



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

TEAM OF THE MONTH

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Vol. 30, No. 6
June
2020



June TOM
ISAAC RAY
Direct Care
Staff - All 3
Shifts



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on
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POLICY UPDATES!

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

- **LSH Policy A-9 Administrative coverage of the Hospital** – Changed Administrative Secretary title to Administrative Assistant. Revised Attachment: Administrative Coverage Contact Listing.
- **LSH Policy A-60 Hospital Volunteer Committees** – Clarified policy requirement language without changing the intention of the requirement.
- **LSH Policy IM-8 Right of an Individual to Request Restriction of Uses and Disclosures** – Corrected Code titles listed in the 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.

TEAM OF THE MONTH

I would like to recognize the wonderful job the direct care staff have been doing on Isaac Ray 1 East managing LSH's first COVID patient. I1E was set-up as an isolation unit for new admissions so they could be tested and monitored for signs/symptoms of coronavirus, then eventually cleared to go to their assigned units. When the time came and an admission tested positive, frontline staff stepped up to the challenge with strength and courage. This group of staff remained calm and professional, providing exemplary care without fear. I was most impressed by how they truly did work together as a team and interact with each other with respect and kindness. I observed them interact with the patients on the unit in the same manner. They had to pick-up cleaning duties, and they did so without complaint. As it was severely limited as to who was allowed to enter the unit, basically assigned SAS's were caregivers, cleaners, teachers, entertainers and comforters to the two patients on that unit during the COVID restrictions.



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

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Mike Busch	Interim Asst. Superintendent.....	ext. 3612
Paula Green Scheffer	Clerical Asst	ext.3634
Gregory Grostefon	Superintendent.....	ext. 3631

Working under these conditions with the PPE and the psychological pressure can be uncomfortable and stressful, they never let it show. Due to this being LSH's first COVID positive experience, it has been a learning experience for all of us. The group of staff on I1E have been a valuable source of information for me personally. They have been willing to provide honest input, feedback, and discuss ideas as we went along in this experience that helped make it successful and will make the next time even smoother. It is a great group of people on this unit and they are LSH's front line against COVID! These staff members I am talking about are:

Days: Lisa Harrington LPN; Sharon King LPN; Patrick Phillips; Kelsey Maloney; Jared Dirrim; Kayla McClain

Evenings: John Mangum; Marisol Alba; Patrick Malone; Brianna Cambe; Cindy Taylor; Summer Thomas

Midnights: Dominick Powers; Shiana Waid; Tyler Deeter; Jocilyn Waller ; Tracey Reyling ; Ryan Murray

Thank you for doing such a great job,
Cindy Bruce, Infection Control Nurse

I fully endorse this nomination. All of the staff have gone above and beyond and they did this voluntarily without complaint. They truly are the heroes, providing excellent care to the patients.

Kristi Tribbett, ADON

I would endorse this nomination whole heartedly. The staff on IRTC 1 East have stepped up to be our trail blazers leading the way on a "novel" unit. I have had the pleasure to work with many of these staff and found them to be extremely helpful and knowledgeable. During these unprecedented times, I want to thank all staff for going above and beyond to care for our patients.

*Sincerely,
Dr. Chad Davis*

I would agree that staff on that unit need to get the recognition and the hospital's thanks for truly being on the front line.

Dr. Danny Meadows, DON

Yes, everyone on that unit deserves some recognition.

Jennifer Fiscel Shively, Isaac Ray, Service Line Manager

CARING & SHARING AWARD

Caring & Sharing Award Shawna Strickland, RTA

Congratulations Shawna Strickland, RTA, from Larson Treatment Center for being awarded the Caring and Sharing Award; many patients throughout the facility nominated her for this award.

The patients are asked monthly during their community meetings to nominate a staff member they feel possess the following attributes: goes above and beyond their job duties; listens to you; is someone you can talk to; is supportive; is helpful; displays professionalism; offers constructive criticism; is concerned about you and your treatment; is pleasant and courteous; and is respectful.

Thank you to all the wonderful staff that were nominated for exemplifying the characteristics of the Caring and Sharing Award and for making a difference in patient's lives. Other successful Nominee's that made the list December 1, 2019 -May 31, 2020 were: (Some last names were not able to be given because they were submitted as is)



Rehabilitation Director, Jill Rowe (L) congratulates Caring & Sharing Winner Shawna Strickland (R).

Liz Mills

Travis Steffel

Jackie Dillman

Jaime Steiner

Jonah Martin

Sonja Stout

Dottie Hill

Linda Davis

Kelsey Knox

Kris Currier

Wendy Jones

Patrick (IRTC)

Coenrad Brand

Jasmine Penny

Mike Williams

Tracy Kauffman

Tara Lease

Kindra Sampson

Kayla (IRTC)

Luke Knutson

Koreen Stover

More nominees on page 5...

Continued Nominee's that made the list:

Dr. Maria Becker	Aneeda (IRTC)	Tammy Gochenour
Rose Richardson	Julie Stapleton	Kaylynn Cataldo
Dr. Meadows	Sharon King	Lucia Ward
Tami Wilken	Kelsey Maloney	Patty Wagner
Joy Scott	Amanda Berg	Kathy Strong
Rena Grube	Patty Knapp	Jade Johnson
Sue Manalo	Brett (IRTC)	Bailey Gibbs
Connie James	Angela Rush	Alicia Carpenter
Bella Coleman	Ryan Murray	Stephanie Hinderlider
Jennifer Grandstaff	Dana Thompson	Nate Black
Morgana Thomas	Steph Lewellen	Patrick Malone
Maria Arrelleno	Lud Russell	Jay Stratton
Lindsey Pearson	Jill Rowe	Theresa Dexter
Debra Fullove	Amy Penz	Jeanette Holle
Kaitlyn Jones	Desiree Coe	Willie Elper
Brittney Haas	Rob Martin	Kim Dyer
Mindy Ray	Riley Ryan	Gwen (IRTC)
Sheila Powell	Dean Schnepp	Emily (IRTC)
Ashlee Pollard	Nathan (IRTC)	Jennifer SLM
Gabby Dwigins	Lisa Johnson	Mason Mills
Carol Parsley	Laura Glasson	Stacy Gilvin
Monica Ervin	Terry Tharp	Darrin Monroe
Derrick Sherman	Barry Jeffery	Karla Gould
Amber Belhumeur	Laura Knutson	Erik Estrada
Gina Duncan	Blake (IRTC)	Kathy Huddleston
Mary Mosteller	Jeff Day	Billie Jo Redenbaugh
Shawn Fewell	Shirley Horn	Sean Moore
Georgeanne King	George Henry	Shaelyn Lincoln

National Nursing Assistants' Day / Special Attendants' Day

National Nursing Assistants' Day falls this year on June 18th. Here at LSH we take an entire week to honor and celebrate those individuals, our Special Attendants, who embody the front line of patient care and are at the very core of our mission to assist people in achieving mental health recovery in a safe and respectful environment. This year in particular, amid the chaos and uncertainty of an unprecedented pandemic, Special Attendants have risen to a level of service far above what would be considered the normal call of duty.

Our very own founding superintendent, Dr. Joseph Rogers, realized their importance in 1888 when he said, "The vocation of the psychiatric attendant is most honorable; who fills it patiently, kindly, and with judicious tact, deserves all praise and good pay."

Please join me in recognizing and honoring our Special Attendant staff for their unwavering commitment and dedication to the patients of Logansport State Hospital.
Sincerely,



Greg Grostefon, Superintendent

Adams, Warren
Alba-Montero, Marisol
Allen, Daniel W
Andrews, Sasha
Arellano, Maria D
Arvin, Misty M
Austin, Alexandra
Baker, Randal S
Balderas, Holly L
Banter, William V
Barnes, Cherokee
Beckner, Timothy Micheal
Beebout, Lindsey N
Bell, Bonnie
Bell, Felicia N
Berkshire, Emliee
Bishop, Shirley
Black, Nathan W
Blankenship, Justin

Blevins, Ricky J
Bobis-Renberg, Andrew
Bolyard, Christopher
Bowles, Christopher P
Bowles, Mary C
Braatz, Thomas L
Bubel, Dee R
Calloway, Jonathan W
Cambe, Brianna N
Campbell, Edward D
Campbell, Sharon
Campbell, William D
Carpenter, Alicia
Carson, Brenda J
Cassell, Jayme L
Cerbone, Anthony J R
Cerbone, Donovan
Christian, Cattorn H
Coe, Desiree

Cole, Robert
Coleman, Bella
Collins, Stacy K
Conrad, Joanna
Cook, Kenneth
Cook, Mikayla J
Day, Jeffery M
Deeter, Tyler M
Deford, Jerral
Denny, Brenda
Denny, Christian
Dexter, Tyler
Dirrim, Jared
Donnelly Michael
Duncan, Gina L
Dyer, Kimberly J
Ehase, Robert Matthew
Elpers, Wilma R
Emery, Kyle L

Ervin, Monica A
Estrada, Erick
Fear, Nancy J
Frame, Jerry D
Fullove, Debra A
Geier, Marilyn S
Gibbs (Seward), Alicia L
Gibbs, Bailey
Gibbs, Rickey L
Gonzalez, Denisse A
Gould, Karla J
Grube, Rena L
Guerrero Arellano, L
Hall, Lindsay
Hardy, Isiah S
Henry, George R
Henry, Loretta A
Hernandez, Cristofer
Hinderlider, Stephanie
Holt, Hannah J
Holt, Ronica
Horn, Jennifer
Horn, Mark S
Howard, Braxton M
Howard, Corey
Huddleston, Kathy L
Ironmonger, Kandi
Jeffrey, Barry W
Jester, Margaret I
Johnson, Jade
Johnson, Pamela J
Jones, Katelin M
Jones, Sandra Kay
Jones, Wendy
Keal, Nicholas
Kesser, Veronica S
King, Ron
Kistler, Carol A

LaOrange, Nicole
Lewellen, Stephanie A
Lewis, Aidan M
Lewis, Ron
Malone, Patrick
Maloney, Kelsey K
Mangum, John
Martin, Teresa R
McClain, Kayla
McCroy, Gwendolen
McVay, Drew
Murray, Ryan
Murray, Susan
Myers, Brianna
Pearson, Lindsey
Phillips, Patrick Todd
Powell, Sheila M
Powers, Dominick
Purnell, Kimberly K
Raderstorf, Felicia
Ray, Steven E
Reyling, Tracey
Richardson, Rosalie
Rivard, Ronald F
Roland, Dillon
Russell, John D
Russell, Kimberly K
Ryan, Ryleigh
Sampson, Kindra L
Sarango, Dusti
Savini, Aneeda
Schnepp, Dean
Scott, Zayne
Sellers, Emily
Shanks, Carmen E
Shaver, Vanessa L
Shepard, Wilma
Sherman, Mary M

Sivits, Laura M.
Skinner, Anthony D
Small Devin
Smith, Alex
Smith, Brett W
Smith, Leigh
Smith, Stephanie L
Smith, Zachary
Sowards, Danielle
Spencer, Marla
Steffel, Travis
Stines, Brian M
Stover, Korinne M
Stratton, Jay W
Stratton, Kimberly L
Stringer, Julie A
Stuart, Bethany Theresa
Taylor, Cynthia L
Tharp, Terry L
Thomas, Summer
Veach, Randie
Waid, Shiana (IR1E)
Waller, Donald
Waller, Josilyn (IR1E)
Werich, Cathie M
White, Danelle
Wilken, Tami L
Wilkinson, Anna M
Williams Roberta
Williams, Linda M
Williams, Michael A
Winegardner, Marie
Young, Sheryl
Zawadzki, Kenneth

**More Great
Staff on
page 8!**

QMA / Lease, Tara J
QMA / Ling, Jessica M
QMA / Stout, Sonja K
QMA /Appleton, Connie J
QMA /Baer, Brian Arlan
QMA /Barron II, David L
QMA /Boxell, Robert W
QMA /Gochenour, Tammy A
QMA /James, Connie N
QMA /Johnson, Lisa M
QMA /Martin, Robert J
QMA /Olridge, Leonardo
QMA /Reidenbach, Billie Jo
QMA /Rush, Angela J
QMA/ Stearns, Sheila A

SAS SUPERVISORS
QMA/Blanton, Jaime
Deniston, Stephen
Donnelly, Michelle
QMA/ Hood, Jodi
Johnson, Paula
Klinefelter, Allison
Martin, Jonah
Mills, Mason
Price, Kyle
Sherman, Derrik
Wheetley, Christopher

To our SAs and SASs:

I hope you enjoyed your Special Attendant celebration week. You work very hard taking care of our patients and many of you work countless hours of overtime. Our intention was to show you how much we appreciate you. Please know you are very valued. Thanks to each and every one of you for the front line care you provide to our patients 24/7. You are an important part of our team at Logansport State Hospital!

Sincerely,

Dawn

Dawn M. Sell, MSN, RN
Director of Nursing
Logansport State Hospital

THANK YOU ALL

Changes

As you know or are finding out now, LSH decided to not continue with a security contract company and to hire State of Indiana employees to fill our Security Department. Reasons for this decision were to be able to hire, train and utilize the department to benefit LSH better. The Security Department positions have been filled with Chris Wert (Previous Communication Center Operator) and Mark Michael (Former Site Supervisor for Securitas). Chris brings experience as a Correctional Officer in the D.O.C., while Mark has been in the security field for numerous years.

Please join me in welcoming them both into their new positions. Chris is assigned to the day shift and Mark to the evening shift. Both Officers have completed the same training as Special Attendants and will receive advanced security training in the future. As you will see their patrol patterns will include every area of the hospital, therefore they can be utilized in assisting in any and all emergency situations.

[Brandon Collins](#)
[Safety/Security Director](#)
[Logansport State Hospital](#)

Wellness Wisdom



Wellness Committee

12 Tips For Exercising In Summer Heat

BY DANINE FRUGE, MD, ASSOCIATE MEDICAL DIRECTOR AT PRITIKIN

A beautiful sunny day is the ultimate motivation to go outside and play, but the summer heat and exercise can be a risky combination. Danine Fruge, MD, Associate Medical Director at Pritikin shares 12 tips for enjoying a safe, summer exercise program.

Nothing feels better than getting out of the gym and hitting the fresh air, but you'll want to take some precautions for safe exercise in the hot summer sun.

1. Ease Up

Know when to ease up, especially if you're traveling to hot and humid climates you're unaccustomed to. Chances are, you won't be able to exercise at the intensity you normally do, and that's okay.

I recently talked with a patient who learned the hard way. Though she normally sails through a three-mile run at home in Oregon, she barely made it through a half-mile stroll in the sticky 95-degree heat of New Orleans last week. She was surprised to realize how much – and how quickly! – the heat and humidity wore her down.

If you normally run, walk or jog. If you walk, slow your pace. As your body adapts to the heat, gradually pick up the pace and length of your workout.

If you have a medical condition and/or take prescription medications, do ask your physician if you need to take any additional precautions.

2. Avoid the hottest part of the day.

Rise early to catch the cool of the morning, or go out at sunset or later. In the heat of midday (typically between 10 am and 4 pm) take cover under shade. Jump in a pool. Sign up for an aqua-aerobics class. And carry a fan/spray bottle for skin surface cooling.

3. Wear light-colored, lightweight clothing.

Dark colors absorb the heat, which can make you feel as if you're wrapped in a warm blanket. Heavyweight, tight-fitting clothing will also heat you up. Keep it loose. Keep it light. More air will be able to circulate over your skin, keeping you cool.

4. Be sure to apply sunblock – UVA/UVB, preferably with titanium or zinc dioxide, or at least with avobenzone.

Reapply at two-hour intervals, even if the labels have sweat proof and water proof claims that are hours longer. Many of these “long-lasting” claims are currently under investigation. Sunburn increases the risk of premature skin aging, and increases your risk of skin cancer. Another good way to decrease sun exposure is to wear wide-brimmed hats.

5. Drink up.

Exercising in hot weather increases our body temperature. Our body's natural cooling system can start to fail if we're exposed to soaring temperatures for too long. The result may be heat exhaustion – that awful fatigue that makes you feel as if one more step could be your last. You may even suffer heat stroke.

If the humidity is also way up, you're in double trouble because your sweat “sticks” to your skin; it doesn't evaporate as readily, which can send body temperature even higher.

To keep cool, drink plenty of water. Because the Pritikin Eating Plan, full of fruits and vegetables, is so rich in water, you do not need to drink water before your workout, but *while* you're exercising, drink 8 to 10 ounces of water every 20 minutes. *After* exercise, drink more – at minimum, another 8 ounces.

Another great way to help re-hydrate during a pause in your physical activity is to eat a piece of fruit, or even carrots or celery sticks. The fruit and veggies will also help replace valuable electrolyte loss.

6. Keep track of your hydration levels.

A good way to know that you're hydrating properly is by checking the color of your urine. If it's pale yellow (think lemonade), you're well hydrated. If it's darker (heading toward the color of apple juice), drink more.

But do be aware that some medications and supplements *alter* the color of urine, so this gauge, while good for many, does not work for everyone. To be safe, do drink the recommended 8 to 10 ounces of water for every 20 minutes of activity.

7. Don't drink too much.

Drinking too much water, called overhydration, can lead to hyponatremia (low blood sodium). To stay hydrated but not overly so, here is our general guideline: Drink during and after exercise and other physical activities. At other times of the day, drink when thirsty.

The Pritikin Eating Plan provides enough sodium for active individuals and also provides at least half of the water your body needs.

8. Steer clear of sports drinks.

They're loaded with calories. Sports drinks are not worth the caloric weight. The Pritikin Eating Plan maintains high carbohydrate stores (glycogen). There is no need for additional supplementation.

Sport drinks should only be considered if you're of ideal body weight and exercising for long durations at high intensities. Even then, it's a good idea to dilute sport drinks to avoid excessive calorie consumption.

Eating fruits and vegetables during exercise provides ample electrolytes for the body, even further decreasing the need for high-calorie sport drinks.

Keep in mind that the cause of muscle cramping is more often caused by dehydration than by low electrolytes (potassium, magnesium, calcium), low salt intake, or low sugar intake. So, rather than eating excessive amounts of bananas or salty or sugary snacks, increase your water intake during and after exercise, even if you don't feel thirsty. (Use the urine-color-tracking tip described above to monitor your hydration levels.)

9. Never let yourself get to the point where you're feeling faint, dizzy, and sick.

Sure, it kills you not to finish your four-mile workout. May I be so blunt as to suggest that it may kill you if you try. Paid heed to the heat. Listen to your body. If you're feeling *any* of the following, find air-conditioned comfort fast.

- Weakness
- Light-headedness
- Dizziness/Paling of the skin
- Headache
- Muscle cramps
- Nausea or vomiting
- Rapid heartbeat

Always remember that even a 20-minute workout has positive health effects. It's the *number* of days you exercise that matters most, *not* the length of time of any given exercise session.

10. If you do feeling faint and/or sick, stop immediately.

Sit down in the shade, drink water, and always have with you a nourishing snack. Pick *juicy* snacks like fruit. The last thing you need in scorching heat are dry snacks like crackers, popcorn, or energy bars that require your body to add water. Plus, dry snacks are often dense with calories, which mean they can easily foil weight-loss goals, summer or winter.

11. Know the symptoms of heat stroke.

Heat stroke is a serious threat that can be fatal. Symptoms include:

- High body temperature (104 F or 40 C or higher)
 - ABSENCE OF SWEATING with hot, flushed, or red/dry skin
- Rapid pulse

- Difficulty breathing
- Strange behavior
- Hallucinations
- Confusion
- Agitation
- Disorientation
- Seizure
- Coma
- And, if untreated, death

Sometimes there is little warning, especially among athletes training in hot, humid conditions, and among children and the elderly. Do not leave the young and frail (or anyone, for that matter, including your pets) unattended inside a hot car.

12. If you suspect that you or others are suffering heat stroke, call 911 immediately.

Also, move to a shady area, drink/spray cool water, avoid alcohol or caffeine (in tea and soft drinks), apply ice packs under the armpits and groin, and fan until body temperature cools to 101 F or 38 C.

[Author, Danine Fruge, MD](#)

www.pritkin.com

How to Stay Mentally Healthy Amidst the COVID-19 Pandemic

Posted: March 19, 2020

In addition to what everyone knows about hand washing and social distancing to help mitigate the **spread of the Coronavirus**, here are a few more suggestions to help us all deal with stress associated with this pandemic in a healthy way.

1. Social distancing doesn't mean social isolation. Reach out to your friends and family and talk and connect via phone or FaceTime. With all of the technology we have at our fingertips, make use of your social network to not be isolated.
2. Reach out to a neighbor who may need help. Be mindful if you have a neighbor who may be in the at-risk population and if you are heading out to the store, ask them if they need anything that you can pick up. This will not only help them, it will also help you. Simple acts like these can go a long way and can also make us feel better.
3. Exercise. During stressful times going outside and taking a brisk walk can help you relax, boost your mood and help you in managing your stress levels.
4. Eat a healthy diet – research has shown that what you eat—and don't eat—affects the way you think and feel.

5. Drink alcohol in moderation. Alcohol is a depressant and drinking too much can often make your mood and anxiety levels worse.
6. Get enough sleep. Make sure to put self-care as a priority and do your best to get enough sleep. Sleep has many benefits and during stressful times it can help aid in keeping your mind and body healthy.
7. Consume the news in moderation. While it is important to stay informed and up to date on the latest information about the Coronavirus, too much information adds to our stress levels. The repetitive nature of the news reports is not good for our mental health. Once you are informed, turn off the news and read a book, watch a good television show or feel-good movie. Now would be an excellent time to ask friends for recommendations of series to watch on Netflix, Hulu, HBO, Showtime, etc.

Most importantly, know that **being anxious in this time is a completely normal response to stress**. Should the stress be too much for you to take, please seek professional help for yourself, if necessary. We have faced other difficult times in the past and with proper care we will get through this too.

<https://www.bbrfoundation.org/blog/how-stay-mentally-healthy-amidst-covid-19-pandemic>



The Wellness Committee consists of:

Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, and Lucia Ward,



SuccessFactors Learning creates a culture of learning

The latest Monarch rollout is coming in the 3rd quarter of 2020

Governor Holcomb's Next Level agenda includes providing great government service. Creating a culture of learning is key to achieving this, and the Indiana State Personnel Department is on a mission to enable this in 2020.

What is a learning culture?

A learning culture supports critical thinking, an independent quest for knowledge, continuous improvement, and shared learning within an organization. By engaging in regular adult learning, we position ourselves to deliver the best government service possible. To enable this, the state will transform its primary learning solution and processes as a part of the Monarch Initiative.

Why transform learning?

Employee learning and development is a crucial function of organizational talent management and enabling employees to reach their fullest potential throughout all stages of their career. By transforming how the state supports employee learning and development, we will create a more engaged, agile, and competent workforce.

The SuccessFactors Learning module will integrate with the state's other SuccessFactors modules to create a robust talent management solution. Thereby allowing our agency partners to deliver an outstanding employee learning experience through the transformation, streamlining, and development of a new and highly capable learning solution and processes.

When will this happen?

A statewide project team is currently designing improved learning management processes and configuring the new learning platform. The migration to the new learning module will begin before the end of 2020 and will continue into the first half of 2021.

What's next?

Over the next several weeks, the Monarch Learning Project team will be communicating about the keys to transform the learning culture successfully. Look for more information coming soon!

Culinary Corner

AMERICAN SPARKLING SODA

Just in time for July 4th, American Sparkling Soda brings those iconic red, white, and blue colors to life. American Sparkling Soda is my patriotic version of the classic beverage, Italian Soda. Where Italian Soda is typically made with simple syrup, this chilly refresher is made with real fruit. It's free of artificial colors and also less sweet. Not to be mistaken with real soda pop, American Sparkling Soda is made with fresh red berries, carbonated water, and a special ingredient. Once again, it's tea (this time, herbal) that transforms this drink into one worth celebrating with.

What makes this soda most intriguing are it's gorgeously blue ice cubes. Surprisingly, there's absolutely no artificial food coloring to be found here. These glistening cubes are made from strongly brewed [Butterfly Pea Flower Tea](#), a naturally cobalt blue tea that's destined for culinary experimentation. To create a clear separation of colors, the berry purée base here is made on the thick side. Just like a traditional Italian Soda, you'll need to give the drinks a quick shake or stir with a straw to make them sip-perfect. Serve these up in mason jars like I do my [Summertime Sun Tea](#), and these American Sparkling Sodas add a festive and homemade touch to get-togethers and picnics.

American Sparkling Soda

Makes 2-3 drinks, depending on size of glass.

Ingredients:

1 pound of strawberries and/or raspberries (fresh or frozen, stems removed)
2 Tbsp sugar, or more depending on sweetness of berries
chilled sparkling water or Fresca
extra berries, for serving
[Butterfly Pea Flower Tea](#)

Equipment:

ice cube tray
medium pot
spoon
medium-sized mesh sieve
bowl
rubber spatula
glasses and straws



Directions:

1. Make ice cubes out of Butterfly Pea Flower Tea. Steep a tea bag in 2 cups of boiling water, let it cool to room temperature, then fill ice cube trays with it. Place in freezer to chill.
2. In a medium pot over medium-low heat, cook the berries down for 15-20 minutes, stirring occasionally and using the back of the spatula to crush any large pieces of fruit. Cook until the fruit and juices are broken down and reduced by half. Add the sugar in to taste. The syrupy mixture should be able to coat the back of a spoon.
3. A few spoonfuls at a time, scoop the fruit mixture into a mesh sieve placed over a bowl. Use the back of the spatula to push the mixture through to get remove any seeds or larger chunks of fruit (we want to be able to use a straw later). The result is a berry purée that you can place covered, in the fridge until you're ready to serve.

4. To make a soda, spoons a few tablespoons of berry puree into a glass (I like to fill a glass 1/3 full). Top the glass off with chilled sparkling water and ice cubes made from Butterfly Pea Flower Tea.

Thirstyfortea.com



**G
O
T
C
H
A**

Sneaky



Snap!



**G
O
T
C
H
A**



Patrick Beaudin (L) and Mark Belanger (R) caught working on the pipes in one of the break room sinks.

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

Who Am I?

Can you guess where the Raccoon resting his chin on the Reduce Stress arrow is located at?
If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov
by July 31, 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.*



Dr. Gregory Bell



Congratulations to Kim Fowler for guessing Olympic Gold Medalist, Dr. Gregory Bell, 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.