



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

EMPLOYEE OF THE MONTH

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Vol. 30, No. 1
January
2020



EOM, Kimberly Hatcher (L) and Medical Director, Dr. Danny Meadows (R)

January
EOM

Kimberly Hatcher
Psychiatric
Nurse Practitioner

Kimberly Hatcher does an amazing job juggling Treatment Teams on Larson and Isaac Ray, meeting with her clients on both sides, completing reports so others can do their parts in a timely manner and dealing with some unusual situations while on call. She is always upbeat and pleasant to everyone she meets. There are so many great qualities Kimberly has going above and beyond her duties, Kimberly is a wonderful asset to LSH.

Nancy Vernon, Secretary

Kimberly Hatcher has been a tremendous asset to our medical staff here at Logansport State Hospital. She takes on a heavy responsibility for our patients and provides outstanding care. It has been a real pleasure to have her on our staff.

Dr. Meadows, Medical Director

Changes at L.S.H.

We have exciting news in the Acquisitions Department (formerly the Purchasing Department) Janita Burkhardt is the new addition to our staff she has replaced Christie Williams and has assumed all of her duties in addition to her payroll duties. Janita's new office is located on the 2nd floor of Dodd's room B2028 and can be reached at #3628.

Welcome aboard Janita!

Misty D Moss
Administrative Supervisory Manager

I am pleased to announce that Brock Williams has been selected as the new Repair/Electrical foreman. Brock has worked for the hospital for a little over 5 years and has worked in maintenance as an electrician for the past three years and was previously an attendant. We are excited to bring Brock into management.

Please take time to congratulate Brock on his promotion.

Dan Cooper
Physical Plant Director

LSH Staff,

Recent changes in workflows here in Hospital Administration have presented some opportunities to better serve LSH and the community. As our Community Engagement Office expands and its Director, Mike Busch, assumes more duties, his need for secretarial support has increased. At the same time, we have also realized that optimizing visitor access to the Administrative area of the Hospital is a priority. To address both these issues, Mike Busch's office, as well as the office of Administrative Secretary Paula Green-Scheffer, will be relocating to the suite just off Dodd's Circle that was formerly occupied by Janita Burkhardt. This will allow for a more personalized, professional visiting experience for those coming to see the Superintendent, Human Resources, or Community Engagement.

Paula will continue to support the Superintendent's office as needed. If you need to reach me, please feel free to dial my office phone directly at 3631.

Greg Grostefon
Superintendent



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
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System of Care

A new initiative is working to coordinate a System of Care in the Cass County community. System of Care is a comprehensive network of community-based services and supports organized to meet the needs of families who are involved with multiple service agencies, such as child welfare, mental health, schools, justice and health care. The goal is for individuals and families to work in partnership with public and private organizations, ensuring supports are effective and built on the individual's strengths and needs. System of Care is not a service or a program – it is a way of working together with individuals and families to achieve the desired outcomes.



The public is invited to attend a Cass County System of Care Meeting on Wednesday, February 19, 2020 from 5:30 p.m. to 7:00 p.m. at Ivy Tech in Logansport. The meeting will consist of viewing the TED Talk “Everything You Think You Know About Addiction Is Wrong”, an update from the work of the Recovery Panel and a report on how the SoC locally is being governed.

Any LSH employee who is interested in attending may register by emailing Mike Busch, LSH Community Engagement Director at Michael.busch@fssa.in.gov. There is no cost to attend.



Pharmacy Contact

Quick Reference

For more efficient use of our resources please use these guidelines when contacting Pharmacy:

- **All medication related** inquiries such as dosing, drug therapy, indications, etc. contact the **Pharmacists:**
 - Trisha @ 737-3694
 - Bryce @ 737-3856
 - Jason @ 737-3696
- **Cerner/MedSelect related** inquiries, documentation or scanning issues contact the **Clinical Specialist Technician (Cerner):**
 - Summer @ 737-3700
- **Billing, inventory or pharmacy related purchasing** inquiries, contact the **Inventory Technician**
 - Jenny @ 737-3699
- **Isaac Ray specific** pharmacy related inquiries such as **MedSelect** issues, refills, etc., contact the **Isaac Ray Technician**
 - Jennifer @ 737-3697
- **Larson specific** pharmacy related inquiries such as **MedSelect** issues, refills, etc. contact the **Larson Technician**
 - Heather @ 737-3701
- General Pharmacy number: 2714



January 2020

The Helping Hands Committee 2019



2019 has been a year of firsts for the Helping Hands Committee (HHC) as we looked for new ways to give a helping hand where needed while increasing our funds, which enabled us to provide even more assistance than ever before. During 2019, a total of \$6,589.12 was raised by the committee of which \$1,569.40 was used to cover expenses, mostly for the items needed for fundraisers held throughout the year. The HHC completed thirty-three projects in 2019 with total expenditures of \$4,872.63 toward these projects. This is eight more projects than completed in 2018 and is actually more money put toward projects than was collected altogether in 2018. Of the \$4,872.63 spent on projects, \$1,950.00 was cash donations directly to organizations such as area schools for lunch assistance, the Parks Department Trail Camera project, LIFT Committee for No-Sew-Blanket material, area food pantries, and Shop-With-A-Cop. \$2,922.63 was spent on purchasing things like school supplies for staff, bottled water for the fire stations, first aid supplies for a Girl Scout troop project, valentine cards for patients, gift baskets for indigent patients leaving LSH and staff on medical leave or experiencing a difficult situation, non-perishable food items for area pantries and food drives, and of course toward Christmas projects.

Christmas is our favorite time of year. Follows is a rundown of the projects completed during the recent Christmas holiday. Delivery of gift boxes was completed the week before Christmas.

- Seven families from the community were adopted. Twenty-four staff members volunteered to purchase gifts for the children of these adopted families. The HHC spent \$477.81 on the adopted families, providing Christmas candies, apples, oranges, grocery store gift cards, and additional food items for their gift boxes.
- There were five staff members who requested assistance with Christmas gifts for their children. The HHC spent \$952.86 purchasing gifts for a total of eleven children and the same goodies as mentioned above for their gift boxes.
- The HHC spent \$160.71 filling "Thinking of You" gift boxes for the eleven staff on FMLA and medical leave. The gift boxes were filled with apples, oranges, Christmas candies, summer sausage, and crackers.

We need to express our deepest thanks to those who helped in any way over the past year. We know that we could not exist without your help. The caring and giving people of LSH is what makes this place so special.

The HHC looks forward to another great year in 2020. If you have a suggestion for a project we can undertake, please let one of our Committee members know. And as always, the HHC is always looking for new caring individuals to join our committee.

Committee members are: Greg Grostefon, SEB Liaison/Superintendent; Paula Green Scheffer, Chairman/Administrative Secretary; Sandra Barrett, Clerical Assistant; Cindy Bruce, Infection Control Nurse; Mike Busch, Community Engagement Director; Mary Downhour, Program Coordinator/Account Manager; Robby Ehase, Special Attendant; Lovona Howerton, Communications Operator; Patty Knapp, Rehab Therapy Assistant; Laura Knutson, Psychiatric Services Specialist; Rena Magers, LPN/UR Coordinator; Debb Middleton, Program Coordinator/Acquisitions; Darrin Monroe, Information Specialist; Amy Penz, Psychiatric Services specialist; Shawna Strickland, Rehab Therapy Assistant; Ellen Blevins, Retiree; Kathy Pattee, Retiree.

The complete breakdown of projects and HHC expenditures can be viewed upon request in the Superintendent's office.

Longcliff Museum

The Steam Whistle

In years past there were frequent sirens followed steam whistle blasts at all hours of the day and night. Some people in town would say, "Another one has escaped," but this was not true. Those who worked at the hospital knew that the sirens and steam whistles were for fire drills.

The whistle blasts were important to tell the area of a fire so all available staff could go to help evacuate patients from the older-style, multi-story, brick buildings.

The sound of the siren followed by one whistle meant that the fire was in the administration building or the activities building.

Two whistles meant the fire was on

the east side of the hospital campus; three whistles meant the fire was on the west side of the grounds; four whistles meant the fire was in the Rogers Hall or staff residence areas; and five whistles signified a grass fire on the hospital grounds.

The siren and the whistles were also backed up by telephone and radio messages to the buildings.

A single blast of the steam whistle not accompanied by the siren was the signal for all clear.

To give some perspective, Safety Officer, Angie Zimmerman related that our hospital currently has 40 fire drills each year and these are handled by an internal, integrated alarm system. In those days they had 33 fire drills *each month*, one drill for each of three shifts for each different building housing patients. There were nine buildings housing patients and two buildings used for patient services. Sirens and steam whistle blasts could be heard at all hours, day or night, 33 times each month.

These days, you can still hear the steam whistle with a single blast at noon. The next time you hear the noon steam whistle, you might think of those behind the scenes and the work they do...

Steam Plant Manager: Greg Wengert; Steam Plant Operators, Laborers & Mechanics: Scott Bailey, Martin Biggs, Tim Penn, Joe Rose, and Mark Ward.

History source: Long, Dave. "Whirring Sirens: Drills are part of Longcliff's routine." Logansport Pharos-Tribune (July 1, 1988).

Wellness Wisdom from the Wellness Committee



2020 Wellness Program Update

Happy New Year!

We are excited to kick off the second year of the State of Indiana's wellness partnership with ActiveHealth. During the first year of the new program we saw a record-setting number of completed health assessments and biometric screenings. And the best news of all: more households than ever earned the premium discount for 2020!

It is great to see so much wellness engagement across the state! We look forward to seeing program participation continue to grow in 2020 as we continue to make the health of our workforce a top priority.

What's changed for 2020?

- Enhancements have been made to the ActiveHealth portal to enable easier navigation.
- The physical activity option to earn the premium discount has been simplified (details below).
- CVS Minute Clinics have been added as a biometric screening location.
- New tracking options for sleep, weight, and calories. If you previously connected a device to the ActiveHealth portal, you must re-connect it in 2020.

What's the same for 2020?

Good news: the majority of the ActiveHealth program hasn't changed. Like last year, there are multiple activities to choose from to earn the premium discount for 2021. Remember, if you are on a family plan, your spouse must also complete an activity in order to earn the discount. E-gift cards will again be available for completing health assessments and biometric screenings.

How to earn rewards through the ActiveHealth program:

2021 Premium Discount

Employees and covered spouses must each complete one of the following options by Sept. 30, 2020:

1. **Health Coaching:** Complete four individual health coaching sessions (in-person or by phone) through ActiveHealth.
2. **Online Health Education:** Reach Level 5 in ActiveHealth's online portal by completing health education modules and goals.
3. **Physical Activity:** Record 200 days of physical activity fitness tracking through a device synced to the ActiveHealth platform. Any day with 10,000 steps or 30 minutes of physical activity counts toward the 200 day goal. Any devices previously connected to the ActiveHealth portal must be re-connected in 2020.

E-gift Cards

Health Assessment - \$50 (available today)

- Log in to myactivehealth.com/stateofindiana and click the "Let's Go" button in the health assessment section on the homepage.
- Complete by Nov. 30, 2020.

Biometric Screening - \$100 (available beginning in February 2020)

- Results must be visible in the ActiveHealth portal by Nov. 30, 2020.
- Pick the option that works best for you:
 - Go to an onsite screening. See the list of screening dates and locations at www.investinyourhealthindiana.com/biometric-screening.
 - Go to a partner screening site like CVS Minute Clinic or Quest Diagnostics. Print the voucher and locate providers in your ActiveHealth portal.
 - See your doctor for a physical with lab work. Have your doctor complete the Provider Form. Submit the completed form by secure upload or fax.

2020 is a new year and a new opportunity to focus (or re-focus) on our health. The ActiveHealth coaches are ready to support you in sticking with your health goals. Regardless if your goal is starting to exercise for the first time or

achieving your best time yet in a 5k, a health coach can keep you accountable and provide a personal plan to get you there.

Cheers to a happy and healthy 2020!



Britni Saunders
Director, Indiana State Personnel Department

Newly enrolled plan members may not have immediate access to the ActiveHealth portal for account setup. ActiveHealth is working to provide access to all newly eligible members as quickly as possible.

Find more information on all these topics and more at the State of Indiana's Invest In Your Health website: <http://www.investinyourhealthindiana.com/>.

Have other benefits related questions? Contact the Benefits Hotline Monday through Friday (7:30 a.m. to 5 p.m. EST) at 317-232-1167 within the Indianapolis area or toll-free outside Indianapolis at 1-877-248-0007, or via email at SPDBenefits@spd.in.gov.



ActiveHealth

ActiveHealth is a wellness program offered by the Indiana State Personnel Department (INSPD) as part of your medical benefits package. The ActiveHealth wellness program is focused on helping you make little changes that have a big impact on your health.

The program is for any employees, spouses, and adult dependents enrolled in a State Personnel sponsored medical plan. You get unlimited access to health coaches, a library of health information, and health alerts. Employees and spouses can earn rewards for investing in your health!

<http://www.investinyourhealthindiana.com/activehealth/activehealth-faqs/>

Please check out the link above for more detailed information.

Becky Dowden

HR Director, Logansport State Hospital

Indiana State Personnel Department

Phone: (574) 737-3622

February is Heart Month!

During American Heart Month, each February, the nation comes together, igniting a wave of red from coast to coast. From landmarks, to news anchors and neighborhoods, to online communities; this annual groundswell unites millions of people for a common goal: The eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts, and encourage them to get their families, friends, and communities involved. Wear Red Day is taking place on February 7th – so be sure to mark your calendars and remember to wear red to show your support.

AHA Training Network



The Wellness Committee consists of:

Diana Anderson, Vicki Campbell, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.

A 104-YEAR-OLD MARINE CORPS VETERAN IS ASKING PEOPLE TO SEND HIM VALENTINE'S DAY CARDS



Posted: Jan 14, 2020 9:04 AM
Updated: Jan 14, 2020 9:30 AM
Posted By: CNN

A 104-year-old US Marine Corps veteran who served in World War II is asking people to send him cards for Valentine's Day.

Maj. Bill White, a California native, has had a lifetime full of unforgettable experiences. He has collected objects and filled scrapbooks to remind him of special memories which he keeps on a bookshelf organized by year.

But now, the young-spirited veteran wants to expand his collection of memories, and he's asking the public to help by sending him a card this Valentine's Day.

'I'll save every one of them like I've been saving little things that have come up until right now and they'll be a personal part of my history,' White told CNN affiliate [KTXL](#).

And that history of his is more than eventful.

White earned a Purple Heart for surviving the Battle of Iwo Jima in 1945. The bloody battle between the US Marines and Imperial Army of Japan lasted five weeks, [killing](#) nearly 7,000 US Marines and more than 20,000 Japanese fighters.

'When I was wounded, I didn't have any choice in the matter. A grenade blow up about 6 inches from me,' White told [KTXL](#).

'The fact that I even survived is something. There weren't too many of us.'

The veteran, who spent 30 years on active duty, was taken off the battlefield as a result of his injuries.

White told KTXL his love for scrapbooking keeps him busy, allowing him to 'keep track' of his life's special events.

But the real key to his long and positive life, he said, was simple: 'Just keep breathing.'

If you'd like to send White a Valentine's Day card, you can mail it to:

Operation Valentine
ATTN: Hold for Maj Bill White, USMC (Ret)
The Oaks at Inglewood
6725 Inglewood Ave.
Stockton, CA 95207

TB Elimination

Tuberculosis: General Information

What is TB?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

What are the Symptoms of TB?

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

What is the Difference Between Latent TB Infection and TB Disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have

symptoms of TB disease. People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can treat TB disease.

What Should I Do If I Have Spent Time with Someone with Latent TB Infection?

A person with latent TB infection cannot spread germs to other people. You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

How Do You Get Tested for TB?

There are tests that can be used to help detect TB infection: a skin test or TB blood tests. The Mantoux tuberculin skin test is performed by injecting a small amount of fluid (called tuberculin) into the skin in the lower part of the arm. A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. The TB blood tests measure how the patient's immune system reacts to the germs that cause TB.

(Page 1 of 2)

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Tuberculosis Elimination

C222950, A



What Does a Positive Test for TB Infection Mean?

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

What is Bacille Calmette–Guérin (BCG)?

BCG is a vaccine for TB disease. BCG is used in many countries, but it is not generally recommended in the United States. BCG vaccination does not completely prevent people from getting TB. It may also cause a false positive tuberculin skin test. However, persons who have been vaccinated with BCG can be given a tuberculin skin test or TB blood test.

Why is Latent TB Infection Treated?

If you have latent TB infection but not TB disease, your doctor may want you to take a drug to kill the TB germs and prevent you from developing TB disease. The decision about taking treatment for latent infection will be based on your chances of developing TB disease. Some people are more likely than others to develop TB disease once they have TB infection. This includes people with HIV infection, people who were recently exposed to someone with TB disease, and people with certain medical conditions.

How is TB Disease Treated?

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat. In some situations, staff of the local health department meet regularly with patients who have TB to watch them take their medications. This is called directly observed therapy (DOT). DOT helps the patient complete treatment in the least amount of time.

Additional Information

CDC. Questions and Answers About TB
<http://www.cdc.gov/tb/publications/faqs/default.htm>

<http://www.cdc.gov/tb>

Culinary Corner

Skinny Heart-Shaped Sugar Cookies

Yields: 22 cookies

These cookies are so rich and buttery that no one will ever guess they're low fat! They're perfect for Valentine's Day, or any occasion that you'd like to say, "I love you." Store any leftovers in an airtight container for up to 5 days.

Ingredients:

for the cookies

- 1 ¼ cups (150g) all-purpose flour (measured like this), plus more for rolling
- ¾ tsp cornstarch
- ¼ tsp baking powder
- ⅛ tsp salt
- 2 tbsp. (28g) unsalted butter, melted and cooled
- 1 large egg, room temperature
- 1 tsp vanilla extract
- ½ tsp butter extract
- ½ cup + 2 tbsp. (120g) granulated sugar

for the icing

- 5 tbsp. (40g) powdered (confectioners') sugar, sifted
- ¼ tsp vanilla extract
- 1 tsp skim milk
- 1 tiny drop red food coloring



Directions:

1. To prepare the cookies, whisk together the 1 ¼ cups of flour, cornstarch, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the butter, egg, vanilla extract, and butter extract. Stir in the sugar. Add in the flour mixture, stirring just until incorporated. Shape the dough into a 1"-thick rectangle. Tightly cover with plastic wrap and chill for 1 hour.
2. Preheat the oven to 350°F, and line two baking sheets with parchment paper.
3. On a well-floured surface, roll out the chilled dough until ⅛" thick. Lightly flour a 3" tall heart-shaped cookie cutter and press into the dough, making sure each heart lays as close to its neighbors as possible to minimize unused dough. Peel the unused dough away from the hearts, and place the hearts onto the prepared baking sheets. Reroll the unused dough, and repeat.
4. Bake the heart-shaped dough at 350°F for 10-13 minutes. (The rerolled dough generally requires a little less time.) Cool on the baking sheet for 5 minutes before turning out onto a wire rack to cool completely.
5. To prepare the icing, stir together the powdered sugar, vanilla, milk, and food coloring in a small bowl. Spoon into a zip-topped bag, and snip off the corner. Pipe onto the cooled cookies.

Notes: I *highly* recommend using butter extract because it gives them the stereotypical buttery sugar cookie flavor without the excess fat and calories. An additional 1 teaspoon of vanilla extract may be substituted in its place.

...continued on page 13

The first round of cookies may bake slower (closer to 11-13 minutes), whereas the re-rolled cookie dough seems to bake faster (9-10 minutes). Keep a close eye on your cookies because ovens do vary!

For a clean-eating version of these cookies, see [this recipe](#) of mine!

{low fat, low calorie}

Amyshealthybaking.com



**G
O
T
C
H
A**

Sneaky



Snap!



**G
O
T
C
H
A**



Pictured above are some of the Larson staff as they discuss plans and get ready to serve lunch at the Larson Christmas Luncheon.

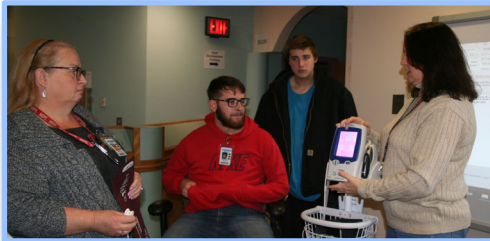
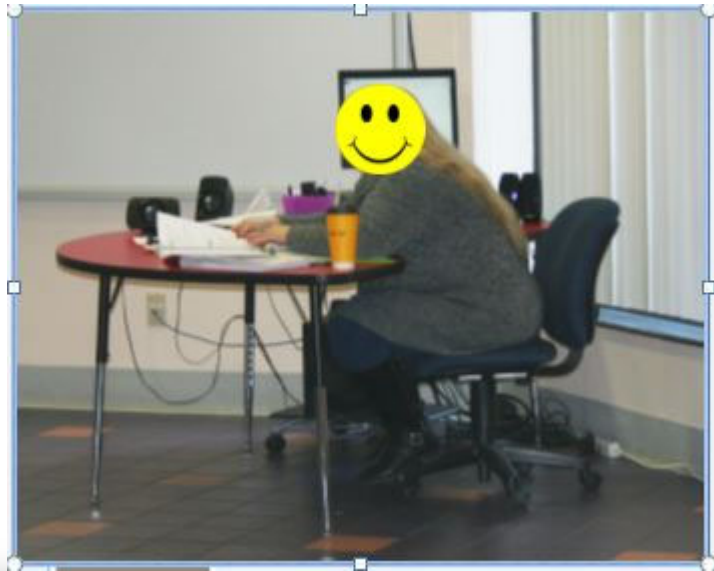
Lookout for Darrin and his camera,
you could be next!

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 by February 21, 2020.

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

*Winner Will Be Announced In
The Next Spectrum.*



Gavin Wells (C) sitting, was pictured as the last "Who Am I."

Gavin Wells was 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.