



Special points of interest:

- \* In the Spotlight
- \* Christmas News
- \* Important Dates
- \* Trenching and Pipe Laying

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## SUPERINTENDENT'S MESSAGE

It is a pleasure to be able to write a message to all of you as we begin the newsletter with a new name and some great new ideas. I want to thank the Process Improvement Team for their efforts and proposal to reinstate a newsletter. Being in this position and having the opportunity to communicate with all of you is something that I enjoy. It is so difficult to provide the right information for you since we have so much diversity in job the classifications and duties, the diversity of the various cultural backgrounds, and of course our personal interests. The one common thread that we have is working here at the hospital. So that is theme I am using for this message.

This past year has been

as challenging one as I can recall, certainly in the 11 years that I have been in this role. I/we have been through a lot of experiences throughout the years, but the whole picture of our economic situation has added a tremendous amount of stress for everyone in one way or another. But despite all of that, there are numerous examples of how proud I am of your commitment to continue to work here and to provide the support and care for the patients that we treat. I can't think of a department or area that isn't being asked to do more and with less, yet our quality does not appear to suffer at all. That is, in a word, **amazing!** Since this newsletter will be coming out prior to Thanksgiving, it provides me the opportunity

to express to all of you my thanks for your efforts. As I mentioned above we have many differences in where we come from and in what we do, but your dedication to the hospital is quite apparent in so many ways. It is much more than a job.... It is indeed a commitment to providing the highest quality of care and treatment to individuals from all over the state of Indiana. So, thanks for giving me the opportunity to be your leader. I truly hope that you enjoy the newsletter.

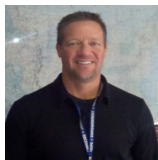
When I wrote before for the STAR, I would close with the line from one of my all time favorite movies Forrest Gump, so here it is:

And that's all that I have to say about that....

## In the Spotlight

### Mike Morrow, Organizational Development Coordinator

By Mary Chaney



Michael Morrow was born in Buffalo New York and while growing up spent ten years overseas in Italy and Germany. Mike attended high school at Colorado Springs and was recently inducted into the Colorado Springs Hall of Fame for baseball. He attended Mankato Minnesota College on a state baseball scholarship and graduated with a Bachelor of Science in Recreation and Parks and leisure services with an emphasis on

planning and management. Mike graduated New American Hospital Management Training Program in Advanced Managerial Practices and is certified in Foundations of Challenge Therapy and Therapeutic Challenge Methods. He has been an independent consultant for twelve years at Morrows Positive Attitudes and has worked with the Department of Defense here in the states and overseas. His duties at RSH include; ongoing training for Hospital Wide PI Groups/Process, Debriefing Team, Road Map Training, Mediation, Director of Staff

Development, and providing training as needed for direction of RSH. He is a bridge building instructor, member of Quality Council and Clinical Administration. Mike is married to Teresa and they have two sons, Patrick who is 18 and Matthew who is 15. His hobbies include his sons, sports, camping and hunting. Mike's passion is coaching the Diamond Dwag Traveling Baseball team. His favorite food is anything his Mom makes.

## Staff Development News

by Diane Mustard

### Training Schedule

#### Recertification in

#### CPR/Prof CPR/Bridge Building

Dates: Nov. 18 and Dec. 2

Time: 7:30 a.m. to 3:45 p.m.

Location: Staff Development

#### Evening recertification for CPR

Date: Nov. 19

Time: 3:30 – 6:30 p.m.

Location: Staff Development

#### Evening recertification for Bridge Building

Dates: Nov 16 and Nov. 30

Time: 3:30 – 6:30 p.m.

Location: Staff Development

#### Evening recertification for Prof.CPR

Dates: Nov. 18 and Dec. 2

Time: 4 – 7 p.m. on Nov. 18 and  
3:30 – 6:30 p.m. on Dec. 2

Location: Staff Development

\*Annual recerts are scheduled during your birth month if possible.

#### Supervisor Quarterly Meeting

The next Quarterly meeting is set for Thursday, November 18, from 8:00 a.m. to noon in the CTC Conference Center. This meeting is for all supervisors!

#### Lunch and Learn Program

“Unlisted: A Story of Schizophrenia” is the topic of a powerful documentary on schizophrenia that will be shown on Wednesday, November 17, from 11:30 a.m. to 12:30 p.m. in the CTC Conference Center. This presentation is open to everyone. Lunch will be provided. You must register to attend by calling ext. 9376 before 3:30 p.m. on Monday, Nov. 15 because seating is limited.

#### Supervisor Training class for RN's

Gretchen Gibbs will be teaching a class on supervision for RN's in Staff Development soon. Nursing supervisors will be scheduling RN's for these classes.

A schedule of class dates for days and evenings follows:

Nov. 29

9 a.m. to noon and 6 to 9 p.m.

Nov. 30

9 a.m. to noon and 3 to 6 p.m.

Dec. 1

7:30 to 10:30 p.m.

Dec. 6

3 to 6 p.m.

Dec. 8

7 to 10 a.m.

Dec. 9

7:30 to 10:30 p.m.

#### Mandatory In-services for Nursing

Recently there have been four in-services put on the Intranet for nursing personnel and others to complete.

These in-services are located under Departments/Staff Development/Meds of the Month or Current Offerings.

#### \*Reporting to the Nurse

Mandatory for all nurses, psych attendants, ATS and Social Workers

#### \*Clozapine – Med of the Month

Mandatory for all nurses & QMA's

#### \*Tricyclics – Med of the Month

Mandatory for all nurses & QMA's

#### \*Dysphagia

Mandatory for all nurses & psych attendants

#### Monthly Mandatory

The monthly mandatory for November is now on line.

#### National Patient Safety Goals<sup>2</sup>

Should be available on your “My Learning” section of Peoplesoft.

Please get this done as soon as possible – the deadline is Nov. 30<sup>th</sup>.

## Community Relations Christmas at RSH

The Christmas elves are in full swing collecting wish lists and donations for the upcoming Christmas season for our patients. Staff at Richmond State Hospital has always been very supportive of our patients and making the holidays enjoyable. With all the uncertainty of what populations will be here on Christmas day, we ask that you are patient with Community Relations as we try to keep up with the changes.

There are many ways you can support the holidays for our patients.

**Adopt a Patient** – For \$50 a patient, you can buy Christmas presents on a patient’s wish list. Each patient will be filling out a wish list which includes clothing, snacks, hobby and special interests suggestions. If money is tight this year, a group can also go together and adopted a patient. If you are interested in adopting a patient, please contact Community Relations at #9350, 9218 or 9217. You can request a particular patient or patients though requests are honored on a first come first serve basis.

**Cash Donations** – If you are interested in contributing to the patient’s Christmas but do not want to shop, you can always give a cash or check donation to Community Relations and we will shop for a patient for you. Any monetary donation is greatly appreciated. If you want to contribute some extra change, cans for donations are located at the credit union, AIT lobby and CTC timekeeper’s office.

**Boxes, Wrapping Paper, Tissue paper, labels, etc.** – We are also in need of these items to make the patient’s presents look special. Donation boxes are located at the AIT lobby, CTC

Craft Room, Community Relations office and the Credit Union.

**Travel Personal Hygiene Items** – On Party Day, December 12<sup>th</sup>, we always place travel size personal hygiene items in each patient bag giving out by Santa. Please drop off these items at Community Relations, Administration Lobby or at the AIT Lobby. I know everyone has these items lying around your bathroom closet!!!!

**Items to Donate** – you can also donate any items and we will match the item up with the patient’s wish list. The most requested items are as follow:

Hoodies (L, XL,2X, 3X)	Sweatshirts (L,XL,2X,3X)	Socks
Hats	Gloves	Backpacks/Gym Bags
Candy	Sugar Free Candy	Microwave Popcorn
Instant Coffee	Hot Chocolate	Diet Hot Chocolate
Phone Cards	Stationary	Puzzle Books
Puzzles	Hand held Games	Board Games

Items can be dropped off at Community Relations, Administration Building Lobby or AIT Lobby. We can also pick them up if you call us at extension 9217, 9218 or 9350.

**If you have any questions, feel free to contact Mary 9218, Tara 9217 or Connie 9350 and we would be happy to help in anyway. Thanks for your support for the patient in which we all serve.**

### Thank You

I wanted to take this opportunity to say a really big THANK YOU to everyone for all the wonderful cards and notes I received during my illness. I can’t begin to tell you how much they meant to me! Even more important were the prayers, positive thoughts, and good wishes from everyone. I firmly believe they were and continue to be a big part of my recovery. I’ve always known the staff here was great, but this experience has shown me how truly wonderful you all are. Again, many thanks!

**Sanna Titus**

### Christmas Gifts for Our Patients

The Christmas Gift Lift Program is in full swing this time of year. All patients will receive three presents which will be available for them to open on Christmas day. Delivery of the gifts will take place on December 22nd. Patient's gifts are selected from a wish list which the patients have filled out with staff assistance. This way the patients have the opportunity to express what they

want for Christmas. Last year we were able to provide the majority of items the patients requested on their wish list. All patients will also receive a Christmas Gift Bag filled with lots of goodies on Christmas Party Day, Sunday, December 12th. This year we are trying several ways of providing gifts for our residents. Here are the options:  
1. Another method is

adopting a patient. See article for details.  
2. The second option is cash donations for us to purchase the suggested items or to help with the Christmas Gift Bag items everyone will receive. Thanks already to the employees who have contributed to the 2010 Christmas Gift Lift Program. If you are interested in helping with this year's program, let us know at Community Relations, ext. 9218.

## Grandma's Hot Chicken/Turkey Casserole

Croutons	Mayonnaise	Can chicken/left over turkey
Onion	Carrots	Celery
Lemon Juice	Salt	Swiss Cheese

1 bag of croutons (I get the seasoned kind, usually sold by the salad dressings) (I add 1 ½ bag to 2 bags for 4 people)

½ cup mayonnaise

½ teaspoon lemon juice

1 small can of chicken/left over turkey

1 cup of chopped celery

carrots chopped very thin or shredded

½ cup of Swiss cheese

I've also used other cheeses and vegetables too, whatever I had in the refrigerator

Mix mayonnaise, lemon juice together, add vegetables, Swiss cheese, and chicken, then add croutons. Mix until all ingredients are mixed together.

Mix until all ingredients are mixed together. Bake 350 degrees in covered dish (it will stay moist covered) for 30 minutes or bake in microwave for about 15-20 minutes covered.

**Kathy Tuggle**



Thanksgiving Day is celebrated with lot of fervor and merry-making in America. Celebrated on the fourth Thursday in the month of November every year, it is a time for communal thanksgiving, feeling gratitude, lavish feasts. It is a time to remember the pilgrims. The original pilgrims celebrated the autumn harvest with a feast of thanks. The feast popularly known as the 'First Thanksgiving Day Feast' was held as a gesture of thanks to almighty God. It was celebrated in the year 1621. After the United States gained independence, Congress recommended one yearly day of thanksgiving for the whole nation to celebrate.

**\$ DINE FOR DOLLARS \$**

**TUESDAY, NOVEMBER 16<sup>TH</sup> & 17<sup>TH</sup>  
2010 FROM 4:00 PM TO 10:00 PM**



Richmond State Hospital Night at Texas Roadhouse – Tuesday, November 16<sup>th</sup> and Wednesday, November 17<sup>th</sup>. Print off these coupons and hand them to your waiter or waitress when you pay your bill. Grassroots will be receiving 10% of the proceeds. Hand them out to your family and friends.

### Important Dates to Remember

**Open Enrollment ends November 24th at noon.**

**Christmas Bazaar, Living Skills, December 2nd & 3rd**

**NAMI Christmas Dinner/Dance, CTC Gym,**

**Dec. 7, 6:00 p.m.**

**NAMI Christmas Tree Lighting, NAMI House,**

**Dec. 9th, 6:00 p.m.**

**RSH "Christmas Through Our Eyes", Auditorium,**

**Dec. 9th, 7:00 p.m.**

**Volunteer Brunch, CTC Training Center,**

**Dec. 12th, 11:30 a.m.**

**Unit Christmas Parties, Dec. 12th, 2:00 p.m.**

**RSH Employee Recognition and Christmas Dinner,  
CTC Gym, Dec. 16th, 11 a.m. & 9 p.m.**

**Christmas Gifts Delivery, Dec. 22nd**

### Watch for Trenching and Pipe Laying

RSH will soon begin a construction project to run a new water main from the water tower to the steam plant, take down the water tower, install two 5,000 gallon water storage tanks in the steam plant to allow steam production in the event of a water disruption and install a reverse osmosis system (water conditioning) in the steam plant. This new main will increase water in-flow from the east side connection to Indiana-American Water Co. mains. The project includes capping many of the dead end water lines created from demolition of many buildings over the past ten years. The project will begin at the water tower and proceed along Grove Road and down to the steam plant. Culy Construction is expected to begin the work at any time and we expect final completion next spring. It will sure look different without the water tower!

**David Shelford**

