

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

Relaxation Room for Patients Provides a Safe Place to Reduce Stress



Employee Lila Mazkooori demonstrates relaxation techniques offered in the Relaxation Room.

A relaxation room was implemented on C Unit in September 2009. Individuals are offered use of the room as a therapeutic tool to promote coping skills, improve awareness, reduce stress, and provide a healthy sense of well-being. The room serves as a safe place for individuals to de-stress and relax. The relaxation room is not meant to be used as a substitute for regularly scheduled treatment programs but as an adjunct for programs. The room is being used with groups as well as individuals.

The room was designed by **Debbie Alexander**, Associate Director of Nursing and **Natalie Corum**, Nurse Supervisor, along with the assistance of **Donna Mesker**, Treatment Mall Director and **Pam Grewe**, Unit Director. The room consists of calm colors; comfortable

seating which includes a bean bag chair and low, upholstered rocking chair; nature window clings; shimmering water block; and scenic sky-light covers depicting hot air balloons and butterflies. All of the primary senses were taken into consideration when choosing items for the room. To enhance the therapeutic environment, the following materials are offered: relaxation DVDs and CDs, health magazines, aroma therapy, a rainbow rain-maker, gentle-sounds machine, a table-top wave/bubble machine, stress balls, and exercise/yoga mats. A mural with an ocean view scene has been ordered and will augment the room with an awesome view for relaxation.

The relaxation room has already proven to be a success as it is being used on a daily basis. Several patients have taken advantage of the room when feeling agitated or just wanting to go to a nice quiet area. It has been very beneficial in helping them to relax and calm down. The patients generally use the room for 30 minutes at a time, which has been sufficient. The patients have expressed sincere gratitude for the new area. The staff members on C Unit are excited to be able to provide such a relaxing environment for the patients.

WELCOME VOLUNTEERS!

- Bruce Bonenberger University of Evansville
- Gayle Collins Mortano Hall Council
- Susie Duncan
- Holly Haas
- Fr. John Sasse, Jr.
- Susan Wells
- Karol Williams

- Interns:**
- Emily Dormeier
 - Jeanne Ethridge
 - Caitlin Miller
 - Amber Mobley

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Volunteer Needs
Friend to Friend Program Sponsors
(Male volunteers!)

Oktoberfest Brings German Fun

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Have you ever done the popular chicken dance....by claspng your fingers to your thumb mimicking a bird beak, flapping your arms to resemble wings, and scrunching down low and waddling like a chicken? The chicken dance provided the perfect opening for some German-themed activities at the Oktoberfest on Friday, October 30. The fall event involved several team games and German trivia. The competitions consisted of a "roll out the barrel" contest, a sausage link balloon race, a stein filling challenge, and paper chain puzzle. The patients were treated to the German staple of soft pretzels with cheese sauce and old-fashioned root beer. Earlier in the day, a German themed lunch was prepared by Dietary and included bologna and pepper cheese on bun, potato salad, slaw, and Black Forest cake. Everyone had a good time and many walked away with a few new German words—auf wiedersehen!



Staff members Sue Behagg and Tonya Smith dance with their partners while doing the chicken dance.

Breast Cancer Awareness

Cookie Smith and Carol Rogers, representatives from *Susan G. Komen for the Cure* and the *American Cancer Society*, presented a morning program of breast health to approximately 80 patients and employees on October 27. An instructional video on self-examination was shown prompting several questions from the audience. Breast cancer survivors Ms. Smith and Ms. Rogers shared their experience and reinforced the importance of looking for changes that should be relayed to a family doctor. In addition to the self exam, annual screenings and mammograms are recommended and have proven very effective in diagnosing breast cancer. The mobile mammogram unit comes to the hospital and serves our residents. The Breast Care Helpline (1-800-462-9273) is available to assist individuals with locating free or low cost mammograms.



Carol Rogers and Cookie Smith answer questions about breast health during the program.



2009 Komen team members pictured from left to right: David Osborne, Pam Grewe, Sheila Cochren, Sandy Higgins, Kathy Osborne, Vicki Julius, Edna Crable, Kathy Barnett, Mary McBride, Shirley Martin, Debbie Alexander, and Sharon Pfau. \$315.20 was collected for the Susan G. Komen Breast Cancer Foundation.



HELPING HANDS



United Way volunteers prepare paper bags for the holiday activities planned in December.

Thank You

United Way Day of Caring

Eleven volunteers from various businesses including Atlas Van Lines, Vectren, Bristol Myers, Best Buy, and Fifth Third Bank participated in United Way's Day of Caring on September 11. These volunteers assisted with mailing out the community newsletter, and copying and folding over 500 brochures and pamphlets. A few marked paper bags which will be used for processing holiday gifts. Four volunteers visited and read to residents on Geriatric Services. Thank you volunteers—**Shannon Martin, April Forker, Lisa Culley, Carolyn Goedde, Desiree Shanks, Eileen McGennis, Brad Gehlhausen, Jacob Bartley, Sheri Cope, Victoria Feddeler, and Teresa Reed.**

Christmas Gift Lift Program Update



Wish lists of patients were sent to sponsors in October. Many were sent out via email this year as a cost savings to the hospital. If you did not receive your wish list, please contact Community Services. The anonymous program ensures that our patients are remembered with gifts during the holidays.

There is a need for additional sponsors, so if you can help with purchasing gift items please contact Theresa at 812-469-6800, ext. 4970. Monetary donations for party supplies, as well as gift cards and small gift items, are also appreciated for the holiday program.

IMPORTANT DATES:

Nov 10—American Legion Auxiliary
Veteran Party

Nov 12—Friend to Friend Thanksgiving
Luncheon

Nov 15—North Woods Church Party (G Unit)

Nov 18—Open House Chapel (6:30 p.m.)

Nov 20—USI Stellar Group Party (F Unit)

Dec 5—Family Holiday Mixer

Dec 6—U of E Mortano Hall Council (E Unit)

Dec 7—Hadi Shrine Brass Band (Gym 6:30 pm)

Dec 8—American Legion Auxiliary
Veterans Luncheon

Dec 10—Friend to Friend Holiday Party

Dec 12—Oak Hill Church Party (C & D Units)

Dec 13—Hospital Wide Christmas Party
(2:00 p.m.—All Units)

Dec 15—Central Labor Union party

Dec 18—USI Stellar Group Party (F Unit)

Dec 20—North Woods Church party (G Unit)

Dec 21-23—Gift Opening Christmas Parties



NEW EMPLOYEES:

Amanda Gray, Rehab Therapy
Sara Hicks, Nursing Service
Janna O'Dell, Nursing Service
Krista Tuell, Nursing Service
Mary Jane Will, Nursing Service

GOODBYE:

Trina Richey, Unit Secretary
Debra Schaefer, Nursing Service
Crystal Taylor, Nursing Service
Carol Wichman, Nursing Service



COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

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WE'RE ON THE WEB!
WWW.IN.GOV

WORDS OF WISDOM FOR THE HOLIDAY SEASON

The following list was put together last year in November by patients in the Mental Health Insight group after having a discussion about stressors surrounding the holidays. The wise advice shared in that group was inspiring.



1. If you feel caught up in emotion, take a step back into a thinking mode.
2. Use your faith and beliefs to get through the difficulties you face.
3. Use radical acceptance to get through tough times. Make the most of what you have. Don't try to fix things that aren't perfect. Focus on enjoying what you are working with.
4. Plan ahead for troubles. Expect the unexpected. Prepare for the worst and hope for the best. Reality will probably fall in the middle. If you prepare for the worst, the middle will be just fine.
5. Use time management skills.
6. Meditate
7. Think about good times.
8. Don't take on other's emotions, let them feel what they feel.
9. Talk to someone that listens.
10. Use ordinary healthy habits. One piece of pie is good; two or more—your body, mood, and mind will suffer. Use moderation with food and other things. Too much of anything can be unhealthy.
11. Enjoy the moment as it comes. Watch the children and how they truly have fun, they focus on the day and activity that they are participating in, and nothing else. You should give it a try! Laugh out loud because you are enjoying life.
12. Put old hurts aside for awhile.
13. Take time out for yourself.
14. Go into the holiday with a focus on the positives.
15. If you just CAN'T get along with someone, then just get away.
16. Use humor to lessen tension and brighten moods.
17. Set reasonable expectations—for yourself and others.
18. Remember the real reasons for the holiday season.
19. Appreciate the opportunity to be alive and to celebrate.
20. Be grateful/thankful and celebrate.

NEEDS:

- **Pre-paid phone cards**
- **Socks**
- **Men's gloves/sock hats**
- **Sweatshirts (Large/XL/2X)**
- **CD players/radios**
- **Writing tablets, bound**
- **Gift bags/tissue paper**
- **Cosmetics**
- **Chapstick**
- **Pocket Tissues**
- **Sugar free candy/gum**
- **Personal Care Products**