



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

The Spectrum

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August
2009

Employee of the Month



LPN, Miranda Gibson (L) receives EOM certificate from Charge Nurse Supervisor, A.J. Long (R).

September
EOM

Miranda Gibson, LPN
Larson One North

Three nominations were received recommending Miranda for Employee of the Month. The nominators included Dan Toncheff, RN; Jan Lomax, Attendant Supervisors and A.J. Long, Charge Nurse Supervisor. Some of the ways in which she consistently performs above and

beyond her normal job duties included: she was instrumental in initiating a new group to instruct patients on medical issues, facilitating patient growth and autonomy; she constantly finds things of interest for patients to do, always keeping in mind the skills they need to learn for recovery and future placement; she has demonstrated amazing initiative and creativity, and requested regular charting assignments to assist staff.

Ms. Gibson has been with Logansport State Hospital for about 18 months beginning as a contract LPN and then became a state employee. Attendant staff consistently mentions her positive & upbeat attitude and she has been supportive by assisting, then requesting a share of charting assignments. She assists rehab staff and often uses her own time to prepare craft projects for patient activities. She communicates with staff and patients in a kind and respectful manner and does so with a smile. Charge Nurse Supervisor AJ Long summed it up well, "Miranda completely exemplifies professionalism and dedication as an LPN and has quickly become one of Larson's best assets."

ADON Mary Clem offers her hearty endorsement, "From the beginning, Miranda has displayed a sense of pride and ownership on Larson 1 North and goes above and beyond to engage patients with activities of interest to them. She shows compassion, while maintaining the ability to be fair, firm and consistent. She also promotes a spirit of teamwork amongst her peers and co-workers."

Nominate Someone Today!



SPYKE THE PSYCHE



Good News for Elderly: Happiness Keeps Growing

Older adults learn to limit negative influences, studies show


Posted August 13, 2009

THURSDAY, Aug. 13 (HealthDay News) -- The longer you live, the happier you're likely to be, a growing body of research shows.

Researchers who spoke at the recently concluded annual convention of the American Psychological Association in Toronto said that mental health generally improves with age. Given that the world population of people over 65 is expected to nearly triple by 2050, according to U.S. officials, this should come as good news.

Reporting on several studies of aging and mental health, Susan Turk Charles, a professor at the University of California, Irvine, said the findings indicate that happiness and emotional well-being improve with time.

Older adults exert greater emotional control, said Charles. Studies show they learn to avoid or limit stressful situations and are less likely than younger adults to let negative comments or criticism bother them.

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| | |
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| Brian Newell | Librarian ext. 3712 |
| Marjorie Potts | Staff Development. ext. 3801 |
| Erica Deeter..... | Environmental Services.ext. 3688 |

Charles added that "we know that older people are increasingly aware that the time they have left in life is growing shorter. They want to make the best of it so they avoid engaging in situations that will make them unhappy. They have also had more time to learn and understand the intentions of others, which helps them to avoid these stressful situations."

Another study conducted over a 23-year period examined three groups of people at three different life stages and concluded that emotional happiness grew with age, she said.

These findings may not apply to older adults who feel trapped in distressing situations and those with forms of dementia, Charles said. "We know that older adults who are dealing with chronic stressors, such as caregiving, report high rates of physical symptoms and emotional distress," she added.

In separate reports, Charles and Laura Carstensen, a psychology professor at Stanford University, also noted that social relationships -- or lack of them -- influence how older people respond to stress. Carstensen cited a Swedish study that concluded that people with strong social connections were less likely to suffer cognitive impairment than others. It seems social relationships influence the way that the brain processes information, she said. "These changes have a profound impact on health outcomes," Carstensen said.

To make the most of the coming years, Carstensen offered these tips:

- Think of ways to enjoy the time ahead and try to imagine living 100, healthy, happy years.
- Provide daily routines that reinforce your goals, both in your home and in your social life.
- Develop new activities and relationships, and don't invest all of your emotional energy in a job or a single relationship.

Letter of Recognition

Mr. Kevin Moore, Assistant Director of DMHA, was at Logansport State Hospital on July 14, 2009. Being new to his current role with DMHA, Mr. Moore took an opportunity to meet with leadership, support and direct care staff, as well as tour the service lines and support departments. While here at LSH, Mr. Moore presented Mr. Rob Clover, Interim Superintendent, with a letter of recognition from Ms. Gina Eckart, Director of DMHA. Mr. Clover was recognized for his willingness and commitment to serve as Interim Superintendent, while maintaining his regular duties as Assistant Superintendent.

Thank you to Mr. Rob Clover for all he has done for the staff and clients of Logansport State Hospital.



Assistant Director of DMHA, Kevin Moore (L), shakes the hand of Interim Superintendent; Assistant Superintendent, Rob Clover (R).

Arts-'n-facts

Longcliff Museum Art-'n-facts

Longcliff Museum Celebrates First Ten Years (1999-2009)

A big thank you to the painters and maintenance crew and housekeepers who brightened up our museum and made repairs in time for our 10th Anniversary Open Houses! Thank you to the Morale Boosters who made and sold strawberry shortcake for our Employee Open House on August 4th. We had 30 employees tour our museum and served almost 130 servings of strawberry shortcake! (Most of the shortcake orders were "to go".)

At our Community Open House, August 8th, a visiting chef cooked hot dogs for our guests. Cookies and cupcakes were served as well. (Chocolate goes good on a hot day.) We had 155 visitors that Saturday, enjoying guided tours led by our knowledgeable volunteers and retirees. Doodlebug rides were popular, running through the 5:00 hour. Many of our guests were acquainted with the hospital and had stories of their own to tell. It was a wonderful day to reminisce and learn from others.

Thank you to the Pharos-Tribune for giving us front page coverage that Saturday morning. We were pleased with the turnout despite a road closure on State Road 25. A grant allowed us to purchase rack cards to advertise our museum in libraries and museums throughout the area. We had visitors from as far away as Indianapolis and the Netherlands (they were visiting in Logansport already). Many thanks to all who helped make our Longcliff Museum what it is today, a testament to the time, labor and service of all those who kept our hospital running 24/7 since July 1, 1888, on this "long cliff."





Museum
Employee
Open
House

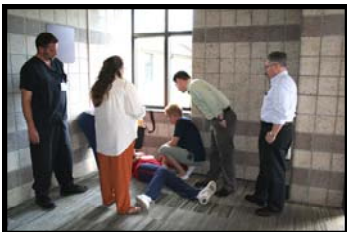
Morale Boosters
Strawberry Shortcake

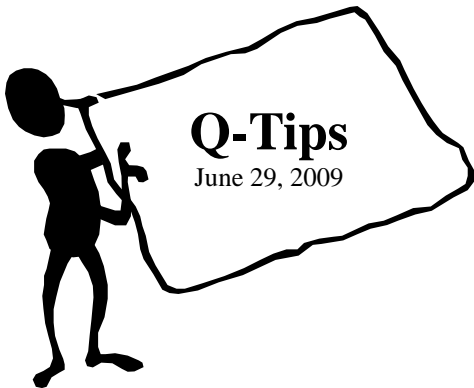
Museum
Community
Open
House

DISASTER DRILL

On Tuesday, June 30th at approximately 9:15am the National Weather Service issued a Tornado Watch and by approximately 9:30am there were cars overturned, structural damage and minor injuries of staff. This sounds devastating, and it could be if it were real.

Once again the Environment of Care Committee has planned and executed a disaster drill. This drill involved not only LSH staff, but also the Logansport Fire Department and Cass County Emergency Management. This drill was conducted to reinforce the procedures that should be implemented in the event of an emergency and to keep staff aware that an event can occur at any time.





Continuous Readiness Reminders

--Severe Weather

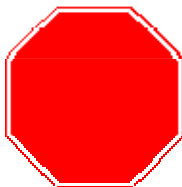
By Quality Management

Severe weather season is upon us. Please review the EOC manual and make sure you are aware of procedures to be followed.

Logansport State Hospital has established safety alerts to notify patients, visitors, and staff of the potential for the existence of dangerous or harmful conditions. A TORNADO will be announced as a **RED ALERT**.

If a RED ALERT acknowledges that there is an immediate condition of severe weather such as a tornado, follow these steps:

- Upon hearing the **RED ALERT**, secure your immediate area.
- Take a portable radio and monitor communications.
- Move all persons to your designated **RED ALERT AREA** or the lowest level of the building in a center hallway away from windows.
- Have all persons sit on the floor.
- Wait for further instructions from Administration.



FRESH FEATURE

What a Great Job Our CPR/AED Instructors Are Doing! Salute To You!

An Employee's Knowledge And Quick Action Saved A Patient

The ability to enter each classroom knowing you have the opportunity to creatively think outside the box, challenge people's "old habits" and suggest skills for improved performance on the job is powerful! Logansport State Hospital (LSH) has thirty-nine CPR/AED Instructors and one Instructor Trainer dedicated in recertifying all clinical staff, electricians, safety coordinator, fire fighter, security, and support staff asking with supervisory approval to complete the training. "This fine group of Instructors allows us to train a huge number of staff fairly calmly," reports Marge Potts, Staff Development Director. "As your CPR/AED Instructor Trainer I want to thank each of you for a fine job." "Jani Foreman, Staff Development Secretary, we thank you for the tremendous job you do by scheduling/rescheduling trainees into the approximately 60 classes and maintaining records. Without you Jani, we instructors would be circling the Lynch building looking for a place to hide."



Dottie Hill

An Employee's Quick Action Saved A Patient

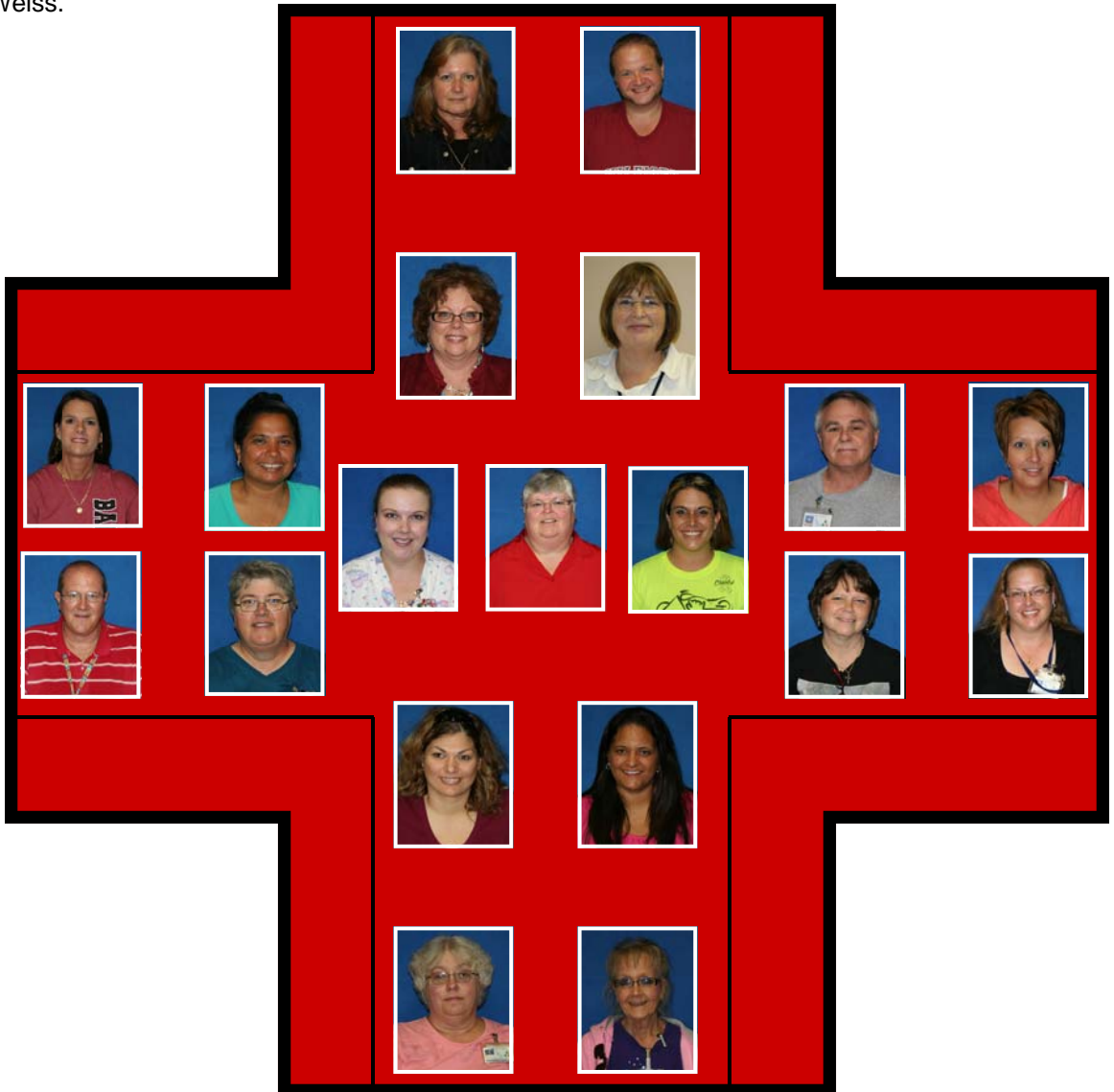
On April 24, 2009 Dottie Hill's quick recognition of a Jayne English patient in trouble probably saved his life. She recognized the symptoms associated with experiencing a heart attack. The patient was immediately sent to the emergency room.

I am thankful that our LSH CPR/AED instructors do ask trainees to think outside the box as they are improving their rescuer skills. Instructors understand how important it is to look at each participant and wonder "what are the barriers that must be removed in order for the skill I am teaching today to be used successfully on the job?" It could be a manager not supportive of the change, a policy or practice that is counterproductive to the new skill, the new skill not being reinforced and recognized or the trainees' personal fear of trying something new. We can't just take employees, put them in a training room and throw away the key, hoping that when they return to the floor or office they will behave differently. *As trainers, we must provide a safe haven for learning, a place to ask questions, to practice the skills and give feedback.*

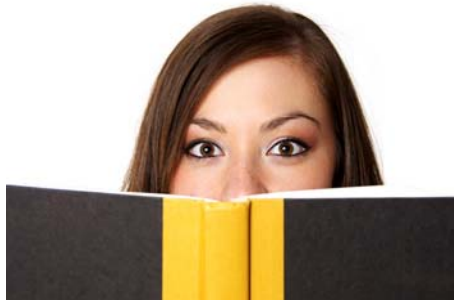
As of July 31, 2009 staff (571 / out of 585) have successfully completed the American Red Cross Professional Rescuer CPR/AED, full day or recertification, classes for 98% compliance. Our instructors also help identify needed emergency equipment and knowledge at the job site and many assist nursing in monitoring code blue knowledge. When emergencies occur our instructors respond as leaders.

Our American Red Cross CPR certification is now good for two years. Three hundred staff will be recertified in 2010 and the other 300 will receive training in 2011. Staff will be required on the off year to meet with the CPR trainer on their treatment center and practice two- man CPR with AED. Staff Development will coordinate movement of equipment to respective treatment centers after regular recertification (February – June) classes have been completed.

CPR/AED Instructors: Sarah Rutschmann, Sonja Conrad (not pictured), David Mucker, Beth Odom, Mary Sherman (not pictured), Beverly Koons, Jaime Blanton, Lorna Mollencupp (not pictured), Jason Grider (not pictured), Sabrina Click (not pictured), Jayme Murray (not pictured), Melinda Eldridge, Jamie DuBois, Roberta Luse, Lucia Ward, Kathleen Pattee, Dena Packard (not pictured), Stephanie Piercefield, Sam Sterrett, Dana Thompson, Ryan Nichols (not pictured), Darrin Monroe, Jacquelyn Phillips (not pictured), Marjorie Potts, Kyle Cree (not pictured), Natasha Davidson, David Lawson (not pictured), Jan Lomax, Sandra Marchal (not pictured), JoAnn Cornell (not pictured), Rick Bault (not pictured), Linda Berkshire, Michael Donnelly (not pictured), Teresa Horton (not pictured), Darrin Kraay (not pictured), Terry Sharp (not pictured), Kris Walters (not pictured), and Ramona Weiss.



THE BOOK NOOK



New in the Library

Bockian, Neil. The Personality Disorders Treatment Planner. NY: John Wiley & Sons, 2001.

This book provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payers, and state and federal review agencies.

- ◆ Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for clients with personality disorders
- ◆ Organized around 32 main presenting problems, from antisocial-malevolent and borderline-petulant to histrionic-appeasing, obsessive-compulsive, paranoid-fanatic, and others
- ◆ Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options
- ◆ Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-IV(TM) diagnosis
- ◆ Includes a sample treatment plan that conforms to the requirements of most third-party payers and accrediting agencies (including JCAHO and NCQA)

If you know of a book that would help with your job, please contact the librarian at ext. 3712. One good book can make a world of difference.

Christmas Gift Lift



Community Services is seeking help with this year's Christmas Gift Lift. We are seeking individuals to sponsor a patient or to donate items. Needed items are as follows: Christmas Cards, Extra Large Clothing (XL—4XL), Games, Phone Cards, Walkmans, Batteries, Wallets, Purses, Hygiene Items, Cosmetics, Word Search Books, Puzzles, Art Supplies, Stationery & Pens, Calendars, Candy & Gum (Sugar Free and Regular), and more....

Call Shadi Lilly @ ext. 3708 or Chris Taylor @ ext.3709 with questions or for a complete list of needed items.

Independence Day Dance

The Annual Independence Day dance was recently held on July 3rd outside the Hillside Café. Patients and staff enjoyed the tunes provided by Bob Wandrei and Terry Tharp. They did an excellent job as always. The weather held out so people could sit on the lawn or dance on the patio. Staff in the ADM also had the opportunity to open their windows and enjoy the music. Red, white and blue cookies provided by Dietary were served with punch.

Rehab would like to thank everyone who assists in making the dances fun for the patients. From the music provided, equipment set up, refreshments, and the staff who escort or help serve, we appreciate you all.

LSH AT THE CASS COUNTY 4-H FAIR!

LSH was at the fair again this year! Logansport State Hospital was represented in the Merchants 2 Building with many volunteers helping to make that happen! The LSH booth volunteers were busy handing out candy and information about the State Hospital and the Longcliff Museum! Volunteers also signed up folks to win daily raffles as they talked to them about the State Hospital! Winners were drawn twice every night of the fair. Winners received gift certificates from Maxx Tan, China Lane, B&K, Pizza Hut, Transition Spa, and Family Video! Thank you to these local businesses that donated to LSH Community Services for the raffles! And thank you to everyone that volunteered their time for the booth this year! We couldn't have done it without you! Many thanks to Jacque Phillips, Nancy McIntosh, Joe McIntosh, Jill Rowe, Patty Gaylor, Jerry Kelly, Tressa Bowman, Donna Rikard, Paula Johnson, Brian Harvey, Jamie DuBois, Nancy Vernon, Mary Foust, Bonnie Richter, Rick Ricks, Sherry DiDomenico, and Sonja Conrad!!!

See you all next year!



Culinary Corner

Jumbleberry Crumble Recipe



Ingredients:

3 cups halved fresh strawberries

1-1/2 cups fresh raspberries

1-1/2 cups fresh blueberries

2/3 cup sugar

3 tablespoons quick-cooking tapioca

1/2 cup all-purpose flour

1/2 cup quick-cooking oats

1/2 cup packed brown sugar

1 teaspoon ground cinnamon

1/3 cup butter, melted

Directions:

In a large bowl, combine the strawberries, raspberries and blueberries. Combine sugar and tapioca; sprinkle over berries and toss gently. Pour into a greased 11-in. x 7-in. baking dish; let stand for 15 minutes.

Meanwhile, in a small bowl, combine the flour, oats, brown sugar and cinnamon. Stir in butter; sprinkle over berry mixture. Bake at 350° for 45-50 minutes or until filling is bubbly and topping is golden brown. Serve warm.

Yield: 6-8 servings.

Who Am I?

Can you guess who this 'Super' Chef is?

If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by September 18.

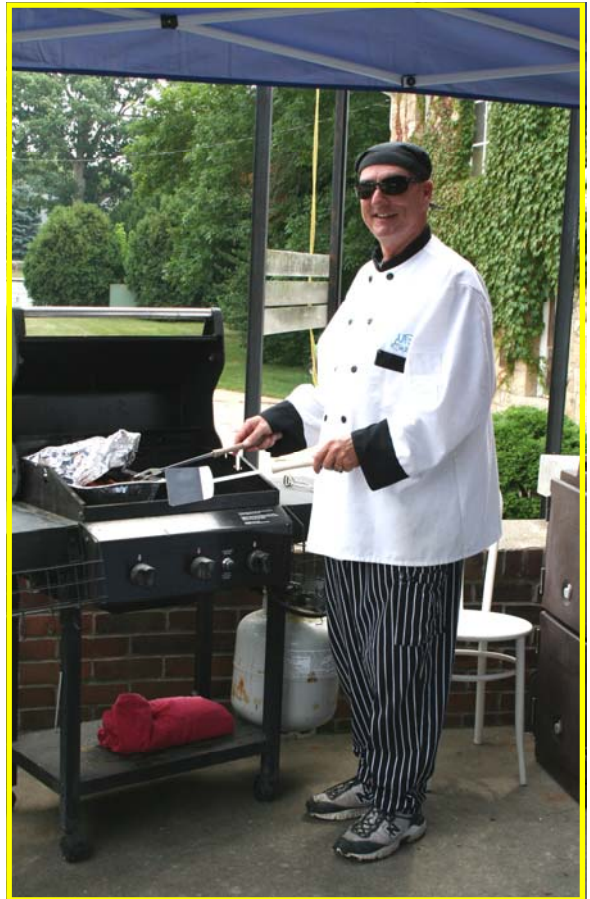
Employees with correct answers will be put into a drawing for a chance to win a free soft drink from the Hillside Café.

Winner
will
be
announced
in
the
next
Spectrum

There were no winners from the last "Who Am I?" article. The correct answer was Jim Kelly.



The boy pictured on the far left is Jim Kelly from Material Management.



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

Sneaky



Snaps!



Gotcha!

Ron Fawley caught in the act using the radio during a disaster drill.

"All Clear," Ron.

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



UPCOMING EVENTS

September 3 - September 23

- 📅 September 3rd - Summer Finale
- 📅 September 16th - Catholic Mass @ 3:30 PM
- 📅 September 21st - Movie in Auditorium 1:00 - 3:00 PM
- 📅 September 22nd - Ping Pong Tournament @ 9:15 AM in Game Room
- 📅 September 22nd - Volleyball Game in Fogel Gym 1:00 - 3:00 PM
- 📅 September 23rd - Museum Open House for Clients - 1:00 - 3:00 PM