



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

The Spectrum

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SPYKE THE PSYCHE



National Institute of Mental Health Science News about Coping with Traumatic Events

PART 3 of 3

What Community Members Can Do To Help Adults Cope

Key steps can help adults cope that in return can then provide better care for the children.

- Create safe conditions.
- Be calm.
- Be hopeful.
- Be friendly and connect to others.
- Be sensitive to difficult people. Encourage respect for their adult decision-making.

In general help people:

- Get food
- Get a safe place to live
- Get help from a doctor or nurse if hurt
- Contact loved ones or friends
- Keep children with parents or relatives
- Understand what happened
- Understand what is being done
- Know where to get help so they can meet their own needs



SPECTRUM

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1098 S. State Rd. 25
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The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

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Avoid certain things

- Don't force people to tell their stories
- Don't probe for personal details
- Do not say
 - “ Everything will be OK.”
 - “ At least you survived.”
 - What you think people should feel
 - How people should have acted
 - People suffered for personal behaviors or beliefs
 - Negative things about available help
- Don't make promises that you can't keep
(Ex: “You will go home soon”).

How Community Members Can Help Children

After violence or disaster community members should:

First identify and address their feelings – this will allow them to better help others.

Allow children to

- Express feelings
 - Discuss the event
 - Before going back to routines
 - But not if children don't want to
 - Use their buildings and institutions as gathering places to promote support
- Help people identify resources available to provide assistance
- Emphasize community strengths and resources that sustain hope

Helping Children and Adolescents Cope with Violence and Disasters

Be sensitive to

- Difficult behavior
- Strong emotions (Children struggle to make sense of trauma)
- Different cultural responses

Get mental health professionals to

- Counsel children
- Help them see that fears are normal
- Offer play therapy
- Offer art therapy

Help children develop

- Coping skills
- Problem-solving skills
- Ways to deal with fear

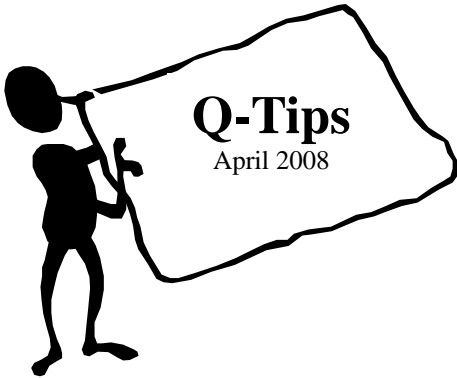
Hold parent meetings to discuss the event

- Their child's response
- How help is being given to their child
- How parents can help their child
- Other available support

*Resource: NIMH Science News about Coping with Traumatic Events
www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml*

Employee Satisfaction Survey

- ◆ The Plan of Action for the Employee Satisfaction Survey was presented to the Workgroup on April 4, 2008.
- ◆ The Plan focused on Supervision, Communication, and Employee Recognition identifying 29 areas for improvement.
- ◆ The complete plan has been distributed to the Service Line Managers and Department Heads for review at their next staff meeting.



Continuous Readiness Reminders

- 8 Foot Egress
- Door Wedges
- Fire Blankets

By Quality Management

LSH adheres to the requirements of the Life Safety Code. Processes are in place to provide a safe environment. Make sure you are aware of the below information and that your working environment is "up to code".

8 foot egress

For proper egress (exit) during emergency, corridors, passages, and exit ways must be unobstructed. In patient dayrooms and pod areas, patient seating in TV areas must be arranged so that an 8 foot clearance is maintained at all times.

Look in the pod areas---do you see the marks on the carpet that remind you where furniture cannot be placed? **When you leave the pod area**---is the day-room furniture arranged such that there is a clear 8 foot egress to the exit doors?

Wheelchairs, coat racks, food carts/trays, or other items MAY NOT be left in the exit corridors. This creates an obstruction that could cause patient/staff injury in an emergency exit situation.

Door Wedges



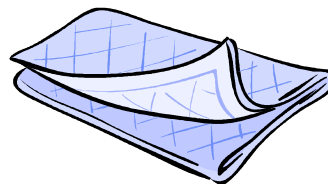
Doors are **NOT TO BE WEDGED OPEN** with chairs, wooden wedges, or other objects!

Fire Blankets

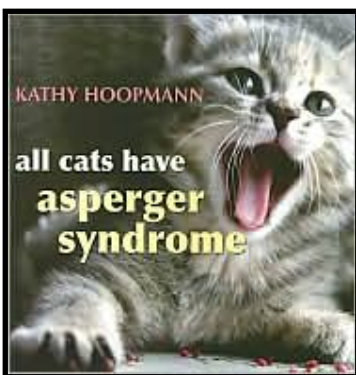
Do you know where the fire blanket is located in your work area? Look around and locate it and then follow these steps if it becomes necessary to utilize the blanket.

Fire Blankets are used to smother a fire when a person is on fire. That is the only time these blankets are to be used. Fire Extinguishers should be used for all other fires.

1. Pull down on Velcro strap.
2. Keep blanket folded until you reach the victim.
3. Unfold the blanket and wrap it around the victim until the fire is extinguished.



Once the blanket is used, it must be discarded.



The Book Nook

New Books in the Library

Hoopmann, Kathy. All Cats Have Asperger Syndrome. Jessica Kingsley Publishers, 2006.

Asperger Syndrome falls on the Autistic Scale. Gain insight into the world of person with Asperger Syndrome which may include sensitive hearing, sensitivity to smell, and particular eating habits. Each page illustrates a different aspect of Asperger Syndrome. Memorable pictures with easy-to-understand captions let you laugh and smile while learning. This book is suitable for all ages, all learning levels.

If you are interested in this book or some other book to help you with your job, please contact your librarian at ext. 3712 or e-mail bnewell@fssa.state.in.us with your request.

We order new books each month.

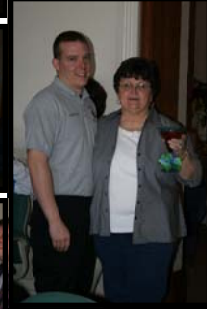


Farewell

To
Alicia Meacham



**Happy
Retirement
Alicia**



Art-'n-facts

Longcliff Museum Art-'n-facts

MUSEUM CELEBRATES

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Logansport State Hospital's Longcliff Museum, on March 31, 2008, topped its 10,000th visitor since the museum opened in August of 1999. It also marked the first tour of newly formed program RN degree students from Ivy Tech's Logansport Campus. A certificate was presented to Becky Zellers, Nursing Instructor, in honor of the occasion. (1st row left to right: Brian Newell, statistics recorder and museum guide; Carla Morris; Becky Zellers, Nursing Instructor; Brooke Rogers; Janelle Conn; Shadi Haghani, Community Services Director at Logansport State Hospital. 2nd row: Bethany Stanley; Lyndsey Kasten; Angela Klinkhamer; Erin Zellers; Patti Love; Joleen Schwartz; Lora Mitchell)

What a privilege it is to share our hospital's history with young students/employees past, present and future, and all manner of guests. Our mission is to educate. Over 4,000 college students and over 2,300 high school and middle school students have toured Longcliff Museum. We have also hosted community groups, held community open houses, oriented new hires, opened for Family Mixer events, and shared our museum with clients and employees. Our farthest traveling visitor came from Chiayi, Taiwan, and we have hosted exchange students and many well-traveled guests. A photographer from New York, Chris Payne, visited this past year and he plans to feature some of our artifacts in his upcoming book.

In this time of change, it is ever more important to remember who we are and the principles upon which our hospital was founded...to draw strength, encouragement and insight from our past. Our museum is dedicated to telling stories that are timeless and where your stories and ours intersect, there we will surely find that "*preservation doesn't cost...it enriches.*" We invite you to celebrate with us our 10,000th visitor and if you haven't darkened the door of our museum, please do remember that the museum is open by request for interested individuals or groups. Tours can be arranged through Community Services at (574) 737-3708 or (574) 737-3709.

FRESH FEATURE

Caffeine

found to be harmful to Diabetic Patients

Research may have added another item to the list of those substances to be avoided by people with diabetes (described in our Freddie award winning series, Diabetes 685: caffeine. Results of this study showed that when the subjects took the caffeine pills, their blood sugar went up by 8 percent compared to when they took placebos. Their levels also increased after meals, especially after dinner when blood sugar grew by 26 percent. Study author James Lane, a professor of medical psychology at Duke University said, "There's reason to believe that caffeine consumption -- and coffee is the most common source of caffeine -- may be harmful to people with type 2 diabetes and make it more difficult for them to keep their glucose levels under proper control

There may be several explanations. One is that caffeine may interfere with the transfer of glucose from blood into cells, thus raising serum sugar levels. Another is that caffeine may stimulate the liver to release glucose even when it is not needed.

This study is not without critics. Rob van Dam, a research scientist at Harvard School of Public Health who studies coffee, said scientists looked at effects of caffeine intake over one day, rather than over the long term. He added, "It should be noted that effects of caffeine in capsules cannot be directly translated to effects of caffeinated coffee, as studies have previously found less pronounced effects of caffeinated coffee on blood glucose levels as compared with caffeine in isolation."

So, what should individuals with diabetes do? Lane said, "It would be worthwhile for people with diabetes who drink coffee to try quitting for a time and see if their glucose improves. It's a simple thing that might make their diabetes better." Another suggestion would be decaf. Van Dam noted that in a previous study, decaffeinated coffee actually reduced rises in glucose levels after people ate sugary food.

CUTEST PET CONTEST WINNER!

The Cutest Pet Contest winner went to "George" the Guinea Pig. The proud owner of George is GERALYN ELLIS. George and GERALYN won a Fifty dollar Gift Card to a Pet Store of their choice.

There were thirty-six entries. George was the winner receiving ninety-two votes.

Congratulations George and GERALYN.



Picture: Courtesy of GERALYN ELLIS

Cutest Pet Contest winner George

The Employee Recognition and Morale Boosters' Committee's would like to thank everyone who entered photos of their pets and who donated towards this event. Proceeds from this event went to the Gift Card and Employee Recognition Day.



Picture: taken by Justin Hall

Employee Recognition Chairperson, Maureen Guimont (L), and Morale Boosters chairperson, Darrin Monroe (R), congratulates GERALYN ELLIS with a gift card for her pet, George, winning the Cutest Pet Contest.

Culinary Corner

Mother's Day Flower Garden Fruit Carving



Materials used: one oblong seeded watermelon, one small yellow watermelon (or substitute mini red watermelon or pineapple), flower shape cookie cutters, melon baller, 15-20 Skewers for flower stems, 40-50 Popsicle or jumbo craft sticks for picket fence, toothpicks, hot glue gun, green food coloring and pipe cleaners (optional).

Step 1. Wash the watermelons. Cut a 1/4 inch slice off the bottom of the oblong watermelon to provide a stable base. Cut the top 1/3 off the watermelon lengthwise to provide the flower bed.

Step 2. Cut out flat pieces from the flesh of the slice and from flesh from the flower bed piece. Use cookie cutters (or free hand cut) for the desired shapes for flowers. Be sure to cut shapes from the yellow watermelon as well. (Shown are daisies and tulips.)

Step 3. Soak skewers in green food coloring, and set on paper towel to dry.

Step 4. Use a small melon baller to create flower centers from both the yellow and red watermelons. Assemble the flowers by attaching the center balls with toothpicks. Place entire flower head on tinted green skewers. Insert skewer flower stems into base flower bed. Be sure to alternate colors and feel free to experiment with other colorful fruits like cantaloupe or blueberries.

Step 5. Fill the basket flower bed with the rest of the fruit in flower shapes and balls. Shape a couple pipe cleaners into leaves and carefully attach to the skewer stems.

Step 6. Using extreme caution use a hot glue gun to attach the Popsicle sticks around the flower bed as shown to create a fence for the garden. Garnish with other fun shapes such as butterflies or honeybees.

Photo and directions courtesy of: <http://www.watermelon.org>

Weight Loss Challenge Number # 6

Be the “**BIGGEST LOSER**”...
Take the “**LSH (Living Sensible & Healthy) Challenge 6**”



REGISTRATION:

- **Weigh-in May 12 – 16, 2008**
- Teams of 2 - 4 members
- **\$15 one- time only** entry fee per person (cash only please!)
 - Each member will receive a free T-shirt & weight tracking card

CHALLENGE:

- Six week challenge beginning May 16, 2008 & ending June 20, 2008
- Prizes awarded to **teams** based on **percentage** lost & **individuals**

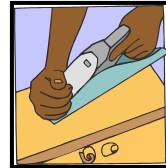
Register to extension 3708 or 3709 between May 12- May 16

Treasures and Delights

*Logansport State Hospital Morale Boosters and
Employee Recognition Committees are Co-Sponsoring:*



***Treasures and Delights
(Baked Goods and Crafts)
Thursday, May 8, 2008
6 am to 4 pm
In the Fogel Auditorium***



There will be a Mother's Day Cake Certificate chance and a Mother's Day variety basket chance, which includes a beautiful afghan and floral arrangement. Take a chance on one or take a chance on both. Chance tickets cost fifty-cents each. Chance tickets can be purchased in advance from a Morale Booster or Employee Recognition member. The winners will be announced May 8 at 3:00 pm during the Treasures and Delights event (need not be present to win).

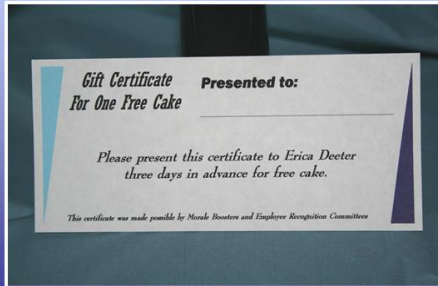
If you are interested in donating any baked goods or craft items to this event, please notify a Morale Booster or Employee Recognition Committee member.

***If you are interested in having a booth (two tables) or more contact
Darrin Monroe - # 3803 before May 7.
The booth cost is \$10.***

Proceeds will go towards Employee Recognition Day.

Treasures and Delights Chances

Mother's Day Chance No.1



This chance will include:

A certificate that will be good for a cake to be made on a date of your choice; Paper Plates; Plastic Forks; Cups; and Napkins.

This chance comes with everything needed for a Mother's Day celebration (bring your own Mother).

Mother's Day Chance No.2



This chance will include:

Metal Tulip Basket; Doily; DVD; Chocoholics Flavored spoons flavored with Home-spun Honey, Cocoa, Lemon, and Orange; variety of candles in different scents and sizes; Photo Frame; Afghan; Hose Spray Nozzle with seven different spray adjustments; Fit & Fresh Healthy Food Shaker; Beauty Bag Organizer; Rubbermaid Takealongs Plastic Storage Containers; and a Surprise Floral Arrangement (one pictured not actual chance arrangement).

Tickets are now on sale for both chances.

Ask any Morale Boosters or Employee Recognition member for chance tickets.

Chance tickets cost fifty-cents each.

The winners will be announced on May 8, at 3:00 pm.



Morale Boosters Wants You!



Morale Boosters are looking for energetic individuals to help boost the morale of fellow employees. If you are interested in sharing your ideas, creativity, time, and dedication then we would love to have you join the Morale Boosters.

The Morale Boosters are even looking for energetic individuals to help donate their time for special events to help in boosting the morale of employees here at the hospital.

If you are interested in becoming a member or simply giving a helping hand, then contact Darrin Monroe at # 3803. I am anxious to hear from you.

Remember we are here for you!



UPCOMING EVENTS

April 24 - May 21

- ↳ April 24 - Clinton Co Gold Ladies - 9:00 AM D2E
- ↳ April 24 - Clinton Co Gold Ladies - 10:00 AM L1E/CLW
- ↳ April 28 - Tippy Co MHA - 1:30 PM SWW
- ↳ May 1 - National Day of Prayer.
A special prayer will be held on that day from 10:00 AM - 10:45 AM
The chapel will be open for prayer during the following hours:
8:30 AM - 9:30 AM
11:00 AM - 1:00 AM
3:00 PM - 4:15 AM
- ↳ May 5 - Social Club @ Cass Co MHA @ 6:00 PM
- ↳ May 8 - Treasures and Delights Event
- ↳ May 10 - Gary Party for all patients @ Gary
- ↳ May 12 - 16 - Biggest Loser Registration
- ↳ May 21 - Catholic Mass @ 3:30 PM

Who Am I?

Can you guess who this is in the red oval?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by May 12. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café. You must have the correct answer to qualify for an entry.

Winner will be announced in the next Spectrum.

Need a hint?
He’s playing it safe.

Find out who this is in our next issue.

Last Issue:



Dale Magee



No one had the correct guess to the person in the “Who Am I” picture.

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