



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

The Spectrum

Employee of the Month

In this issue:

EOM.....1

Spyke The Psyche..... 2 & 3

SEB Notes.....3

Arts-n-Facts ..
..... 4 & 5

The Book Nook6

Fresh Feature ..
.....7

Farewell's.....
.....8 - 10

Memorial11

Spotlight.....
..... 12 & 13

Cutest Pet Contest.....14

Culinary Corner
.....15

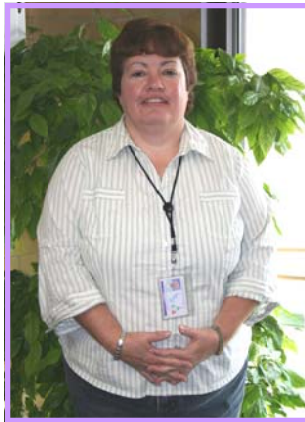
Suggestion Box
.....16

You're Wanted
.....17

Upcoming Events17

Who AM I?....18

Vol. 18, No. 2
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2008



Employee of the Month:
Lorna Mollencupp

March Employee of the Month Lorna Mollencupp, LPN, Isaac Ray Service Line

Nursing staff from Isaac Ray 3 West collectively submitted the nomination of LPN Lorna Mollencupp for Employee of the Month. As they explained, "Lorna is the kindest and most dedicated LPN we have seen work out here. We all refer to her as "Sweet Lorna"; she is always courteous to everyone, staff and patients. She is very hard working, always doing something. She comes in everyday with her cheerful attitude and never says a negative thing to anyone or about anyone. She sits with the patients and talks with them individually and is always there when you need her. She is a great team player, and she is multi-faceted; she helps the attendants with anything from coverage to showers, to general patient care and the RN with total support of the unit. When new people come to train to the unit, she is the absolute person to go to. We think one of the reasons 3 West excels is because we have Sweet Lorna on our team." Joe Watts, Special Attendant Supervisor added, "Lorna is a very hard working employee that goes above and beyond for the patients as well as the attendant staff that she is working with on her unit. She's never too busy for anyone, and always takes the time to listen."

This nomination was endorsed by Service Line Manager, Jerilyn Smith, remarking, "Lorna tends to quietly go about her job, is always positive and is a good influence on staff and patients." "Lorna is a joy to work with," says ADON, Patsy Main, "and she's a quick learner, very adaptable and willing to do anything I've asked of her. She's taken on the additional duty of being a CPR/AED trainer and is more than willing to help out even at the last minute when staff development has been in a jam. She has great rapport with the patients and staff alike. She is certainly deserving of this award."

You can nominate someone today!



SPYKE THE PSYCHE



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

PART 1 of 3

The National Institute of Mental Health (NIMH) conducts and supports research on reactions to national crises and traumatic events. This research includes the reactions of people following the September 11, 2001 terrorist attack on the Twin Towers; the Oklahoma City bombing; wars and violence in Iraq and throughout the Middle East; and disasters such as earthquakes, tornados, fires, floods, and hurricanes, including the 2005 Gulf Coast storms. There are many different responses to crisis. Most survivors have intense feelings after a traumatic event but recover from the trauma; others have more difficulty recovering – especially those who have had previous traumatic experiences, who are faced with ongoing stress, or who lack support from friends and family. NIMH provides information to assist you, your family, and friends that many parents and organizations have found useful. Anxiety Disorders, Post-Traumatic Stress Disorder, and Depression are mental disorders that may be related to or affected by exposure to violence or traumatic events.

What is Trauma?

There are two types of trauma — physical and mental. Physical trauma includes the body's response to serious injury and threat. Mental trauma includes frightening thoughts and painful feelings. Mental trauma can produce strong feelings and extreme behaviors; such as intense fear or helplessness, withdrawal or detachment, lack of concentration, irritability, sleep disturbance, aggression, hyper vigilance (intensely watching for more distressing events), or flashbacks (sense that event is reoccurring).



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
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Darrin Monroe.....	Editor & Photographer .ext.	3803
Tressa Bowman.....	Supt. Secretary	ext. 3634
Chris Taylor	Comm. Services.....	ext. 3709
Maureen Guimont.....	Personnel.....	ext. 3626
Brian Newell	Librarian	ext. 3712
Marjorie Potts	Staff Development.	ext. 3801
Erica Deeter.....	Housekeeping.	ext. 3689

A response could be fear. It could be fear that a loved one will be hurt or killed. It is believed that more direct exposures to traumatic events cause greater harm. For instance, in a school shooting, an injured student will probably be more severely affected emotionally than a student who was in another part of the building. However, second-hand exposure to violence can also be traumatic. This includes witnessing violence such as seeing or hearing about death and destruction after a building is bombed or a plane crashes.

The populations and phenomenon of concern include children, youth, adults, and the elderly, males and females, and all racial and ethnic groups. Studies of interest can focus on victims/survivors of interpersonal violence and crime, such as child abuse and neglect, rape, sexual assault, family violence, community violence and victims/survivors of major traumatic events, such as combat and war, mass shootings, terrorism, natural and technological disaster, refugee trauma and relocation, and torture.

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

Notes from Senior Executive Board

- On Friday, January 18, 2008, LSH began interviewing for the Director of Psychology position.
- On February 8, 2008 employee representatives and SEB members met to begin development of the Employee Satisfaction Survey Plan of Action. The staff made recommendations in six key areas and those will be correlated into the plan of action.
- On February 17, 2008, Justin Boyce, Ph.D. will begin as the Service Line Manager of the Dodds Treatment Center. Justin received his Ph.D. in Counseling Psychology from West Virginia University and his M.A. and B.A. from the University of the Virgin Islands. He has served as a Behavioral Clinician for the past eight years and we look forward to his continued commitment to LSH.
- Beginning February 17, 2008, Melissa Stewart will be transitioning into her new role as Program Coordinator 3. She will assume full responsibilities of that position on March 3, 2008, under the direction of the Quality Management office.

Art-'n-facts

Longcliff Museum Art-'n-facts

Open Canteen For Longcliff Patients, Aides
(Sunday Pharos Tribune & Press, March 2, 1958)

The Logansport State Hospital's new canteen, modern in every detail and equipped at a cost of \$13,682, has been doing a booming business since it was officially opened during the past week.

A popular place for both patients and employees, the new canteen in the Longcliff chapel building is approximately twice the size of the old canteen located in Ward K for the past six years.

It has taken almost three years to remodel what once was an apartment in the chapel building into the new canteen; since it was designated as a spare-time project for the maintenance workers under the supervision of Don Griggs, Chief Engineer.

There are six employees in the canteen: Walter Farrer as the store manager; Ray Parmeter and Mrs. Gertrude Firmani, clerks in the general store section of the canteen; Edgar Craig and Mrs. Mildred Hoff, cooks in the restaurant section; Mrs. Katherine Ward, relief worker for both the store and the restaurant.

The main room of the canteen 18 x 66 feet in size, has the restaurant at one end and the general store at the other. A 22 x 10 foot dining alcove, formerly a sunporch, is connected with the canteen. There is also a 15 x 9 foot pantry for the restaurant, and a small store room connecting with the general store.

The canteen has plastic ridgeboard walls, acoustic tile ceiling and upper walls, asphalt tile over a new cement floor, fluorescent lighting, and colorful fiberglass curtains.

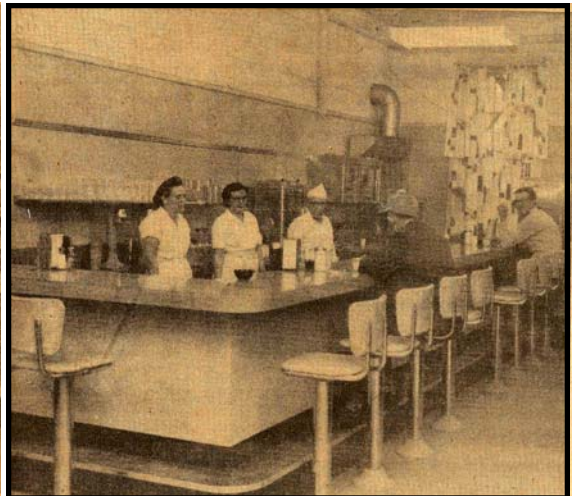
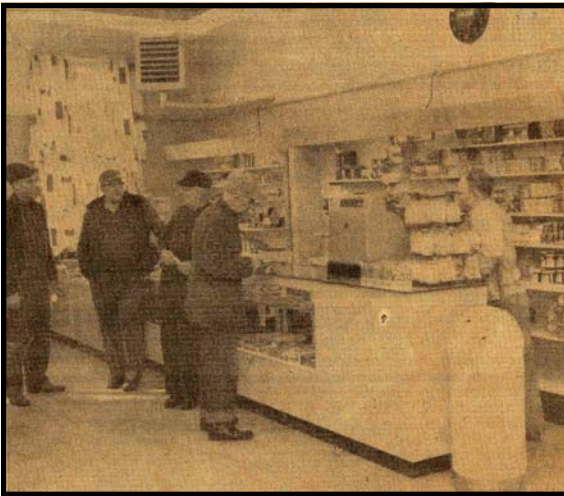
The restaurant equipment is stainless steel. It includes an electric table, a sandwich table with refrigerated drawer beneath and pie display case above, all with automatic closing. There is an automatic dishwasher, a garbage disposal, a deep fat fryer, a griddle, and a large refrigerator in addition to refrigerated cupboard space. There also is an ice-making machine in the pantry.

There were very limited sandwich facilities in the old canteen. The new canteen, which has adequate short order restaurant facilities, has done much for the morale of the Longcliff population, which eagerly awaited its opening, A.L. Maines, business administrator, declared.

A cement patio with metal railings has been built outside the entrance to the new canteen to help protect the patients from the vehicular traffic adjoining the chapel building.

All of the profits from the canteen go into the patients' recreation fund, Business Administrator Maines pointed out. This fund is used to provide various types of recreation and entertainment throughout the year for the patients.

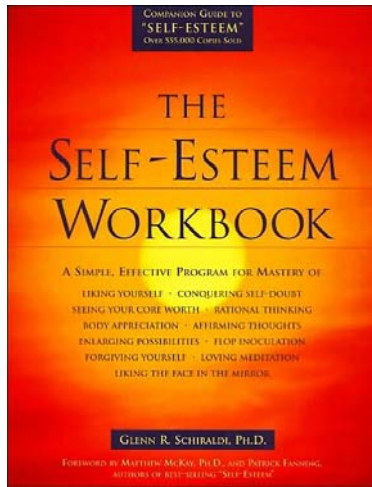
All of the equipment for the canteen was purchased also without cost to the state, having been taken from the canteen profits. The entire project was approved by the Division of Mental Health.



LONGCLIFF CANTEEN—Edwin moss, at left above, Carpenter Foreman at the Logansport state hospital, and Earl Hubbard, Electrician Foreman, facing camera, look over their handiwork in the general store section of the new Longcliff canteen. Moss built the showcase and did all the basic remodeling work while Hubbard did the electrical work. Behind the counter are Walter Farrer, store manager and Mrs. Gertrude Firmani, one of his two assistants.

NEW RESTAURANT—Mrs. Katherine Ward, relief worker, Mrs. Mildred Hoff and Edgar Craig, cooks, are at work in the restaurant section of the Logansport State Hospital's new canteen, completed after three years of work. Both patients and employees have access to its facilities.

The Book Nook



The Self-Esteem Workbook. By Glenn R. Schiraldi, Ph.D.
Oakland, CA: New Harbinger, 2001.

A host of dysfunctional and self-destructive patterns arise at minor and acute levels if an individual dislikes him- or herself. Despite the importance of self-esteem, surprisingly little attention has been focused on building it directly, until now. Designed in an easy-to-use format, *The Self-Esteem Workbook* presents a course in self-esteem based on new research and sound principles. Checklists, fill-ins, and exercises show readers how thoughts, emotions, physical health, and behavior impact their self-esteem. Periodic checkups help them gauge their progress, and final sections offer strategies for preventing relapse.

Send your book requests to bnwell@fssa.state.in.us or call ext. 3712. New books are ordered each month—everything from Applied Tracer Methodology to Autism.

FRESH FEATURE

Healthy Hearts Beginner's Guide to Exercise



Proceed with caution. Anyone beginning an exercise regimen should begin slowly. Allow yourself to get used to the strain of physical activity. As your body adjusts, you'll be able to increase the duration and intensity of your program. If you feel any discomfort, stop exercising and consult your doctor.

Dress comfortably in loose-fitting clothing. Wear the appropriate footwear. Consider the weather. If the temperature and humidity are extreme, either too high or too low, physical exertion may be dangerous.

Begin with a "warm-up" session. Stretch muscles slowly to avoid injury during the actual exercise. Get your respiration, circulation, and body temperature to increase by beginning with some low-impact exercises. Your warm-up should last about three to five minutes.

Begin the actual exercise phase at a moderate intensity. The duration will build cardiovascular fitness. Don't overexert yourself. If you exercise regularly, you'll be able to lengthen the time and increase the intensity. While you're exercising, you should feel your heart beating faster. You should be breathing more rapidly and deeply, yet still be able to carry on a conversation. You should begin to sweat. These are ways that your system responds to the challenges of exercise.

End with a "cool down" session. Spend a few minutes walking slowly to let your body gradually decrease itself. Just as you needed to gradually begin to exercise, you need to gradually begin to rest.

Plan for your next exercise session. Commit to it. In order for exercise to be truly effective, it must become a regular part of your routine. Cardiovascular fitness needs to be maintained.

1996-2008 The Franklin Institute



To
Diane Rowe



**Enjoy your
retirement Diane!**





Farewell

To Nancy Curry



**Enjoy your
retirement
Nancy!**

Pictures taken by Sam Sterrett



Farewell
To
Kim Campbell



**Good luck
on your
new endeavors
Kim!**



MEMORIAL SERVICE

Friends, co-workers and patients gathered on Tuesday, January 22 to pay their final respects and tributes at a Memorial Service for Logansport State Hospital employee Beth Davis.



Staff and patients gather at a Memorial Service to remember and pay tribute to Beth Davis.

A graphic featuring a yellow spotlight beam on a red background. The text "Spotlight ON ALICIA MeACHAM" is written in a stylized font within the beam.

Spotlight ON ALICIA MeACHAM



Alicia Meacham

I was born and raised a "Southern Beach Girl" in Charleston, South Carolina. I moved to Indiana in 1969. I was hired May 3, 1978 as a housekeeper at LSH.

In October of 1978 I started as a back up Supervisor and started classes for Supervision / Management.

On January 1, 1980 I became a Supervisor and attended classes / school for Certification for Executive Housekeeper / Director

I was acting Director for several years due to illness of prior director.

I became Director in 1996.

The Laundry / Clothing-Shoe Store as well as assisting with new admissions was added to my plate.

My main goal while working for the state was for the clients. I helped them meet their goals where possible to thrive in the outside. A clean environment was number one priority with good end results. I would tell the staff to be proud of who you are and what you do. You do make a difference for our patients. I was fortunate to be able to further my education and career during my earlier years with the State.

I have seen many changes over the years from the procedures, rules, staff / patient ratio, and especially the buildings, machinery, equipment, chemicals / supplies, clothing, and furniture for staff and or patients. Paper work to computers, phone systems, uniforms to casual attire have all changed. It was always a challenge to get staff to understand that there will be changes all the time. I always loved challenges and to see accomplishments in the end.

We went from three shifts of housekeepers down to one, while Laundry continues to be outsourced.

I love to assist with any projects / committees concerning the staff and to boost their morale. I was on the committee of Morale Boosters all my years employed. The name has changed several times. I was another long term member of the Employee Recognition Committee. Patient Carnivals, Halloween time and Christmas were a big thing for me to assist with.

A people person is what I was known for in past years. Ladymeach the Carolina girl was a nickname in the early 80's. I guess the one question most asked of me was "HOW DID YOU PRONOUNCE THAT" and or "SAY THAT AGAIN."

I was awarded State Employee of Month July,1990 (Honor for me as a Southern Gal to represent the Hoosiers). I told the governor that but of course I was warned to behave with the southern thing.

My late husband Jim (a Hoosier) began work at LSH in April of 1971 as Physical Plant Director and He passed away August 1995.

I had one son who worked at LSH from June 1978 to August 1979 and passed away from a car accident.

Staff has asked how long did you live on grounds. I answered thirty-five years from 1971 to 2006.

I have lots of fond memories and friends I will never forget and will miss. Some sadness during my years, but I have been Blessed with good health, co-workers, friends and of course my Family.

I still travel every chance I get and love flower gardens and of course to decorate for all Holidays.



CUTEST PET CONTEST!



DO YOU HAVE THE CUTEST PET OR PETS?
NOW IS YOUR CHANCE TO PROVE IT.

BRING IN A PICTURE OF YOUR PET OR PETS TO MAUREEN GUIMONT
OR DARRIN MONROE ON OR BEFORE MARCH 10.

VOTING WILL BE DONE BY LSH EMPLOYEES. YOU CAN PURCHASE VOTE
TICKETS ON MARCH 12 – 28 FOR FIFTY CENTS EACH.

TICKETS CAN BE PURCHASED FROM EMPLOYEE RECOGNITION AND
MORALE BOOSTER'S MEMBERS.

THE WINNER WILL BE DETERMINED BY TOTAL NUMBER OF TICKET VOTES ON
APRIL 1. THE WINNER WILL RECEIVE A GIFT CERTIFICATE TO A PET STORE.

WILL YOUR PET WIN? WE SHALL SEE! GOOD LUCK!

Employee Recognition and Morale Boosters
are co-sponsoring this event.



Culinary Corner



Dying Easter Eggs--the Natural way!

This Easter, why not color your eggs using nature's very own dyes? It's possible to come up with a great number of colors using natural ingredients that can easily be found in almost any kitchen.

Pale red: Fresh beets or cranberries, frozen raspberries

Orange: Yellow onion skins

Light yellow: Orange or lemon peels, carrot tops, celery seed or ground cumin

Yellow: Ground turmeric

Pale green: Spinach leaves

Green-gold: Yellow Delicious apple peels

Blue: Canned blueberries or red cabbage leaves

Beige to brown: Strong brewed coffee

To dye the perfect Easter eggs the natural way, here's what to do:

1. Put eggs in a single layer in a pan. Pour water in pan until the eggs are covered.
2. Add about a teaspoon of vinegar.
3. Add the natural dye appropriate to the color you want your eggs to be. (The more eggs you are dying at a time, the more dye you will need to use.)
4. Bring water to a boil, then reduce heat and simmer for 15 minutes.
5. Remove the substance you used to color the eggs. Put eggs in a bowl. If you want your eggs to be a darker shade, cover them with the dye and let them stand overnight in the refrigerator.

Authors: TG Webmaster

School: Twin Groves Middle School, Buffalo Grove, Illinois 60089

Created: 13 February 1999; Modified: 28 February 2005

DO YOU HAVE A SUGGESTION?



Suggestion boxes are located in a break room on each Service Line, Maintenance break room, ADM lobby and Lynch main entry

**SIMPLY FILL OUT A FORM AND
PLACE IT IN A BOX.**



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

February 28 - March 24

- 🐾 February 28th – 9:00 AM – Clinton Co Gold Ladies – D2E
- 🐾 February 28th – 10:00 AM – Clinton Co Gold Ladies – CLW/L1E
- 🐾 February 28th – Creative Writing Class in the library @ 3:30 PM
- 🐾 February 29th – Sid Sitter in the library 1:00 – 3:00 PM
- 🐾 March 3rd – Social Club @ Cass Co MHA @ 6:15 PM
- 🐾 March 6th, 13th, & 20th – Creative Writing Class in the library @ 3:30 PM
- 🐾 March 7th, 14th, & 21st – Sid Sitter in the library 1:00 PM – 3:00 PM
- 🐾 March 10th – Photo submission for Cutest Pet Contest
- 🐾 March 12th - 28th – Voting for Cutest Pet Contest
- 🐾 March 19th – Catholic Mass in the Chapel @ 3:30 PM
- 🐾 March 24th – Tippecanoe Co MHA Bingo Party @ 1:30 PM SWW

Who Am I?

Can you guess who this secret agent is and what is in the box...?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by March 14. 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 who the secret agent is and to what is in the box to qualify for an entry.

Winners will be announced in the next Spectrum.

Need a hint?

"Be smart, think outside the box."

Find out who this is in our next issue.

Last Issue:



Donna Rikard

and



Linda Ward



The correct guess and winner of a free Jumbo size drink is: Vickie Rottet

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