



Division of  
Mental Health  
and Addictions.

"People helping  
people help  
themselves."

Logansport State Hospital

# The Spectrum

## EMPLOYEE OF THE MONTH

### In this issue:

EOM..... Cover

Env. Svcs. &  
Housekeeping  
Week..... 2

Rehab. Week.  
..... 3

New H. R.  
Director ..... 4

Policy Updates  
..... 5

SECC Begins  
..... 5 - 7

Q-tips..... 8

Superintendent's  
Desk ....9 & 10

Longcliff  
Museum .....  
..... 11 - 13

Monarch  
Learning.....  
..... 13 & 14

Wellness  
Wisdom .....  
..... 15 & 16

Culinary  
Corner ..... 17

Who Am I? ....  
..... 18

Vol. 30, No. 9  
September  
2020



**EOM**  
**Mike Busch**  
**Community**  
**Engagement**  
**Director**

Superintendent, Gregory Grostefon (L) congratulates Mike Busch (R) as being nominated as September Employee of the Month.

Mike Busch, September Employee of the Month

Mike has gone above and beyond in his role as Interim Assistant Superintendent. Not only has he managed to complete his own duties as Community Engagement Director, he has taken on any project I have assigned to him with great enthusiasm. Mike arranged a record-setting Blood Drive, held during the height of the Coronavirus Pandemic, put together a Job Fair in the absence of a Human Resources Director, and most importantly, became the unofficial Kronos guru, sitting through several question and answer sessions, so that he could be the one-man clearinghouse of timekeeping information for LSH, making this rollout far smoother than it might have been without his dogged determination and drive for success.

Nominated by: Greg Grostefon, Superintendent

## Healthcare Environmental Services & Housekeeping Week

September 13<sup>th</sup> through the 19<sup>th</sup> is designated as Healthcare Environmental Services & Housekeeping Week. I want to express my appreciation and recognition for the extraordinary teamwork exhibited by our Environmental Services and Housekeeping staff. Every corner of our facility depends on the critical, yet often unsung, role Environmental Services and Housekeeping plays in maintaining high-quality patient care at LSH.

Please join me this week, in expressing your thanks and appreciation for the work of the LSH Environmental Services and Housekeeping team, for the quality outcomes from their work, and the value that their work provides to everyone at our facility.

Sincerely,



Greg Grostefon  
Superintendent

### With Thanks to LSH Environmental Services

Clarence Bir	Kris Keeler
Jackie Cain	Brittany Davis
Jennie Greenwood	Ralph Greenwood
Jen Jones	Charmie Hanawalt
Peg Nolte	Ashlyn Main
Donna Scruggs	Megan Likens
Cindy Smith	Joe Strasser
Malekhi Whiteley	

Laundry:

Joy Mettler

Betty Smith



### **SPECTRUM**

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

***The Spectrum*** is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State

Darrin Monroe.....	Editor & Photographer.....	ext. 3803
Brian Newell .....	Librarian .....	ext. 3712
Mike Busch .....	Community Engagement Dir. ....	ext. 3612
Paula Green Scheffer ....	Clerical Asst .....	ext. 3634
Gregory Grostefon .....	Superintendent.....	ext. 3631

# Rehabilitation Awareness Week

September 13-19, 2020 has been designated National Rehabilitation Awareness Week. Since 1976, this special group of dedicated professionals has been celebrated annually during the third week of September. We are extremely proud of our program and of our people.

Rehabilitation can be defined as the restoration of an ill or injured person to self-sufficiency. Our Rehab staff works diligently each and every day to ensure that our patients are actively engaged in the pursuit of that goal.

Please join me as we celebrate the LSH Rehabilitation Staff and the prospect of hope and recovery that they provide.

Sincerely,



Greg Grostefon  
Superintendent

## ***LSH Rehabilitation Staff***

*Jill Rowe, Rehab Director*  
*Chris Taylor, Clerical Assistant*  
*Jeanette Holle, RTA1*  
*Brian Newell, Librarian*  
*Mary Foust, Beautician*

### ***Isaac Ray:***

*Kerry Hamilton – RT3*  
*Laura Glasson – RT4*  
*Mike Cogswell – RT4*  
*Cary Miller – RT3*  
*Patty Knapp – RTA1*  
*Julie Stapleton – RTA1*  
*Mason Sowards – RTA1*  
*Jasmine Penny – RT4*  
*Coenraad Brand – RT4*

### ***Larson:***

*Shanan Pletka – RT3*  
*Bendi Grawcock – RT3*  
*Amber Belhuemer – RT4*  
*Jackie Dillman – RT4*  
*Susan Manalo – RT4*  
*Dana Thompson – RT4*  
*Gabi Dwiggin – RT4*  
*Shawna Strickland – RTA1*  
*Dottie Hill – RTA1*  
*Joy Scott – RTA1*  
*Kelsey Knox – RTA1*

*Welcome Logansport State Hospital's  
New Human Resources Director  
Ashley Morrison*

LSH Staff,

Please welcome Ashley Morrison to LSH as our new Senior Business Partner (HRD) in the Human Resources Department. Ashley will be a valued member of the Senior Executive Board and will provide much needed support as we very intentionally focus our efforts on the recruitment and retention of employees. Don't hesitate to stop by her office to introduce yourself!

Greg

**Greg Grostefon**  
Superintendent  
Logansport State Hospital

---



I started my career working at a CMHC in the Group Home. After a couple years, I transitioned into Human Resources. In total, I spent 9 years at a CMHC. I worked just over a year on a HRSA grant that was helping raise awareness for mental health services for veterans and their families within Cass and 3 other surrounding counties. Most recently, I was Human Resources for a steel tube manufacturer.

I went back to school as an adult, and earned my BS in Business from IUK.

I am very excited to be here at LSH, as I am very passionate about mental health and this community. Outside of work, I like the outdoors.

*Ashley Morrison  
SPD Human Resources Director  
Logansport State Hospital*



## POLICY UPDATES!

**The following LSH policies were updated in August (All Staff are to read all changed Policies)**

- LSH Policy A-3 Consent by Superintendent for Authorization for Medical or Surgical Treatment in Another Facility – Formatting changes that did not change the intent of the policy.
- LSH Policy A-29 Receiving Procedure – FSSA contact title updated.
- LSH Policy A-36 Leave of Absence/Discharge – No changes
- LSH Policy A-58 Use of Logansport State Hospital Facilities/Building Admittance – Updated to reflect compliance with State of Indiana laws, regulations, and policies.
- LSH Policy C-13 Intra Hospital Transfer – No changes
- LSH Policy C-23 Consent for Treatment/Medication – No changes

LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on “Hospital Policies (PolicyStat)” button-top center of home page
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on “change location” in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.

---

## The SECC Campaign Has Begun!

Dear Fellow, LSH Family,  
with a lot going on and a lot of giving here and there, there are still some simple way to continue giving to a Non-Profit Charity of your choice through these trying times:  
with a Payroll deduction (which is one of the easiest solutions – comes right out of your check, not a hassle or even a onetime deduction.

### STATE EMPLOYEES COMMUNITY CAMPAIGN

**Payroll deduction** - FSSA employees can donate through a payroll deduction for as little as \$1 per paycheck. One of the benefits of using this method is that your donation rolls over to the next year so you only need to sign up once. To sign up for a payroll deduction, please visit the [SECC website](#) and click on "[Give Now](#)" and login to the [SECC e-Pledge page](#)

### Logging in

**User ID:** The user ID is your PeopleSoft number provided by the State. This can be found on the back of your State ID and when logging in, you must include the 10000 before your ID number, example 10000123456.

**Password:** For your first login please use the password Welcome! You will then be prompted to change the password. If over the course of the campaign you forget your password, please scroll to the bottom of the page and there are options to reset it or hints to help you remember.

.Once you are logged in, follow the instructions on choosing a charity or charities to donate to and amount you wish to donate. Additional guidance on how to make a payroll deduction can be found on the "[How to Make a Pledge Online](#)," webpage on the SECC website. Please note that FSSA employees hired after September 15, 2019, must use the paper pledge form below. If you currently have an active payroll deduction in place, you don't have to do anything, and it will continue as is. You will only need to login to the SECC website if you wish to change your donation amount(s) or add or change your designated charity or charities.

**One-time donation** - You may make a one-time donation to a charity or charities by using your debit or credit card. To make your deduction, please visit the [SECC website](#) and click on "Make A Pledge Now" and login to the SECC e-Pledge page.

Once you are logged in, follow the instructions on choosing a charity or charities to donate to and amount you wish to donate. Additional guidance on how to make a one-time donation can be found on the "[How to Make a Pledge Online](#)," webpage on the SECC website.

**Paper pledge form** - If you wish to make a one-time donation by cash or by check you must complete the [SECC paper pledge form](#). You may also use the form to sign up for payroll deductions.

You may also print and fill out a [paper pledge form here](#) and return it to your FSSA SECC committee member, Darrin Monroe or Mike Busch or to the FSSA chair Tyson Runkle. Please make and keep a copy for your own record.

#### **Charity database**

The SECC website has a database with over 1,600 charities you may choose to donate to. On the SECC homepage click on "[Charity Search](#)." You may then type in any word or part of a word in the search box and click search and all charities with a match or partial match will be listed.

#### **If your charity is not listed**

If your charity is not listed or does not already have an SECC code, you can use the write-in section online or on the paper pledge form to add them to the list of SECC charities. You will need to provide the charity's name and address to add them to the SECC list and they must have a 501(c)(3) ruling.

I have attached a new SECC 2020 2021 Pledge Form on the next page, and a FAQ sheet, that might answer some questions you may be having.

Look for more emails regarding SECC. See below for a fun Cornhole Challenge

If you have any questions, let Mike Busch or me know.

Thank you,  
Darrin

**Darrin E. Monroe**  
**Information Specialist**  
**Logansport State Hospital**  
**574-737-3803**



## State Employees' Community Campaign Pledge Form for 2020-2021 Campaign

Employee Name \_\_\_\_\_

State Agency (i.e. DOC - FSSA) \_\_\_\_\_

Division (i.e. Central Office - Division of Aging) \_\_\_\_\_

Office Use Only:

Date Rec'd \_\_\_\_\_

Env # \_\_\_\_\_

Deposit # \_\_\_\_\_

Deposit Date \_\_\_\_\_

☐ **1. Method of Pledge**

Payroll Deduction Pledge: I hereby authorize my employer to deduct, each pay period, the amount indicated until changed by me in writing. **Minimum Deduction is \$1.00 per pay period (26 pay periods per year).**

☐ **One Time Contribution:** I hereby contribute a one-time donation as specified below. **Minimum \$5.00 per charity, make checks payable to SECC.**

**2. Choose Charity(s) and Amount:** My contribution should be applied to the following 501 (c)(3) charity(s). I understand it is my obligation to verify through Guidestar ([www.guidestar.org](http://www.guidestar.org)) that my designated charity(s) are a verified 501 (c)(3). If the charity(s) of my choice is/are not a verified 501 (c)(3) or should my designated charity close its doors, I authorize the SECC Fiscal Agent to allocate my contribution over all SECC verified active charities in the Fiscal Agent's system.

Book Number (listed in Search on SECC website)	Enter Yearly amount for each charity	If you do not know the charity code or it is not found in the SECC Database, you must provide a name, address and EIN (Tax ID number)	
	\$	Charity Name:	EIN #
		Charity Address:	
	\$	Charity Name:	EIN#
		Charity Address:	
	\$	Charity Name:	EIN#
		Charity Address:	
	\$	Charity Name:	EIN#
		Charity Address:	
	\$	Charity Name:	EIN#
		Charity Address:	

Total Yearly Amount of Pledge \$ \_\_\_\_\_ (Add up yearly amount for each charity)

**3. Acknowledgements**

☐ I agree my name and address can be shared with the charity(s) I support

Home address for charity to send acknowledgement:

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

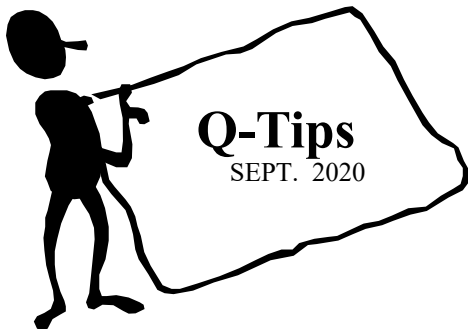
☐ I agree that neither myself or family received goods or services in exchange for this gift.

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

SECC Administrative Partner Indiana United Ways

Indiana United Ways





## Continuous Readiness Reminders

### ■ Reporting Alleged Abuse

*By Quality Management*

It is the policy of Logansport State Hospital that incidents of alleged abuse, battery, neglect, exploitation, or maltreatment of a patient will be reported in accordance with Indiana State Law.

**Any employee** (including contract employees or others who have an official affiliation with LSH) knowing or having reason to believe that a patient of LSH is a victim of abuse, battery, neglect, exploitation or maltreatment **must IMMEDIATELY report the alleged incident to the SLM, RN/ADON, or Nurse Supervisor.**

#### Violations of this policy include:

- **Failure to report allegations.** *Reporting incidents of alleged abuse days after the incident has occurred is not acceptable*
- **Failure to cooperate in an investigation/interfering with the investigation**
- **Making false statements or soliciting false information.**
- **Retaliating against an individual who makes a report in good faith.**



Questions or concerns regarding reporting or investigating allegations of abuse should be referred to the Service Line Manager or Melissa Stewart.

#### **References:**

LSH Policy A-4 (Reporting Alleged Abuse, Neglect, or Exploitation of Patients)  
DMHA Policy: Inappropriate Interactions with or in the Presence of Patients.



## From the Superintendent's Desk –

Did you know that the State of Indiana has six psychiatric hospitals? Located across the state, they are the Neuro-Diagnostic Institute in Indianapolis, Richmond State Hospital, Madison State Hospital, Evansville State Hospital, Evansville Psychiatric Children's Hospital, and of course, Logansport State Hospital. Originally established in the late 1800's these institutions have served their many patients well, but each tended to operate in isolation, even to the point of being largely self-sufficient. Today, these hospitals function together as a network, namely, the Indiana State Psychiatric Hospital Network (ISPHN).

Operating under the umbrella of the Family and Social Services Administration and the Department of Mental Health and Addiction, the ISPHN today strives to seamlessly deliver mental health services to adults, adolescents, and children across the state. To accomplish such a monumental task, it is important for all our hospitals to work together. Under the direction of the Executive Director, Katrina Norris, the Superintendents of each facility meet regularly to collaborate on issues confronting the system.

One of these issues is the growing number of individuals who require the service we offer. Over the past several years the number of mental health patients with forensic involvement has grown exponentially. While the Isaac Ray Treatment Center was purpose-built to provide treatment specifically for this population, the demand has outpaced the space available and the other hospitals have had to admit more and more forensic patients. One of the Network's goals is to reduce the forensic waitlist by twenty-five percent. Even in the face of the pandemic, LSH, working in concert with the other hospitals, has continued to safely admit patients to accomplish this goal. Since June, we have reduced our waitlist by fifty percent.

Standardization of policies and procedures is also being studied. After a policy review, it was evident that some hospitals had certain policies in place that others did not. In the spirit of consistency, your Senior Executive Board has taken a hard look and found that one area we need to address is our Standards of Appearance policy, or lack thereof. While we have tried to relax the dress code during the pandemic, there must come a time very soon when we must tighten things back up a bit. **Beginning January 1, 2021, we will begin to follow a new Standards of Appearance policy.** You may find some of it to be a bit more rigid, but we must remember that psychiatric health care workers have a long tradition of noble service and therefore should present themselves professionally. We will get that policy out to everyone as soon as it has been approved.

On a lighter note, our librarian, Brian Newell, recently sent me a copy of the LSH Dress Code from 1912. You will find it elsewhere in this issue and reading it may provide a bit of relief as you consider how times have changed.

### **Longcliff Museum Art-'n-facts** (The Dress Code, 1912)

177. **Uniform Dress.** The Attendants' uniforms will be as follows:

For men—Coat, double-breasted, sack, two, two outside pockets, other pockets as desired, of navy blue cloth or serge, with polished gilt Indiana staff buttons, two rows of four each in front, none on the sleeve. Trousers, same material. Vest, same material, single-breasted, small gilt staff buttons, pockets as desired. Cap, navy blue cloth of good quality, stiff flat top and vertical sides, enameled leather drooping peak, gilt side buttons and cord.

178. **Outdoor Working Dress for Men.** Coat or vest, or both being omitted. The trousers as in full dress, unless a particular occupation for the time being makes a substitution necessary to prevent damage to same.

179. **Indoor Working Dress for Men.** Anything suitable to work on ward. The full dress may be worn if suitable.

180. **Summer Dress for Men.** Trousers and vests same as full dress as above described. The vest may be omitted. Coat, single-breasted, rolling collar of light white duck or drilling, pockets as desired. Hat, plain Mackinaw, flat brim with black band.

181. The full dress for men, including cap, shall be worn at all times and on all occasions to the exclusion of all other outside apparel, from September 15 to June 1; and the summer dress for men shall be worn likewise from June 1 to September 15: Provided, That full dress may be substituted for the summer dress during the summer period above named, for outdoor wear on account of extraordinary and unseasonable inclemency of weather; and, Provided further, That wraps and overcoats may be worn over uniform without such permission at any season of the year when needed on account of inclement weather.

182. Attendants' Department for Men will wear proper collars and neckties at all times on duty excepting when bathing or house cleaning.

183. **Full Dress for Women.** Shirtwaist and skirt of blue and white seersucker of the sort known as nurses' stripe, with belt and wristbands of same; to hang one inch from floor, all around. Collar, white linen, rolling, as provided at the office; no necktie. Apron, white, plain, without bib.

184. The above described dress for women is to be worn by all attendants in the Department for Women at all places and times and at all seasons of the year exactly as prescribed and without alteration, substitution or addition in any part, with the following exceptions: The collar may be omitted when house cleaning in the spring and fall and when engaged in bathing patients.

185. The hospital uniform must not be worn during leaves of absence from the hospital or hospital grounds. Wraps over uniforms may be worn when required by inclemency of the weather.

186. Newly employed persons, both men and women, will be required to provide themselves with uniform dress as prescribed by these regulations, immediately following receipt of the first full month's pay. Failure to comply will be followed by dismissal from the service.

187. Attendants are not required to wear uniforms at employees' socials and during the evening hours off duty, providing that the exchange of uniforms for other dresses or clothing is effected without leaving the dayrooms unattended, and while both attendants are on the ward.

(Rules Governing the Duties and Conduct of Employees of the Northern Hospital for Insane At Longcliff, near Logansport, Indiana. Revised and Approved by the Board of Trustees, April 1912.)

# Longcliff Museum

## Raid on the Kraut House

By Jerry Kelley, retired Rehabilitation Therapist (1965 – 2003)

The raid on the Kraut House did not start out as a raid to confiscate sauerkraut for a culinary delight, it was a trip to pick up a two-month's supply of popcorn for Wards C & E. Popcorn was grown on the hospital's farm and was stored in large wooden barrels in a brick building about 150 feet south of the present water tower; it was known as the Kraut House. In those days of yesteryears (1960s) each ward had a popcorn popper and could have warm popcorn two to three times a week. As 20-22 patients from wards C and E and two employees approached the Kraut house, an aroma of fermenting cabbage would tickle one's nose. The sauerkraut was fermenting in large wooden barrels, and brine. There was a round wooden top with a hole in the middle, weighted down by a 5 pound rock. This produced brine and gray-brown foam on top of the sauerkraut.

The group beseeched the two employees to provide them with a taste of the sauerkraut. A flip of a coin decided which employee would plunge his arm down into the middle of the barrel and extract several hands full of fermenting cabbage. With this accomplished, the group decided to journey to the bakery and pick up several loaves of warm bread from the oven and a few pounds of butter.

The next stop was across the street at the Old Canteen, where drinking cups and slat were secured. The drinking cups were filled at the nearby pigeon-hole (a continuously flowing water fountain, where both pigeons and humans often drank simultaneously). Within a few feet were picnic tables, where the group members sat down and enjoyed tasty sauerkraut and warm bread covered in butter. This resulted in several cups of water being consumed by each individual.



New Bakery opened in 1960, moving from the Rear Center.

Later that day, one member of the group met with Superintendent Dr. Fogel. Being a member of ward government, he thought it was his job to meet with the Superintendent to discuss hospital events. Dr. Fogel told him that the sauerkraut episode seemed like a purposeful activity because sauerkraut was nature's best digestive aid, especially if it is fermented for 20 days. He also pointed out that sauerkraut did not need any extra salt.



The "Vegetable Cellar" , fondly called the Kraut House, was constructed sometime before 1920, replacing an old ice house. After the farm operations ended in September 1967, this building was used as the Tin Shop but most people continued to call it the Kraut House.

Note the salt stains where the brine seeped through the brick walls and into the ground.

When it was about to be torn down, men were seen walking around the building

wearing HazMat suits, concerned about an odor thought to be gas. It was actually the residual smell of sauerkraut in the brick walls and ground!

In his report of November 1890, Superintendent Dr. Joseph G. Rogers wrote: "The Sauer Kraut, pickles, onions, potatoes, etc. kept in the Read Center cellars unavoidably fill the bed rooms of the east wing with very disagreeable odors and certainly don't add to the healthfulness of that house."



Rear of Center Building, Longcliff, Logansport, Indiana

By 1892, he reported: "A root house, 80 feet, with double walls fourteen inches thick, provided with proper bins and other necessary conveniences, has been constructed in juxtaposition to the ice houses. It last winter proved itself to be thoroughly efficient and satisfactory. It is equipped with a small gas pipe, but this has never been used, because

with the thermometer at twenty-two below zero, the temperature of the air inside was forty-two. Its cost was \$275. " (1892 Biennial Report, p. 22)

Sauerkraut was likely fermented in the ice house, apart from other root vegetables, as noted in the 1908 Annual Report, p. 17.

8. **Pickle, Kraut and Tool House.** Pickles and kraut at the present time are stored in a small room in a corner of the old ice houses, which are about to fall down and which have been abandoned for other purposes. These buildings will of necessity be razed during the summer of 1909, and it will then be necessary to provide a house for this purpose. A substantial brick, stone and slate house, 20x40, and embracing also a room for the storage of gardeners' tools during the winter, will cost \$1,550.



The stone-constructed Root Cellar built in 1913, sat south of the Kraut House and served most recently as the Carpenter Shop after the original Carpenter Shop, southwest of the Administration Building, was converted into a Chapel in 1975. Both of these buildings were torn down during construction of the new Isaac Ray Treatment Center which opened in 2005.



## Are you getting the most out of your Goal Plan?

Creating a plan of action allows you to track progress on [completed activities and achieved outcomes](#) to successfully meet goals. Your Goal Plan allows you and your manager to update the status of each goal and enter comments about your progress.

### Goal comments are a great place to capture:

- the feedback you've received and used to improve performance
- successful outcomes
- the challenges you are overcoming
- the support you need to be successful

***Did you know? Comments posted on the goal plan by the employee and manager are available to view when developing the Performance Appraisal. This helps you and your manager complete a more objective, evidence-based appraisal***

#### **Why is this feedback important?**

Each person's ability to give and consider effective feedback enables all state teammates to thrive in a culture of people who understand and welcome the use of effective feedback. INSPD is currently offering mandatory virtual Feedback Workshops for you to learn how to improve your skill and use feedback to improve performance. When you engage in continuous feedback, you can use insight gained to develop strengths and find opportunities to lead. (See below for more information about dates, times, sign-ups, and accommodations.)

#### **Need help? We've got you covered!**

Several resources on the [Monarch SharePoint site](#) have been created to provide direction for you to effectively engage in performance management processes. You may also contact the [Performance Management Division](#) with questions about the Performance & Goals module in [SuccessFactors](#) or about the effective use of performance management practices and processes.

To learn more about Performance and Goals visit the [statewide Monarch SharePoint site](#).

---

**Note:** Sign-ups received the same day as the session may not receive a response. Meeting invitations will be sent at least one week prior to the session and updated at least one day before the date of the session. Email the Performance Management team at [performancemanagement@spd.in.gov](mailto:performancemanagement@spd.in.gov) if you have not received an invite at least one hour prior to your workshop time.

#### **Rescheduling and cancellations**

The Indiana State Personnel Department (INSPD) reserves the right to reschedule any part of these **required** sessions at any time. Registrant cancellations must be made at least 72 hours prior to the start of the session. To cancel, email the Performance Management team at [performancemanagement@spd.in.gov](mailto:performancemanagement@spd.in.gov).

#### **ADA accommodation requests**

If a reasonable ADA accommodation, such as an ASL interpreter, is needed, a request must be submitted at the time of registration. This request should be sent to [performancemanagement@spd.in.gov](mailto:performancemanagement@spd.in.gov) and must be submitted no less than 72 hours in advance of the session. Any other questions or concerns should be directed to the same email address.



Wellness Wisdom



Wellness Committee

The need is constant.  
The gratification is instant.  
Give blood.



## LSH Blood Drive

**FOGEL AUDITORIUM**

**WEDNESDAY, October 7, 2020**

**9:00 A.M.—3:00 P.M.**

To Schedule, email or call:  
Mike Busch (3612)  
Paula Scheffer (3634)

[redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS

## Confidential Counseling 24/7

Get support when everything  
feels like it's too much.



Negative and stressful thoughts caused by the COVID-19  
pandemic can make you feel alone. It helps to connect to others.



**It's OK to feel overwhelmed.**

**It's OK to be frustrated.**

**It's OK get help.**



The Be Well Crisis Helpline is a **confidential, secure and free**  
service available to all Hoosiers.

**Call 2-1-1 to speak with a trained counselor 24/7.**



Be Well  
Indiana

[BeWellIndiana.org](http://BeWellIndiana.org)



*The Wellness Committee consists of:*

*Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCrosse, Darrin Monroe, Julie Stapleton, Lucia Ward and Kenneth Zawadzki.*

# Culinary Corner

## Gluten-Free Pumpkin Quiche

### Ingredients

#### For the dough:

- 1 1/3 Cup Almond Flour
- 1 1/2 Cup Chickpea Flour
- 1/2 Teaspoon Sea Salt
- 3 Tablespoons Coconut Oil
- 1/4 Cup Water

#### For the filling:

- 1 Cup Mushrooms
- 3 Cups Pumpkin, diced
- 1 Handful Fresh Sage Leaves, chopped
- 3 Eggs
- 25g Feta Cheese
- 3 Shallots
- Sea Salt and Black Pepper
- Coconut Oil



### Instructions

1. Preheat oven to 375 degrees Fahrenheit. Toss diced pumpkin with olive oil, salt, and pepper. Bake until soft, about 30 minutes.
2. While pumpkin cooks, prepare crust by mixing all ingredients in a bowl. Press dough into tartpan (preferably with a removable base) rubbed with coconut oil. Bake until slightly golden brown, about 20 minutes.
3. Clean mushrooms with a damp dish towel before cutting into thick slices. Peel and thinly slice shallots. Heat a drizzle of oil in a pan over medium heat. Add shallots, sage leaves, and mushrooms. Season with salt and pepper and cook until mushrooms are golden brown and soft, 6-7 minutes.
4. Remove tart crust and pumpkin from oven. Add pumpkin to pan with mushrooms and toss to combine.
5. Beat eggs in a bowl with salt and pepper. Stir in half of the pumpkin mushroom mixture and pour into the crust. Cover with the rest of the mixture, sprinkle with cheese, and bake at 350 degrees until eggs are solid, 40-45 minutes.

<https://blog.hellofresh.com>

## Who Am I?

Can you guess who is posing behind the smiley face, pictured below? 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 October 23, 2020.

Employees' with correct answers will have their names put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free, five dollar Mr. Happy Burger gift certificate.

*Winner Will Be  
Announced In  
The Next Spectrum.*



Bill Banter



Congratulations to Mason Sowards for guessing Bill Banter as the last Who Am I. Be on the lookout for Darrin, you could be captured as the next "Who Am I?"

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.