



Division of  
Mental Health  
and Addictions.

*"People helping  
people help  
themselves."*

Logansport State Hospital

# The Spectrum

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# POLICY UPDATES!

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

- **LSH Policy C-4 Authentication of Orders** – No changes were made

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

- **LSH Policy A-60 Hospital Volunteer Committees** – New policy
- **LSH Policy A-10 Acceptance of Gifts** – Minor language changes that do not effect overall meaning.
- **LSH Policy C-12 Patient Records** – Corrected to reflect use of EMR.
- **LSH Policy C-27 Code Blue** – Minor language changes that do not effect overall meaning.
- **LSH Policy IM-9 De-Identification of Protected Health Information** – The Reference section was corrected.
- **LSH Policy IM-10 Disclosures to Business Associates** – The Reference sections was corrected.
- **LSH Policy IM-12 Uses and Disclosures of Protected Health Information: Personal Representatives** – The Reference section was corrected.
- **LSH Policy IM-13 Confidential Communications Requirements** – The Reference section was corrected.
- **LSH Policy IM-28 Administrative Requirements: Complaints to the Hospital and Notification of breach of Disclosure of Protected Health Information** – Corrected Complaint/Privacy Officer title throughout document for consistency. Minor language changes for clarification. Corrected Reference section.

**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.**



## **SPECTRUM**

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## Employee Lunches

LSH Staff,

I would like to announce that beginning Monday, February 10, the LSH Dietary Department will begin offering daily lunches to day-shift employees for the minimal cost of \$2. Obviously, we would like to be able to accommodate all shifts, but for many reasons, this is not an option at this time. We are currently exploring some automated services that in the near future may make it possible for us to offer evening and midnight shift employees "better than vending" food options.

For now, employees may purchase meal tickets at two locations; either from the Communication Center, or from Terri Overpeck at the Larson 1 office. You may buy tickets one at a time or buy several. Meals will be served in to-go-containers from the Larson North Dining Room next to Nursing Service on the Concourse. Because serving the patients is our first priority, the serving time-frame will be limited to 10:00 - 11:00 daily. The menu has been designed so that "warming up" a meal will still be a pleasant experience. I have attached a menu for the month of February, and a new one will be made available to you each month. As with anything new, please bear with us as we get off the ground. Don't hesitate to send questions my way.

Greg

*Greg Grostefon  
Superintendent  
Logansport State Hospital*

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## Gas Card Winner



**Congratulations to Teresa  
Martin!**

Theresa is the winner of the 4th Quarter Drawing of the \$50 Gas Card from the Helping Hands Committee!

Continue to donate for your chance to win!

Thank you for your continued support of our Committee!

# Longcliff Museum

## Longcliff Museum Art-'n-facts

(Rogers Hall 1956-2006)

Southworth-South moved to Larson 2 East on Friday, October 13, 2006, as the heating pipes gave out in Rogers Hall. This T-shaped building was well known in winter for the rooftop Christmas lights of a waving Santa Claus and his sleigh. Rogers Hall opened in the fall of 1956 as the new Personnel Building. The 51,230 sq. ft. building provided a home for up to 228 employees, some of whom had previously lived in the old Personnel Building (most recently known as Men's Treatment (MT) before it was torn down to make a parking lot for the Residential Treatment Complex). The old Personnel Building was then free for housing student nurses who lived on grounds during their 13-week Nurses Training School.

Ted Shriver lived at Rogers Hall for 18 years (1980-1998) and worked there on Southworth-South for 12 years (June 1997- October 2006). He remembers when Rogers Hall was full in 1980. Staff lived on the top 4 floors. One room apartments (10'x16') were available to attendants for \$17.50 a month. Rent was deducted automatically from your bi-weekly check. The rate went up to \$23.50 in the 1980s. Two rooms shared a common bathroom. If your roommate or *potty-mate* moved, you could rent out the other room and have 2 rooms with your own private bathroom. Refrigerators were allowed in the rooms but big meals had to be cooked in a centrally located kitchenette on the 4<sup>th</sup> floor. Ted remembers many potluck dinners set around watching football games. There were Euchre games, too. Doctors and nurses had the option to rent apartments on the 2<sup>nd</sup> floor. These would have 3 or 4 rooms with a kitchenette and private bath and would cost \$27/month.

The reasoning for Rogers Hall was to keep doctors, nurses and attendants close by 24/7. They were often called for special duty or overtime. Ted remembered being called out during the fire at Dietary Building and the fire on the old Brown Unit. He also recalled the blizzards where Security would pick them up for work. After the snow stopped falling, they would dig out cars. Nursing Service provided jumper cables and everyone helped.

Guests had to use the back or side door and you had to be there to let them in because the first floor was reserved for consumers' active treatment. There was a switchboard with a call-button system to buzz the room you wanted. Each floor had one "house phone" at the end of the hall that could be used for local calls.

Lives were literally changed through the Alcohol Treatment and Recovery Program (ATRP) housed on the first floor of Rogers Hall until it was moved to Richmond State Hospital in the 1980s. The Longcliff Center for Chemical Dependence (LCCD) followed, offering 28 beds for court-ordered admissions who went through detox before entering their 60-day treatment regimen. Southworth-South Transitional Unit opened June 1997, offering individual and group housing, two consumers to an apartment.



Left and Right  
Pictures  
of  
Rogers  
Hall



Rogers Hall was named for Dr. Joseph G. Rogers who served as our first Superintendent, July 1, 1888- April 11, 1908. (i) Though the building is gone, the legacy of the Rogers Family lives on:

*"The metal of a man is tested in adversity and Dr. Rogers proved that he was molded in sterling. Although his hospital was new, the summer droughts reduced the water supply so drastically that rationing and new reservoirs were emergency matters. The wards had no water supply so bucket brigades were formed by employees and patients to bring the spring water from the foot of the hill to the needed areas. The creek behind the hospital was to be used for dietary and laundry purposes only while the crops were allowed to wilt, die or reduce their yield. The dairy herd, which was only beginning, was of mixed breeding but helped supply some of the hospital's needs. To add to his burdens, he was faced with bankruptcy in 1889. Rigid economies were enforced but it was still necessary for the superintendent and his board to go begging in the community. Governor Gray could only encourage but he had no legal means of assisting the hospital. With this encouragement Dr. Rogers persuaded the merchants of Logansport to accept I.O.U.'s until they could be paid. He also made a personal loan from the State National Bank of Logansport for \$2,745.80 so the employees could receive their August pay. The General Assembly did appropriate the needed funds to stabilize the hospital's finances and with the continued economics, \$5.73 was returned at the end of the fiscal year." (ii)*

We remember a great building, the great people who lived there, the great life changes seen through ATRP, LCCD, and Southworth-South programming, and the great vision for our hospital provided by Dr. Joseph G. Rogers. May our future generations follow the blessings we have seen on this Longcliff.

Sources:

<sup>i</sup> Dr. Joseph Goodwin Rogers: Born November 23, 1841, at Madison, Indiana; son of Dr. Joseph H.D. and Abby Goodwin Lane Rogers; studied medicine under his father, and at the Cincinnati College of Medicine and Bellevue Hospital Medical College, New York; M.D., Bellevue, 1864; Acting Assistant Surgeon, U.S. Army, 1864-1865; traveled in Europe for two years studying at various clinics; upon return practiced at Madison, Indiana, specializing in ophthalmology; married Margaret Watson of Bedford, Pennsylvania, in June, 1872; professor materia medica and therapeutics in the Indiana College of Physicians and Surgeons, Indianapolis, Indiana, 1875-1876; superintendent of the Indiana Hospital for the Insane, Indianapolis, 1879-1883; medical engineer on the Board of Commissioners for Additional Hospitals for the Insane, 1879- 1883; medical engineer on the Board of Commissioners for Additional Hospitals for the Insane, 1883-1888; 1888, had planned and erected the Northern Hospital for the Insane at Logansport, Indiana, the Eastern Hospital for the Insane at Richmond, Indiana, and the Southern Hospital for the Insane at Evansville, Indiana; appointed superintendent of the Northern Hospital for the Insane, 1888; died, April 11, 1908. <http://www.indiana.edu/~liblilly/lilly/mss/html/rogers.html>

ii. Indiana Historical Bureau. "A Brief History of Logansport State Hospital". Indiana History Bulletin 40 (6), June 1963, pp. 87-91.

# Longcliff Museum - What's New?

## Health Screenings

To find a screening near you, please [click here](#).

Thank you for your interest in the 2020 health screenings for the State of Indiana. In order to sign up for the screening, please follow the directions below:

1. Once you reach the sign-up schedule, you should see the screen as shown below. Each check mark indicates a screening appointment. Click on the check mark for the chosen screening time (any available "screening station" will do).

11/18/2019 Health Screening Event Template

Please refrain from eating or drinking (except water) for the 12 hours leading up to your screening appointment, as this will ensure the accuracy of your results. Please **DO** take all medications as directed by your physician.



Availability for Health Screening Event

FROM	TO	SCREENING STATION 1	SCREENING STATION 2	SCREENING STATION 3	SCREENING STATION 4	SCREENING STATION 5	SCREENING STATION 6
Mon 11/18 6:00am	6:20am	+	+	+	+	+	+
Mon 11/18 6:20am	6:40am	+	+	+	+	+	+
Mon 11/18 6:40am	7:00am	+	+	+	+	+	+
Mon 11/18 7:00am	7:20am	+	+	+	+	+	+
Mon 11/18 7:20am	7:40am	+	+	+	+	+	+
Mon 11/18 7:40am	8:00am	+	+	+	+	+	+
Mon 11/18 8:00am	8:20am	+	+	+	+	+	+
Mon 11/18 8:20am	8:40am	+	+	+	+	+	+
Mon 11/18 8:40am	9:00am	+	+	+	+	+	+

Click on an empty space to create a new reservation.

2. Once you have clicked on the check mark, you will see a box pop up asking for your name and email address, as shown below. You will need to enter all required information (indicated by a \*) in order to make an appointment. Then click "Create Appointment."

11/18/2019 Health Screening Event Template

Please refrain from eating or drinking (except water) for the 12 hours leading up to your screening appointment, as this will ensure the accuracy of your results. Please **DO** take all medications as directed by your physician.



Availability for Health Screening Event

FROM	TO	SCREENING STATION 1	SCREENING STATION 2	SCREENING STATION 3	SCREENING STATION 4	SCREENING STATION 5	SCREENING STATION 6
Mon 11/18 6:00am	6:20am	+	+	+	+	+	+
Mon 11/18 6:20am	6:40am	+	+	+	+	+	+
Mon 11/18 6:40am	7:00am	+	+	+	+	+	+
Mon 11/18 7:00am	7:20am	+	+	+	+	+	+
Mon 11/18 7:20am	7:40am	+	+	+	+	+	+
Mon 11/18 7:40am	8:00am	+	+	+	+	+	+
Mon 11/18 8:00am	8:20am	+	+	+	+	+	+
Mon 11/18 8:20am	8:40am	+	+	+	+	+	+
Mon 11/18 8:40am	9:00am	+	+	+	+	+	+

Click on an empty space to create a new reservation.

3. You will then be redirected to a confirmation screen, shown below. You have now completed the sign up process. **DO NOT** make multiple appointments or sign others up for appointments - this should be done by each person intending to go through the health screening event.

11/18/2019 Health Screening Event Template

Please refrain from eating or drinking (except water) for the **12 hours** leading up to your screening appointment, as this will ensure the accuracy of your results. Please **DO** take all medications as directed by your physician.

Health Screening Event Schedule

USE SUPERVISE CONFIGURE

Reservation successfully created

Available

Your Upcoming Reservations [Show history](#)

HEALTH SCREENING EVENT	WHEN	CREATED BY	CREATED ON
Screening Station 1	Mon 11/18/2019 8:00am	administrator	11/15/2019 1:04pm

Create new reservation

Once you have completed the process, you will not be able to reschedule or cancel your appointment. If you need to do this, please contact Nicki Hutchins at [screeningservicesmanager@verve-health.com](mailto:screeningservicesmanager@verve-health.com) for assistance.

Thank you for participating in your Wellness Program!



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## Weight Loss Challenge

CONGRATS WEIGHTLOSS LOSERS!

The Wellness Committee held another six week Weight loss Challenge and the results are in:

First place loser- Darrin Monroe at .0397% weight loss - \$60 won

Second place loser- Laura Knutson at .029478% weight loss - \$36 won

Third place loser-Julie Utter at a close .0288153 weight loss - \$24 won

Great job to everyone who entered, you are all winners!

Thank you to all who participated in this challenge and for supporting the Wellness Committee.



## Blood Drive



American  
Red Cross

*Thank you!*



LOGANSPOUT STATE HOSPITAL

Sponsor Group

JANUARY 8, 2020

Date of Drive

30

Total Number of Donors

1

First Time Donors

27

Units Collected

81

Potential Number of Lives Saved

When you made the decision to host a blood drive, you helped change lives.

© 2019 The American Red Cross | 100-000

OUR NEXT BLOOD DRIVE IS APRIL 8<sup>TH</sup>, PLEASE CONSIDER DONATING!



*The Wellness Committee consists of:  
Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont,  
Kris Keeler, Marcy LaCrosse, Darrin Monroe, Julie Stapleton, and Lucia Ward,*





G  
O  
T  
C  
H  
A

**Sneaky**



**Snap!**



G  
O  
T  
C  
H  
A



Photo Provided

Caught listening intensively above, during a Learning Professionals Network Training in Indianapolis is: Darrin Monroe, Marcia Smith, Bobbi Hershberger, and Jani Foreman. Can you find all four of them?

Lookout for Darrin and his camera,  
you could be next!

## Culinary Corner

Irish Beef Stew

*Please use beef chuck stew meat that is well marbled with fat. Lean stew meat will end up too dry.*

*Save prep time by prepping the onions, carrots, and potatoes while the stock with beef is simmering in step 2.*

**Prep time:** 25 minutes

**Cook time:** 1 hour, 50 minutes

**Yield:** Serves 4 to 6

### INGREDIENTS

- 1 1/4 pounds well-marbled chuck beef stew meat, cut into 1 1/2-inch chunks
- 3 teaspoons of salt (more to taste)
- 1/4 cup extra virgin olive oil
- 6 large garlic cloves, minced
- 4 cups beef stock or broth
- 2 cups water
- 1 cup of Guinness extra stout
- 1 cup of hearty red wine



- 10 2 tablespoons tomato paste
- 10 1 tablespoon sugar
- 10 1 tablespoon dried thyme
- 10 1 tablespoon Worcestershire sauce
- 10 2 bay leaves
- 10 2 tablespoons butter
- 10 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces (about 7 cups)
- 10 1 large onion, chopped (1 1/2 to 2 cups)
- 10 2 cups 1/2-inch pieces peeled carrots and/or parsnips (3 to 4 carrots or parsnips)
- 10 1/2 teaspoon freshly ground black pepper
- 10 2 tablespoons chopped fresh parsley

## METHOD

**1 Brown the beef:** Sprinkle about a teaspoon of salt over the beef pieces. Heat the olive oil in a large (6 to 8 quart), thick-bottomed pot over medium-high heat.

Pat dry the beef with paper towels and working in batches, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until well browned on one side, then use tongs to turn the pieces over and brown on another side.

**2 Add garlic and sauté, then add stock, water, Guinness, wine, tomato paste, sugar, thyme Worcestershire, bay leaves, simmer:** Add garlic to the pot with the beef and sauté 30 seconds or until fragrant. Add the beef stock, water, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce, and bay leaves. Stir to combine.

Bring mixture to a simmer. Reduce heat to the lowest setting, then cover and cook at a bare simmer for 1 hour, stirring occasionally.

**3 Sauté onions, carrots in separate pan:** While the pot of meat and stock is simmering, melt the butter in another pot over medium heat. Add the onions and carrots. Sauté the onions and carrots until the onions are golden, about 15 minutes. Set aside until the beef stew in step 2 has simmered for one hour.

**4 Add onions, carrots, potatoes to beef stew, simmer:** Add the onions, carrots, and the potatoes to

the beef stew. Add black pepper and two teaspoons of salt. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard the bay leaves. Tilt pan and spoon off any excess fat.

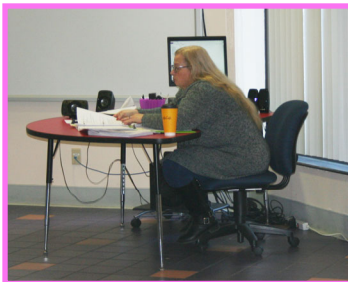
Transfer stew to serving bowls. Add more salt and pepper to taste. Sprinkle with parsley and serve.

## Who Am I?

Can you guess who's behind the Smiley face in the picture 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 March 27, 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.*



Beth Odom going over student studies



Congratulations to Stephanie Smith for guessing Beth Odom pictured as the last 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.