



**Special points of interest:**

- \* Pictures with Santa
- \* In the Spotlight
- \* Christmas News
- \* Important Dates

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## SUPERINTENDENT'S MESSAGE

December is here, and the

- lights and decorations are up around the campus;
- Community Relations group is busy with parties, and gifts ready for all patients including the transfer of patients from Logansport and trying to make sure everyone has something for Christmas;
- the Grounds department has ordered salt, the snow plows are ready;
- NAMI Christmas Dinner is fast approaching;
- employee recognition

final plans are in place;

- Santa will be here for pictures for employees and their families and for the hospital parties on the units.

As I think about another Holiday season coming, I think of movies from the all time favorites of James Stewart in *It's a Wonderful Life*, to Tim Allen in *Santa Claus*, to Will Ferrell in *Elf* and so many of the animated versions, on the nostalgic side. Then we have the cyber side of on line sales, all the high tech gadgets of our present day. Okay you say, Butler what

is your point with this one? That things have changed and are changing so much, as has healthcare. So we must keep current, do our best to understand change, accept it and continue to realize like some of the traditional movies that our history says our mission is to provide individualized, quality, holistic healthcare with respect, with dignity and in a caring and supportive way.

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

Enjoy the Holidays,  
Jeff

### Pictures with Santa



You can bring your family and have pictures taken with Santa on December 5th from 11 a.m. to 1 p.m. and again from 4 p.m. to 6 p.m. This is free. This will be in the new Staff Development area in building 416 (old YS) through the main entrance. Cookies, hot chocolate and apple cider will be available along with ornaments to color and coloring books or paper to draw on in case there is a wait to see Santa. All refreshments and coloring activities will be located in the enclosed front porch of the 416 building.

**Brought to you by your Grass Roots Committee**



# In the Spotlight

**Dr. Donald Graber**  
**RSH Medical Director**



Dr. Donald Graber became the Medical Director at Richmond State Hospital on March 2, 2009. He and his wife Sherrill have been married 43 years and have one son Scott, and daughter-in-law Angie, one granddaughter Bailey Grace, age 2 and one grandson Gavin, age

8 months. Don and Sherrill moved from Elkhart, Indiana where they lived since 1982. For 17 years Dr. Graber and his wife worked together in private practice. Other professional experiences of note included serving as a medical director to a 30 day Hazelton Model chemical dependency unit, teaching for 2 years in a Family Practice Residency Program, working in a multi-specialty medical clinic, and

serving as the Psychiatrist for an Assertive Community Treatment Team at Oaklawn Mental Health Center. Dr. Graber's vision for Richmond State Hospital is to be a model for the integrated, evidence-based treatment of the severely mentally ill who also suffer from polysubstance dependence and multiple medical problems.

## Staff Development News

by Diane Mustard

### Recertification in One-man CPR & Bridge Building

Dates: Dec. 2 and 17  
Time: 7:30 a.m. to 3:45 p.m.  
Location: Staff Development

### Recertification in Professional CPR

Dates: Dec. 2  
Time: 7:30 to 11:00 a.m.  
Location: Staff Development

### Evening recertification for One-Man CPR

Dates: Dec. 9 and 10  
Time: 3:30 to 6:30 p.m.  
Location: Staff Development

### Evening recertification for Professional CPR

Date: Dec. 8  
Time: 3:30 to 6:30 p.m.  
Location: Staff Development

### Evening recertification for Bridge Building

Dates: Dec. 15 and 30  
Time: 3:30 to 7:00 p.m.  
Location: Staff Development

### Supervisor Training classes for RN's

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

A schedule of class dates for days and evenings follows:

<u>Dec. 1</u> 7:30 – 10:30 pm.	<u>Dec. 6</u> 3:00– 6:00 pm
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<u>Dec. 8</u> 7:00 – 10:00 am	Dec. 9 7:30– 10:30 pm
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### Monthly Mandatory on Policy Review

There will be a December monthly mandatory on Policy Review. It will be available on PeopleSoft soon.

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

## Christmas & Employee Recognition Dinner

Don't forget the Employee Recognition & Christmas dinner on December 16th, CTC Gym, 11:00 a.m. and 9:00 p.m. Employee recognition begins at noon.

Be sure to bring your canned goods for the food pantry! Also, if anyone would like to donate desserts, they would be greatly appreciated.

## Basket of Goodies

This basket of goodies includes Christmas decorations, stocking stuffers, great Christmas gifts, and everyday household items.



Chances on this festive holiday basket are \$1 each or 6 for \$5. Tickets may be purchased from Grassroots members: Kathy Tuggle, Penny Sams, Terri Ogle, Linda Gregory, Carmie Kitchen, Peggie Layne, Beth Thompson, and Debbie Lanman. Also Switchboard and Credit Union will have tickets. Drawing will be at the Employee Recognition Dinner on Thursday, December 16th.

## 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.**

### And the Tradition Carries On From the 100 Year Book

*Central Indiana Hospital  
For the Insane*

*Indianapolis, Ind., Dec. 5, 1891*

*For several years it has been the custom of the management of this Hospital to afford an opportunity to friends and relatives of patients who desired to do so, to contribute to the Christmas festivities.*

*Any donation you may choose to make for this purpose will be thankfully received and the amount applied as indicated.*

*Very respectfully,  
C.E. Wright, M.D., Superintendent*

## 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.

## Christmas Word Search

Y X  
 D F  
 A N J U  
 I A P Z  
 U T C C X Y  
 H T A E R W  
 Z D E R H Q U Y  
 Z O S B N G K E  
 B R N N E D A I J S  
 X O N I L E M E E G  
 Z T W E O L L I N E L N  
 E G J R P S S H L T A S  
 S E E R T S A M T S I R H C  
 S U A L C A T N A S K P R V  
 W Z S N O S S S C A R D S J K B  
 S B S N N R E L O C G M S F L B  
 D G S G O G E L X F E Y G A I E D K  
 A N H N R P F D D A X N I T K I U H  
 N J I T I T A F N E L I R Z A P G M X R  
 M U K C T H R U A S D I E C U M N Q F I  
 Z M X C E E P A T C I E N T C I D I B J V E  
 T V T O L E O D S T S H I G W Q B N S C J Q  
 Q H J E T E R L E G O O U S W E E T P O T A T O  
 K A P U S B G E S N L R V Y N A R R A H V L R J  
 K Q N O R F R H K S I F S R S X D A B Q G N S E V T  
 F L O W G F A X C D K P R E E D N I E R V F T I T R  
 V Y E S N E M T Q A R C W A O Q C P F Q H E Z X P L O V  
 C U O A Z M D E Y B O O P O R E S E N A C S E V L E J E  
 P I M N E G O O R C S S T O R R T Q J D D A N C E R W C V D  
 W H Z R S O C O M E T X S W B V B Y D R Z R E E L I B U J U

- |           |               |             |                  |
|-----------|---------------|-------------|------------------|
| BELLS     | CANDY         | SANTACLASUS | STOCKINGSTUFFERS |
| CANDLES   | CANES         | BLITZEN     | STOCKINGS        |
| CARDS     | FRUITCAKE     | COMET       | TIDINGS          |
| CELEBRATE | HAM           | CUPID       | REINDEER         |
| GREETINGS | SWEETPOTATO   | DANCER      | SLED             |
| HOLIDAY   | MISTLETOE     | DONNER      | SLEIGH           |
| JUBILEE   | POINSETTIA    | PRANCER     | PARTY            |
| NOEL      | WREATH        | VIXEN       | SCROOGE          |
| PARADES   | CHRISTMASTREE | FAIRIES     | SEASON           |
|           | ELVES         | NORTHPOLE   |                  |



**The origin of Santa Claus begins** in the 4th century with Saint Nicholas, Bishop of Myra, an area in present day Turkey. By all accounts St. Nicholas was a generous man, particularly devoted to children. After his death around 340 A.D. he was buried in

Myra, but in 1087 Italian sailors purportedly stole his remains and removed them to Bari, Italy, greatly increasing St. Nicholas' popularity throughout Europe. His kindness and reputation for generosity gave rise to claims he that he could perform miracles and devotion to him increased. St. Nicholas became the patron saint of Russia, where he was known by his red cape, flowing white beard, and bishop's mitre.



**In 16th-century Germany** fir trees were decorated, both indoors and out, with apples, roses, gilded candies, and colored paper. In the Middle Ages, a popular religious play depicted the story of Adam and Eve's expulsion from the Garden of Eden.

A fir tree hung with apples was used to symbolize the Garden of Eden -- the Paradise Tree. The play ended with the prophecy of a saviour coming, and so was often performed during the Advent season. It is held that Protestant reformer Martin Luther first adorned trees with light. While coming home one December evening, the beauty of the stars shining through the branches of a fir inspired him to recreate the effect by placing candles on the branches of a small fir tree inside his home

## Important Dates to Remember

**Texas Road House Gift cards from Grassroots**  
 available until Dec. 6th

**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.**

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



**A native Mexican plant,** poinsettias were named after Joel R. Poinsett, U.S. ambassador to Mexico who brought the plant to America in 1828. Poinsettias were likely used by Mexican Franciscans in their 17th century Christmas celebrations. One legend has it that a young Mexican boy, on his way to visit the village Nativity scene, realized he had no gift for the Christ child. He gathered pretty green branches from along the road and brought them to the church. Though the other children mocked him, when the leaves were laid at the manger, a beautiful star-shaped flower appeared on each branch. The bright red petals, often mistaken for flowers, are actually the upper leaves of the plant.

