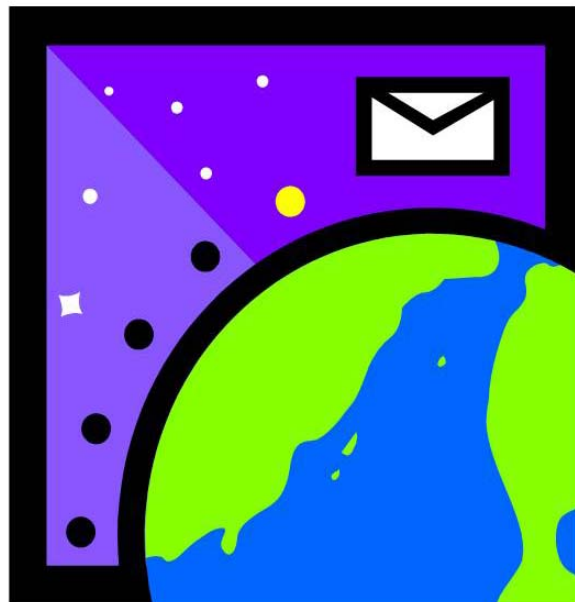
**Email is a great communication tool.**



**You do not have to print out every email you receive.**

**You can make a folder in your email to put notices you would like to keep.**

**If you do print out your emails reuse the other side to print another email.**



# Culinary Corner

## A Special Day for Dad

To show Pop he's tops, head to the great outdoors for a tried-and-true barbecue!



## Great Grilling Tips

Grilling is a wonderful way to get summer suppers sizzling. Before you head to your backyard for some fun outdoor cooking, refresh your grilling skills with these tips:

- Before grilling meats, trim excess fat to avoid flare-ups.
- Marinades can be used to add flavor to meat and vegetables or to tenderize less-tender cuts of meat. Always marinate in the refrigerator in a glass container or resealable plastic bag. In general, do not reuse marinades. If a marinade is also used as a basting or dipping sauce, reserve a portion before adding the uncooked foods, or bring it to a rolling boil after removing the raw meat.
- Bring foods to a cool room temperature before grilling. Cold foods may burn on the outside before the interior is cooked.
- Use tongs to turn meat instead of a meat fork to avoid piercing and losing juices. Also, salting meats after cooking helps retain juices.
- Brush on thick or sweet sauces during the last 10 to 15 minutes of cooking. Baste and turn every few minutes to prevent burning.
- Use a meat or instant-read thermometer to check the internal temperature of meat and poultry before the recommended cooking time is up.

# Zesty Pork Medallions Recipe



SERVINGS: 6-8

TIME: Prep: 5 min. + marinating Grill: 30 min. + standing

## Ingredients:

- 2 cups salsa
- 1/4 cup Domino® or C&H® Granulated Pure Cane Sugar
- 4-1/2 teaspoons sweet-and-sour sauce
- 1 tablespoon vegetable oil
- 1 tablespoon green taco sauce
- 2 teaspoons balsamic vinegar
- Dash hot pepper sauce
- 2 pork tenderloins (about 1 pound *each*)

## Directions:

In a small bowl, combine the first seven ingredients. Set aside 1 cup for dipping; cover and refrigerate. Pour the remaining marinade into a large resealable plastic bag; add pork. Seal bag and turn to coat. Refrigerate overnight.

Prepare grill for indirect heat. Drain and discard marinade. Grill pork, covered, over medium heat for 30-40 minutes or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. Warm reserved marinade; serve with pork. **Yield:** 6-8 servings.

**Happy Father's Day!**

**Sneaky**



**Snaps!**



Gotcha!

What's up Doc?

Dr. Danny Meadows caught in the act of posing with Mr. Easter Bunny Ted and Mrs. Easter Bunny Bonnie.

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

## UPCOMING EVENTS

May 20 - June 17

- |             |   |
|-------------|---|
| May 20th -  | Creative Writing - 10:00 AM                         |
| May 20th -  | Catholic Mass - 3:30 PM                             |
| May 27th -  | Creative Writing - 10:00 AM                         |
| May 28th -  | Clinton Co Gold Ladies - D2E @ 9:00 AM              |
| May 28th -  | Clinton Co Gold Ladies - CLW/L1E @ 10:00 AM         |
| June 3rd -  | Creative Writing - 10:00 AM                         |
| June 3rd -  | Blood Drive – Fogel Auditorium @ 11:00 AM - 3:00 PM |
| June 10th - | Creative Writing - 10:00 AM                         |
| June 15th - | Cass Co MHA Picnic for IRTC Unit @ 5:30 PM          |
| June 16th - | Columbia Park Picnic for SWW @ 11:00 AM             |
| June 17th - | Creative Writing - 10:00 AM                         |
| June 17th - | Catholic Mass - 3:30 PM                             |