



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

# The Spectrum

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## Employee of the Month



Dr. Danny Meadows (L) and Steven Barlow (R) Award Chad Davis (C) with an Employee of the Month certificate and pin.

Chad Davis, Nurse Practitioner

CLWilliams Service Line

Two separate nominations were received over the last few months requesting Chad Davis, Nurse Practitioner, to be considered as an Employee of the Month at Logansport State Hospital. Qualities frequently mentioned are Chad's friendly and positive attitude and willingness to go out of his way to help others. He works well with staff and patients and demonstrates fair and firm treatment with some of our tougher patients.

Steven Barlow, Service Line Manager, strongly endorsed this nomination submitted by Rick Ricks and Sarah Rutschmann. He explains, "I would add that Chad is not only the quintessential professional, positive-minded, and demonstrates the highest level of caring for his patients but also goes above and beyond what is expected of him. He routinely covers many more than his assigned units, and has on occasion provided medical coverage for the entire hospital. Chad has taken it upon himself to provide information to staff such as how to protect against the spread of MRSA and is always willing to take the time to listen to personal health-related questions from staff. Other examples of his work ethic include volunteering to lead an ad hoc committee for fall prevention for our patients and to intervene with medical care such as sutures for patients that typically were sent out, saving the hospital money and time." Mr. Barlow adds, "The true nature of Chad's character is that he sees absolutely nothing special about his efforts."

It was also mentioned that Chad was a key player in motivating LSH staff to become involved in this year's Corporate Challenge.

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2009

**Nominate Someone Today!**



# SPYKE THE PSYCHE



## Money affects life satisfaction, but not day-to-day happiness

TORONTO — While money makes a difference in how satisfied people are with their lives, it's less a factor in their everyday happiness, new research suggests.

People with high incomes, in richer countries including the USA, score higher in life satisfaction, while those with less wealth, in China or Africa, rank very low, finds worldwide data collected in the Gallup World Poll, and presented Saturday at a session of the American Psychological Association annual meeting here.

"We are dealing with some poor people in the world and mostly they are dissatisfied — mostly, but not all of them" says happiness researcher Ed Diener, a psychologist at the University of Illinois at Urbana-Champaign. "But positive daily feelings — and by that we mean 'Do you enjoy life?' — are almost unaffected by how much money you have."

Diener presented the findings in a presentation with his son, Robert Biswas-Diener, also a psychologist. The poll surveyed more than 136,000 people in 132 countries from 2005 to 2006. It looked at several economic factors, such as income and the wealth of the countries in which respondents live, in relation to each person's psychological needs, such as respect, happiness, personal life evaluation and social support.

Diener says ownership of conveniences, such as a telephone, television or computer, are associated with higher life satisfaction, but correlate much less with positive feelings.

"Positive feelings are not so affected in a positive way by all the things we want and own," he says. However, there is an exception worth noting, says Biswas-Diener, of Milwaukie, Ore., who focused part of the presentation on materialistic people who he says tend not to be happy.

"If you are heavily materialistic and you make \$300,000 a year, that's good for you. You actually will be happier. Those people are achieving their values," he says. "There's something about that quarter of a million dollar line that is working for people. So, if you want to be materialistic, you better make a whole lot and then it will pay off for you."

By [Sharon Jayson](#), USA TODAY



### SPECTRUM

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# Certificate of Distinction



Dr. Justin Boyce congratulates  
Carol Kinsey

## Carol Kinsey, LPN, Dodd

Several co-workers and ADON Victoria Rottet submitted a Certificate of Distinction nomination for Carol Kinsey. As co-workers Sonja Conrad, Dave Mucker, Rae Waychunas, Candice Cogdill and Brian Osburn explain, "Carol goes above and beyond to help everyone. She is always smiling and has a kind word for all clients and staff. She is always willing to help out wherever she is needed whether it be her LPN duties or as an attendant. She is always thinking of her fellow coworkers even when she takes vacations; she brings back something for everyone." Attendant Supervisor Paula Johnson also adds, "Carol takes on all duties asked of her. She has volunteered to assist me with putting appointments in for AVATAR. She is pleasant always and treats all patients and staff with much respect. I believe she is very deserving of recognition."

Victoria Rottet, ADON added her endorsement stating, "Carol is every supervisor's dream employee. She is dependable, flexible, knowledgeable and is a joy to work with. She doesn't gossip and always has a pleasant word for all she works with." Carol, your joyful countenance has a positive influence on staff and patients alike, and we felt you were deserving of a Certificate of Distinction.

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## 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.

# JOB WELL DONE

The Environmental Services Department took time to celebrate National Environmental Services Week which was observed Sept 13<sup>th</sup>-19<sup>th</sup>. Each morning the supervisors prepared various treats for the staff to help get their day started on a positive note. Thursday the new Superintendent, Dr. Schutter, and Assistant Superintendent, Rob Clover, took time to acknowledge the department and join them for a pitch-in at the laundry building. After a delicious lunch, staff competed in games to complete the day's activities. Winners of various games throughout the week won ice cream treats from the director's favorite ice cream shop in town.

Departments throughout the hospital took time during the week to send their thanks and best wishes to Environmental Services for all that they do for Logansport State Hospital. Whether it was a thank you, a funny email, or chocolate goodies they were all appreciated by the department.

Almost 500 years of combined service to Logansport State Hospital is represented by the 39 staff members who make up Environmental Services. The housekeepers, laundry assistants, clothing store clerks, carpet crew and supervisors all play a vital role in supplying clean linens, providing the patients with proper clothing and maintaining a clean and sanitary environment for patients and staff

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## Environmental Services Introduces Microfiber

The Environmental Services Department at Logansport State Hospital recently introduced microfiber cleaning cloths for use by the Housekeeping Department. The primary reason for the change to microfiber from the traditional disposable rag was their effectiveness in removing germs. The tiny fibers found in microfiber cloths actually trap germs in the cloth making the surface cleaner and safer for the staff and patients. The technology used with the microfiber cloths also makes them more effective while using fewer chemicals and less water. This is one of many steps the department hopes to make to provide more green cleaning for the hospital.



Another reason for the change is lower overall cost to the hospital. The laundry now washes the cleaning cloths so they can be used multiple times. The life expectancy of the cloths is 12-18 months. In this time frame the housekeepers would have used almost 500 boxes of one time use disposable cloths.

Thanks to the efforts of the Environmental Services Department the hospital will save over \$20,000 and keep almost 3 tons of waste out of our landfills before these new cloths will need to be replaced.

# Rehab Week



Rehab staff celebrating Rehab week.

Rehab celebrated rehab week with their annual picnic and golf tournament. We had new winners this year as "Sam and Patty" took top honors after a tie breaker with others. Their names will appear on the plaque for the first time! A good time was had by all who attended. Thanks, Rehab Department for all you do for everyone at LSH.



putt-putt winners Patty and Sam

# What's cookin' cookbook is here!

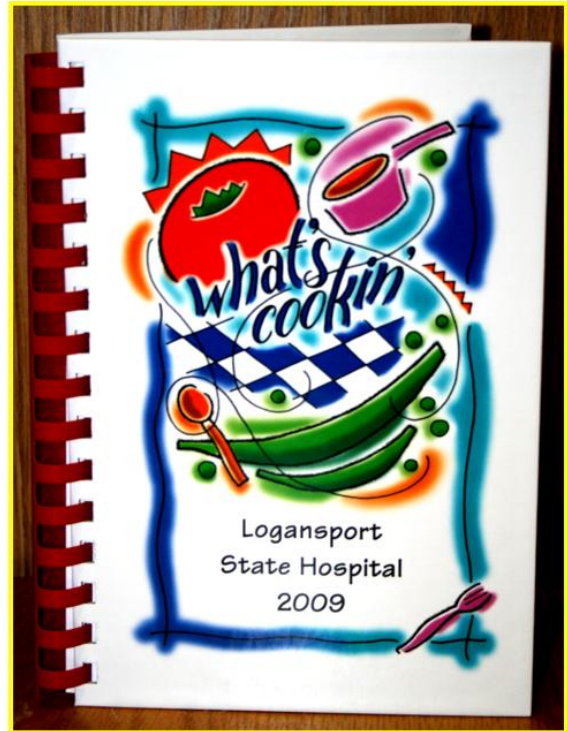
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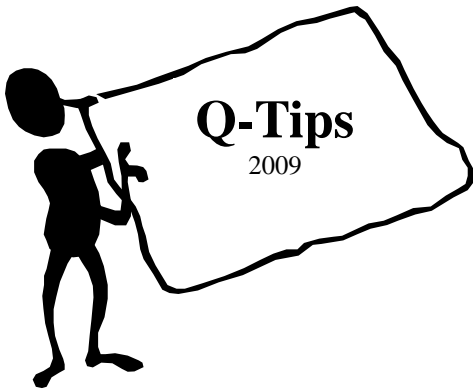
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Very Nice  
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Cookbook



Get your copy from any Morale Boosters member or call 574 722-4141 Ext #3801 or EXT #3803. Proceeds go towards future Morale Boosters' Events.



# Continuous Readiness Reminders

## -DOC Security Breach

*By Quality Management*

There are times when the Department of Corrections (on-grounds) has a security breach with one or more of the students. If and when one of the students “escapes”, Logansport State Hospital employees should be aware of the following information.

1. Nursing Service will be notified of the security breach and a *yellow alert* will be called.
  - > Patients who are outside unsupervised will be brought back to the units.
  - > Staff supervising patients in an activity must call the unit to verify which patients are with them. If the patients are on an outside activity, the unit staff will advise if it is necessary for them to return to the unit or a secure building.
  - > Roll call will be taken on the unit to account for all patients.
2. Security will lock all outside entrances to LSH buildings.
3. LSH staff is not to intervene!



4. If you (as an LSH employee) see the DOC escapee, you may report this to Nursing Service (3860). NSO will contact the appropriate individuals at DOC with this information.

# FRESH FEATURE

## E-Mail Do's and Don'ts ...Continued

### Rule #3: Do Avoid Vagueness;

- Vague writing loses credibility
- Readers take you less seriously when you use pat phrases such as “everyone,” “at your earliest convenience,” “always,” “as many as you can”.
- Be specific, such as: “Dick, I need the reports signed in black ink by Friday, October 23 at 4 p.m. Once signed, they need to be placed in your departmental mail in-box.

### Don't Put Into Their Heads What You Don't Want There

Avoid seemingly innocent phrases, such as: “No problem,” “Please don't hesitate to call me,” “Disregard this message.”

When you tell readers what not to do, they do it.

Instead of putting into their heads what you don't want, strive to put into their heads what you do want – for example, “Before we finish up, I just wanted to say...”

### Rule #4: Do Write Proactively, Not Reactively

- Reactivity places the responsibility outside of oneself.
- Write “To promote an ergonomic work environment, we recommend new chairs for our staff” instead of “since the accounting department got new chairs, we deserve new ones, too.”

### Don't Be Critical

- Give people the benefit of the doubt and speak objectively, not subjectively.
- Example: “No one around here comes to fix our computers when we have trouble.”
- Instead write: “We would be able to get more accounts processed if we had reliable access to our IT Department.

### Rule #5: Do Send an E-mail When You Feel the Need to Use an Organizing System Use the Four-Step M-A-D-E system

M = Message: What is the most important idea or notion you want your reader to know?

A = Action: Figure out what action the reader must do based on the idea in your message. What do you want your reader to do? Note: Often your message is your e-mail's subject line and the action is your e-mail's opening line. This becomes the first line of your actual e-mail.

D = Detail: Give the detail of the information.

E = Evidence: This includes enclosures.

Don't E-mail Chat

- Challenges of e-mail writing:

People are confused as to what e-mail is and what chat is. As a result, businesspeople are inundated with useless e-mails.

Chat is talking; e-mail is writing

- Avoid chat room or text messaging abbreviations when you consider your e-mail to be formal.
- Use abbreviations when communicating through e-mail to co-workers.

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## Summer Finale

On September 3<sup>rd</sup>, the annual "Summer Finale" was held at Thomas Complex. Approximately 200 patients came down for an afternoon of games, food, and music. Everyone received tickets for participating in the many booths which they could exchange for food or prizes.

IRTC rehab was voted 'best booth' for their water balloon sling shot. Many staff members got wet! Activities ranged from corn hole and other toss games, price game, hayrides, doodlebug transportation, and pictures with the colts guy!

The patients really enjoyed this event and look forward to it every year. The event would not be as successful without the many staff who assists in this activity. Special thanks to Staff Development, Hillside Café, Terry and Bob for the music, Social services, Nursing, Eli and John from grounds, and the entire Rehab Department.

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## Morale Boosters Skating Party

On November 19 from 4 - 7 PM the Morale Boosters is having a skating party at Logan Roller Rink and your invited. The only cost to you is \$1 for skate rental unless you have, in good condition, your own skates, Heelys, or Rollerblades. If you are needing skates, be one of the first fifty to come through the door and the Morale Boosters will pay for your skate rental.



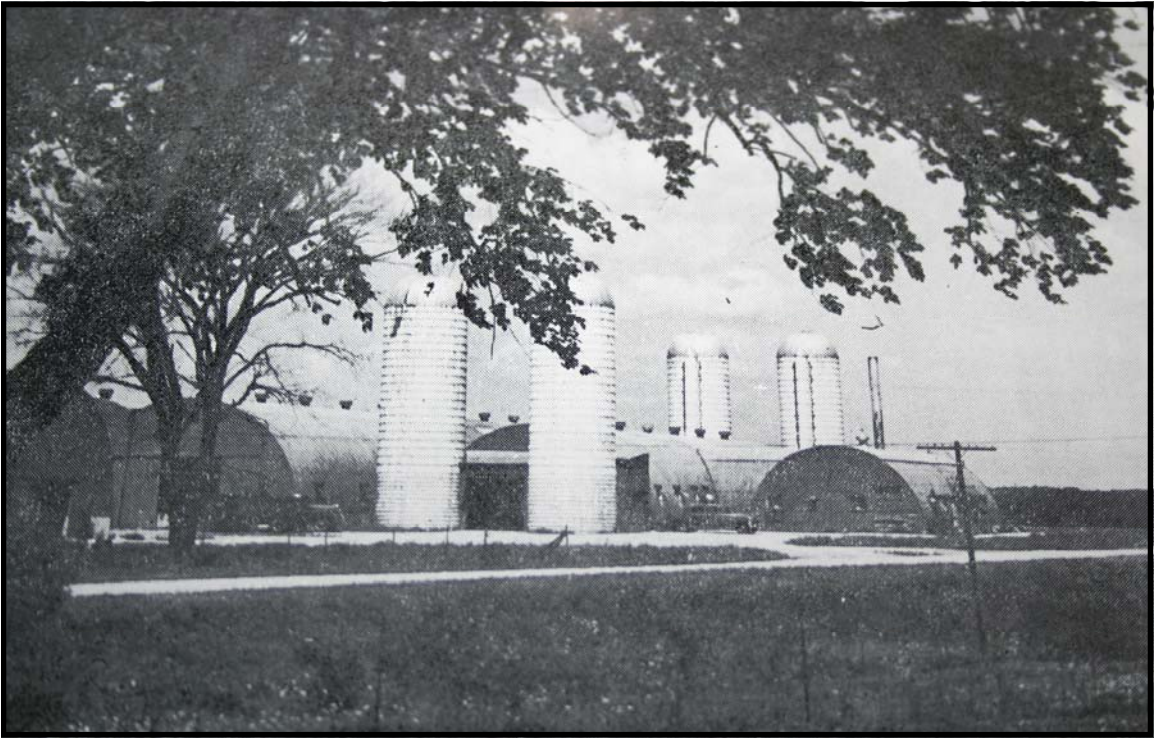
Hope to see you there.



# Arts-'n-facts

## Longcliff Museum Art-'n-facts

Fifty Years Ago



Dairy Barns viewed from farm house, about 1940's and 1960's

Some people ask what our hospital was like 50 years ago. Here are some facts.  
How much land did we have in 1959?

	Acreage
Longcliff.....	270.95 (Longcliff - property of our main hospital campus)
Neff Farm.....	191.58
Hedde Farm.....	164.28
Porter Farm.....	126.97
Minneman Farm.....	54.00
Sam Smith Farm.....	101.25
Wm. Guckien Farm.....	106.00
John Crowe Farm.....	320.00

Total.....1,335.03 acres

Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 55.

Student Nurse Affiliation: Approximately 104 student nurses completed their three-month Psychiatric Affiliation during this time. Our educational program for students retains full accreditation through the National League for Nursing and serves five affiliate schools in the surrounding areas.

A tea is held as each new group comes into the hospital and each group in turn has observed a "Parents Day" wherein they invite their parents to tour the hospital and the areas in which they receive experience. Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 32.

#### Immunizations (1958-1959)

Typhoid (1.5cc)

Number of Patients.....2,260

Number of Employees..... 750

Smallpox

Number of Patients.....1,270

Number of Employees..... 750

Diphtheria and Tetanus

Number of Patients.....1,750

Number of Employees.....none

Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 98.

#### Sewing Room

There are five employees and eight patients working most of the time in this department.

Once a week we order and receive our supplies from the General Store, as needed. We also receive our orders from the store for the items we make. They are picked up by a truck and taken to the store, where they are marked and sent to the different departments and wards as needed.

In the line of clothing we make dresses, slips, gowns, pajamas, house coats, bath robes, shirts, aprons and booties. The dresses and slips are made in the following manner: We go on the wards and measure for size, after receiving the names of the patients needing them from the Clothing Clerk. After they are cut and made, we tag them with the name of the patient and the ward location. The shirts are made in different sizes, with the size stamped on the neck band.

We also make hospital supplies, such as sick gowns, sterilizing wrappers, isolation gowns, masks, etc. Also, sheets, pillow cases, towels, pillow ticks, mattress ticks, curtains, drapes, awnings, etc. A week's supply is kept on hand, except the items we take measurements on.

In the past curtains were made of white or unbleached plain woven, usually cotton fabric, but are now made in a variety of colors and styles. This changes the appearance of the rooms, and is appreciated very much by the patients and employees.

Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 13.

# I Appreciate & Thank You!

I want all of you to know that I truly appreciate your sympathy and ongoing support in the passing of my Brother & my friend, Todd.

Whether it was seeing your kind face and friendly embrace at the Funeral Home, a card, the beautiful stepping stone with floral arrangement, framed Brother passage, poems and writings, e-mail, simple hello, how are you doing, a reassuring and sympathetic smile, or even a wink letting me know that you're there and that you care. I appreciate all of you; by those acts of kindness, I know who and what a true friend is.

You are a beautiful person and I will always hold your kindness deep in my heart and soul. Thank you for being you.

Love, your friend,  
Darrin



## Thanks and Appreciation

The family and friends of John Iles send thanks and appreciation for all prayers, benefit dinner, blood drive, and generous acts of kindness.

Thank you!

# Culinary Corner

## Pumpkin Spice Cake Recipe



### Ingredients:

- 2 packages (18-1/4 ounces *each*) spice cake mix
- 6 eggs
- 1 can (15 ounces) solid-pack pumpkin
- 2/3 cup canola oil
- 2/3 cup evaporated milk
- 2 cups (12 ounces) vanilla baking chips
- 2 cans (16 ounces *each*) vanilla frosting
- Red, yellow, and green paste *or* liquid food coloring
- Textured paper towel
- 2 pastry bags *or* small heavy-duty resealable plastic bags
- Pastry tips-#5 round and #352 leaf
- 1 cup flaked coconut

### Directions:

In a large bowl, combine the cake mixes, eggs, pumpkin, oil and milk; beat first on low speed for 30 seconds, and then beat on medium for 2 minutes. Stir in chips. Fill two greased muffin cups two-thirds full. Pour remaining batter into two greased and floured 12-cup fluted tube pans.

Bake at 350° for 20 minutes for cupcakes and 40-45 minutes for cakes or until a toothpick inserted near the center comes out clean. Cool in pans for 25 minutes; remove to wire racks to cool completely.

Level the bottom of each cake. Spread one cake bottom with frosting; put cake bottoms together to form a pumpkin. Set aside. Combine red and yellow food coloring to make orange; tint about three-fourths of the frosting. Tint remaining frosting green.

Place one cupcake right side up in the center of the cake to support the stem. Put a dollop of green frosting on the cupcake and top with an upside-down cupcake; frost with green frosting. Frost the cake with orange frosting. Let stand, uncovered, until frosting is slightly firm, about 30 minutes.

To create texture, place paper towel over frosting and press lightly, then remove.

Cut a small hole in the corner of a pastry bag; insert round tip. Fill bag with green frosting. Pipe curly vines from pumpkin stem and base. Prepare another bag with green frosting; insert leaf tip. Holding bag at 45° angle, pipe leaves randomly along the vines. Combine coconut with green food coloring; sprinkle around base of cake. Yield: 12-16 servings. Editor's Note: Cakes must be baked in identical cake pans or baked in two batches.

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### Goblin Chewies Recipe

#### Ingredients:

- 1 cup shortening
- 1 cup packed brown sugar
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1-1/2 cups old-fashioned oats
- 1 cup crisp rice cereal
- 1 cup diced candy orange slices
- 1 cup (6 ounces) semisweet chocolate chips or raisins
- Additional raisins or chocolate chips and candy orange slices

#### Directions:

In a bowl, cream shortening and sugars. Add eggs and vanilla; mix well. Combine the flour, baking soda, baking powder and salt; add to creamed mixture. Stir in oats, cereal, orange slices and chips or raisins.

Drop by tablespoonfuls 2 in. apart onto greased baking sheets. Flatten slightly with a fork. Decorate with raisin or chocolate chip eyes and orange slice mouths. Bake at 350° for 10-14 minutes. Cool on wire racks. Yield: about 6 dozen. Editor's Note: Orange slices cut easier if microwaved for 5 seconds on high and cut with a sharp knife or kitchen scissors.



# Who Am I?

Can you guess who this is giving Michael Eller a flu shot?

If you can, call Darrin Monroe at #3803 or e-mail Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by "Friday the 13<sup>th</sup>" of November.

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 from the last Who AM I? is Shanan Swartz.  
Congratulations Shanan.



Paula Johnson

The correct answer was Paula Johnson.

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!**

Monet? Da Vinci? VanGogh? Nope,  
it's our very own Pat Murray.

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

## UPCOMING EVENTS

October 21 - November 18

- |                           |   |
|---------------------------|---|
| October 21 <sup>st</sup>  | - Catholic Mass @ 3:30 PM   |
| October 21 <sup>st</sup>  | - Creative Writing @ 10:00 AM   |
| October 22 <sup>nd</sup>  | - Clinton Co Gold Ladies CLW/L1E @ 10:00 AM   |
| October 22 <sup>nd</sup>  | - Morale Boosters Treasures and Delights 7:00 AM - 4:00 PM<br>in the Fogel Auditorium |
| October 26 <sup>th</sup>  | - Tippy Co MHA @ 1:30 PM SWW  |
| October 28 <sup>th</sup>  | - Creative Writing @ 10:00 AM   |
| October 30 <sup>th</sup>  | - Haunted Dance 1:15 - 3:00 PM in the auditorium                                      |
| November 2 <sup>nd</sup>  | - Social Club @ MHA 6:00 PM Dodds   |
| November 3 <sup>rd</sup>  | - Creative Writing @ 10:00 AM   |
| November 4 <sup>th</sup>  | - Creative Writing @ 10:00 AM   |
| November 16 <sup>th</sup> | - Tippy Co MHA @ 1:30 PM SWW  |
| November 18 <sup>th</sup> | - Purdue Bingo @ 10:00 AM D2W   |
| November 18 <sup>th</sup> | - Catholic Mass @ 3:30 PM   |
| November 18 <sup>th</sup> | - Creative Writing @ 10:00 AM   |