

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

MOST HELPFUL THINGS LEARNED

By NAMI Evansville Members (Feb/March 2009)

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The *National Alliance on Mental Illness* is the nation's voice on mental illness. The Evansville Chapter is an affiliate of NAMI Indiana and provides support groups for both family and consumers. The family support group meets on the 2nd and 4th Tuesdays of each month at 6:00 p.m. at Southwestern Behavioral Healthcare. The consumer support groups meet on the 2nd Wednesday of each month at 6:30 p.m. at McCullough Library and on the 4th Wednesday of each month at 7:00 p.m. at Central Library. During groups in February and March of this year, the members shared what they have found the most helpful. For more information on NAMI, go to www.namievansville.org.

- Mental illnesses are common. One person in four will have a mental illness during his/her lifetime.
- It's nobody's fault.
- Treat a person with mental illness as you would treat anyone else. Communicate with empathy. Do not argue, criticize or fight.
- Separate the illness symptoms (behaviors) from the person. The person is NOT the illness.
- It's about the brain.
- Get a proper diagnosis and a treatment plan that works. Stick to it.
- It's important to be able to tell your story and be heard.
- Use of drugs or alcohol with mental illness will make life more difficult.
- Each and every consumer is part of a family.
- Eat as well as possible. Work with a physician and/or dietician and use good quality vitamins and dietary supplements if they help you feel better. Stay active. Walking and exercising can help you feel better.
- Learn more about your illness. It can also be helpful for your family members and friends to understand your illness better. Get educated on it.
- You will have good times and hard times. Develop coping strategies that help you make the most of each day.
- Get your sleep. It's essential for repair of the body.

FELDENKRAIS METHOD

Diane Arneson, certified trainer of the Feldenkrais Method, met with rehabilitation therapy and Geriatric Services staff in April to begin working on a plan to implement movement therapy at ESH. Staff were educated on several techniques that help to improve strength and flexibility while eliminating excess efforts for a more free and easy movement. Awareness Through Movement sessions led by Ms. Arneson began in May on Geriatric Services and have incorporated patients throughout the hospital who would benefit most from the therapy.



Evansville State Hospital and **NAMI Evansville** are sponsors of

a free community viewing of the documentary "Out of the Shadows" on Sunday, May 31 at Central Library from 1-3:00 p.m. in the Browning Room. This event is part of May awareness activities planned by Mental Health America of Vanderburgh County.

SPRING PARTIES BRING DERBY FUN



Janice Grismore, Marge Ennis, Elaine Burns, and Ann Schneider gather for a picture after their race.

Both the spring family mixer and annual recognition luncheon were derby-themed parties that involved attendees in horse races, fancy derby hats, and a chance to win souvenirs from Churchill Downs.

Almost 80 volunteers and retirees had fun betting on their favorite jockey and stick horse, cheering them on as they trotted around the gymnasium race track. Celebrity jockeys included employees **Doug King, Faye Harris, Donna Calloway, Fr. Robert Giffin, Linda Deig, Elaine Burns**; volunteers **Ann Schneider, Janice Grismore, Marge Ennis**; and retirees **Bill Maurer, Julie Miller, and Judy Bacon**. Attendees wore their own fancy hats to the party or picked one up at the door. Hat Contest winners were **Bernie Ferguson, Ann Schneider, and Nancy Woodruff**.

About 65 patients and their families and friends gathered for the derby party on Saturday, May 2. Fun was had while participating in the cake walk, horseshoe throw, and horse races. Attendees made their fancy hats at the event and decorated them with feathers, flowers, and stickers. Derby trivia was placed on the brightly colored tables adorned with red paper roses.

A big thank you goes out to **Stewart Mackey of Stewart Enterprises** for donating over 200 horseshoes from race horses at Churchill Downs, 6 tickets to Churchill Downs, and t-shirts and caps with the 135 year derby logo. Employees, volunteers, and retirees got a chance at winning the Churchill Downs tickets drawn on May 11; **Catherine Eversole**, Continuum of Care, was the lucky recipient.

ARTWORK AND CRAFTS ON DISPLAY

Artwork and crafts made during therapeutic programming at ESH were on display during Mental Health America's kick-off celebration at Eastland Mall on Saturday, May 2, 2009. The kick-off celebration was the beginning of several activities throughout the month of May to promote mental health and provide awareness to the general public which included distribution of facts related to mental illness and treatment.



The hospital display consisted of ceramic pieces, a crocheted afghan, a cross stitch sampling, canvas paintings, fleece pillows, a paper-Mache pig and balloon, feathered masks, stationery, and woven rugs. The talents of our patients were truly captured in these items as everyone who stopped to look at the display were hoping to purchase the nicely crafted items. Many expressed their pleasure in the pieces and wanted our patients to know that they should be proud of their creations.



HELPING HANDS

RESIDENTS PLAY EASTER BUNNY



The Easter Bunny had a lot of helpers at ESH. During rehabilitation programming on Good Friday, 25 patients participated in filling 150 plastic eggs for the children at the Evansville Psychiatric Children Center, aged 5-13 years. The eggs were filled with chocolate candies, stickers, and bracelets. Our Easter Bunnies were so excited to be helping out the children that none of them asked for even one piece of the candy used in the program. Treats were served after the eggs had been filled and bagged for transport. Inclement weather prohibited the patients from helping to deliver the eggs. Tamara Klausmeier, Community Services Director at EPCC, reports that the "Easter eggs truly were a source of delight for the children and definitely the highlight of the day. The eggs made the children's Easter an extra special day."

Good Friday programming also featured the viewing of the movie *Marley & Me*. Hats off to Rehabilitation Therapy staff **Sarah Miller, Tonya Smith, Jolene Hines, and Paula Hurst** who planned the Good Friday activities.

ONE GOOD TURN DESERVES ANOTHER

One good turn deserves another as the **Telephone Pioneers** delivered their annual load of candy-filled eggs to ESH for our patients on Good Friday. The plastic eggs are filled with sugarless candies and used over the holiday weekend in programming. Many of the eggs were distributed as bingo prizes on Saturday. A big thanks to **Tommy Tucker** for delivering the eggs each year and **Doris Strouse** for coordinating this special treat!

TREASURE CHEST REWARDS

Achieving individual program goals is the focus for all of our residents. Many of our patients are working towards developing improved social and cognitive skills as well as coping skills to help them live a full and happy life. Weekly educational programs that support them in their recovery are centered around overall wellness and include topics such as healthy relationships, healthy lifestyles, money management, and anger management. To reinforce skills being learned and reward clients for their achievements, a treasure chest was re-established on G Unit, Developmental Training Services. **Debbie Davis**, Rehabilitation Therapy Supervisor, continues to stock the treasure chest with "reinforcers" such as \$5.00 gift cards (to department stores and restaurants), mini cans of diet soft drinks, sugar free candy and gum, writing tablets and materials, CD music, batteries (AA, AAA), and miscellaneous novelty items. The treasure chest is again a big hit and has helped motivate our patients. If you can help with any of the Treasure Chest items, please contact Community Services.

Congratulations 2009 Graduates!



Sonya Baize, Nursing Service, graduated from Vincennes University R.N. program.

Stephanie Biggs, Nursing Service: Daughter Amber Ritchie graduated from Bosse HS.

Sherry Breeden, Nursing Service: Daughter Peggy Breeden from Warrick Education Ctr.

Janet Carmickle, Security: Granddaughter Lakei Reynolds graduated from Boonville HS.

Jamie Cook, Nursing Service: Daughter Adele-Michelle A. Cole graduated from Central HS.

Kyle Elliott, Nursing Service: Daughter Kiersten Elliott graduated from Central HS.

Patricia Everett, Nursing Service: Daughter Christina Everett graduated from South Spencer HS.

Stacey Glenn, Nursing Service: Daughter Breanne Glenn graduated from Bosse HS.

Peggy Hall, Nursing Service: Daughter Casey Hall graduated from Boonville HS.

Jolene Hines, Rehabilitation Therapy: Niece Meaghan Boger graduated from Pike Central HS in Petersburg.

Melinda Kendle, Fiscal Management: Daughter Elizabeth Spangler graduated from Gibson Southern HS.

Norma Kuehn, Physical Plant: Son Jason Fildes graduated in October 2008 from Sullivan Culinary Art Institute in Louisville, Kentucky.

Cindy Murphy, Nursing Service: Daughter Kasie Murphy graduated from Reitz HS.

Angie Pund, Nursing Service: Daughter Alicia Dawn Higdon graduated from North HS.

Michelle Schultz, Nursing Service: Daughter Brianna Land graduated from Lawrenceville HS in Illinois.

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

Did You Know?

Geese Return to Their Birthplace During Nesting Season

It's nesting season! Have you noticed the increase in geese and nests throughout the hospital campus lately? The nests can be found around the campus lakes and even around the hospital buildings and in our courtyards. The Canadian Geese are beautiful and for the most part are harmless. However, they do pose a safety hazard along our campus roadways and parking areas. They also tend to leave their waste which is a potential health hazard. Nesting birds can display aggressive behaviors as well. The typical nesting season is from mid-March to mid-May.

Geese are protected under state and federal laws (The Migratory Bird Act). However, parks and other establishments may request special permission to control the population. ESH does possess a permit to destroy nests if necessary. The permit allows selected staff to use specific methods for controlling nests and eggs. A report must be sent to the Department of Natural Resources by October with numbers of nests and eggs destroyed this year. Our grounds staff has been instructed to only disturb nests that could cause a problem for patients, staff, or visitors to the hospital. These would include nests located in patient courtyards, next to or on buildings (yes we actually have a nest on the roof), and nests close to walks. We will also be using various allowable techniques to keep the geese on the lakes and not around the buildings. So during this spring season of nesting, please support our Grounds Crew as they continue to take steps to keep our campus safe, beautiful, and public-friendly.

WELCOME NEW EMPLOYEES

Rich Allen
Randi Dale
Alan Duran
Colleen Georges
Tina Mays
Suzanne Seiler
Myra Smith
Mary Summers

GOODBYE

Sue Calli
Karen Canary
Molly Greene
Mike Higginbotham
Clifford Posey
Brittany Westfall



In Memory Of

Mary Applegate
Mildred Davis
Wilma Harwood
Sandra Johnson
Sally Lynn
Roy Monroe
Josephine Perkins
Robert Robinson



Geneva Rose
David Sharp
Susie Smith
Jerry Truitt
Fr. Hilary Vieck
Claire Williams
Barbara Woodfork
Shirley Wright