



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 January** of 2019 (All Staff are to read all changed Policies):

- **LSH Policy C-49 Off-Grounds Use of Restraints for Emergencies** - In the Procedure section, bullet 10, RN was included giving ability to discuss continued use of restraints at the receiving facility. Note added: Any off ground Restraint/Seclusion Episode Assessment will be scanned into the patients EMR upon return to the facility. Updated references.
- **LSH Policy H-17 Employee Breaks** – There were no changes made.
- **LSH Policy IM-17 Uses and Disclosures for which an Authorization is Required** – State form # information was added throughout the policy.
- **LSH Policy IM-21 Designated Record Set** – There were no changes made.
- **LSH Policy IM-22 Access of Individuals to Protected Health Information** – The Reference section was updated with all referenced Codes and Form information.
- **LSH Policy IM-23 Amendment of Protected Health Information** – The Reference section was updated with referenced Policies and form titles.

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

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 Hospital.

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Superintendent Returns

Please be advised that Daryl Hall will resume his role as Superintendent at Logansport State Hospital effective Monday, February 25th. Daryl has served as the Interim Superintendent at Richmond State Hospital since mid-November. During this same time period Greg Grostefon served as Interim Superintendent at Logansport State Hospital and will resume his role as Assistant Superintendent as well.

I want to thank both Daryl and Greg for their willingness to serve in these capacities for the benefit of the system. I also want to thank the entire team at Logansport State Hospital for their flexibility, support, and continued focus on quality patient care for those we serve.

Regards,
Mark Newell
DMHA Deputy Director, State Psychiatric Hospitals

Dress Code Implementation

All Staff,

In the continued effort to establish a professional and consistent appearance for the staff at Logansport State Hospital, the implementation of the current dress code guidelines is being modified to include the following: *all staff must maintain their hair color to only shades of natural colors*. This new standard will be effective February 1, 2019.

This new standard is being implemented to ensure that proper appearance at LSH:

- Establishes a professional work atmosphere
- Signals a culture of excellence to external stakeholders.
- Earns respect more quickly from patients, families and co-workers, and helps reduce patient incidents and behaviors.

Thanks for your cooperation in this matter. Please direct any questions to your supervisor.

Gregory Grostefon
Interim Superintendent

Cerner

I would highly doubt that there is a soul on campus that has not at least had some passing contact with our new Electronic Medical Record, affectionately called “Cerner”, and many of you are now intimately involved in interacting with it on a daily basis as part of your clinical duties. The fact that this project was a year in the planning is a testament to its complexity. As a matter of fact, Cerner normally recommends eighteen months to two years to implement a project of this size, so for us to get it done in the timeframe we were given says a lot about the way we work around here. A great debt of gratitude is owed to everyone involved, but especially those of you who have “lived it” since at least last May.

In the wee hours of Monday, February 4, that new EMR, Cerner Millennium, went live and business as usual at LSH continued uninterrupted, despite some frayed nerves!

When I hired in last April, one of the first meetings I attended was a Cerner-led presentation, the purpose of which was to introduce the Change Agents. Alongside twenty or so other employees, I listened as the Cerner evangelist described what seemed like an interminable implementation timeline. He spent an hour or so telling us that the road would be long and arduous, but the rewards would come as long as we kept a positive attitude and shared that positivity with our co-workers. As the meeting wound down, the feeling in the room was very upbeat and optimistic. I was proud to be a part of such a group.

May, 2018 does seem like a long time ago as I reflect on that meeting. I believe it was that shared feeling of optimism, along with our “can-do”, collaborative attitude that helped make our Go-Live proceed as smoothly as it did. As with so many things that make LSH special, it is you, our staff, who truly make the difference.

Greg Grostefon
Interim Superintendent

Longcliff Museum

Summertime Swimming on Longcliff Grounds
Tom Castaldi

Recently the Logansport State Hospital relocated their long-standing museum into the Administration Building. No longer used, the “Admin Building” is nothing less than an architectural jewel. Perhaps the popularity of an important interpretative museum occupying the space may one day spare the razing of this marvelous building. It’s a practice which has plagued the surrounding region for too many decades.

A visit to the museum brought back many memories having grown up a nearby neighbor, not to mention meeting up with old acquaintances and hearing about friends who worked for the hospital. During the early 1950s a couple of us neighborhood boys would pedal our bikes up Cicott Street hill to Clinton Street and head west for a remote swimming hole on the farming grounds of Longcliff.

In those days, Clinton extended west across the-then Wabash Railroad line to Indiana State Road 25. Crossing over the highway it became the country road that led a mile and a half to St. John's Cemetery. Today old Clinton Street to the west is labeled "w Co Rd 200 S".

At the junction of Old State Road 25 continuing south, the colorful Cherry Lane, then, as now, serves as the south entrance to the State Hospital. However, bearing to the west following W CR 200 S for a third of a mile, the road crosses a small stream winding its way north to the Wabash River. We never knew its name, so some one figured "Moccasin Crick" might be a good one, which you'll better understand if you continue reading. About 150 yards to the north, just before the creek tunneled under the Panhandle rail line (which ran east, then north across the hospital grounds) a cement dam had been installed which impounded the water. Below at a spot where the water cascaded over a small ledge, the dam formed a fine swimming pool which was probably four or five feet at its deepest point.

From the Museum's Archives, a 1903 map indicates a circular shaped "pond" in the creek which occupies much of the space between the Myers & Tyner Road (now renamed CR 200 S). It looks to have been a short distance before reaching the railroad line. It is not clear how long the pond was in use, but the cement dam we knew in the 1950s appeared to be of recent construction. Although only conjecture, the pond was nothing we ever noticed but may have been the source of the idea for a dam. Once our bikes were parked off the road, we marched along a well-worn path which followed the creek. We were oblivious of a once large favorite swimming pool.

The pool also was enjoyed by hospital patients who had earned the status of "trustee", which we understood to mean, as the *Logansport Daily Tribune* once noted, "at their own will." Certainly these folks had received a mild diagnosis or had no concerns of being harmful to themselves or to others. We learned too, that some were "cured" of whatever it was that caused them to have been admitted, however, had no place to go and considered Longcliff their home. We got to know the patients and enjoyed their stories and the joy they seemed to exude being able to move freely around the hospital grounds.

The area was not posted and evidently the hospital officials didn't seem to mind or perhaps unaware that we neighboring boys were using the facilities. It was a wild stream and it was not unusual to be splashing along and encounter a water snake. We labored under the impression that according to "outdoor folklore" that they were of the water moccasin type. No reason to worry – so went the yarn – because "if they opened their mouth underwater they'd drown." I'll always remember it's the place where I finally conquered the fear of getting my head below water, discovered how to swim under water, and eventually dog paddle which finally evolved into a personal version of the Australian Crawl.

This creek pool was separate from a professionally installed one, which measured 30 x 90 feet and two to five feet deep. Built in 1913, it was located north of the railroad line and southeast of the poultry houses. Originally, the pool was built as outdoor "bathtub" to conserve water in the men's wards during summertime droughts. In 1937 the pool was closed for swimming and repurposed as a "rearing pond for bass." In fact, the *Logansport Press* reported that four years earlier the pool had been ordered closed as an economy measure. All this took place well before our time.

Still another creek-fed swimming pool was west of Cherry Lane south of Southworth Hall (formerly Rogers Hall) and north of the Employee Cottages. It too was a slack water pool and was more popular with ice skaters during the winter months. To my knowledge it was not used for swimming. But who knows? If there was a pool of water anywhere in the vicinity, young boys back then would find it... especially when it was summertime.

The Jerolaman Times July/Aug 2018
Provided by Melissa Moore



LIFT PARKING LOT RAFFLE

Tickets for
March, May, June
Parking Spots

Tickets located at Isaac Ray Control Center
Nancy Vernon or Terri Overpeck's office.

Winner will be chosen on February 27, 2019

\$.50 cents for 1 Ticket
\$1.00 for 3 Tickets





Wellness Wisdom from the Wellness Committee



How to earn a health care premium discount in 2020

Adult health plan members and covered spouses can earn a health care premium discount in 2020 by each doing ONE of the following by September 30, 2019:

- Complete four coaching sessions (face-to-face or over the phone). Each session lasts around 30 minutes.
- Record at least 45 minutes of physical activity three days per week by using a synced device.
- Reach Level 5 (9,000 hearts) by participating in digital coaching, health education and health goals on the Active Health Platform.
- Record 10,000 steps per day for 75 days of a quarter, for two out of three quarters this year.

For more details about the premium discount level, visit www.investinyourhealthindiana.com.



**Enhanced program
benefits for 2019!**

Work-Life Solutions

Discover all your Employee Assistance Program benefit has to offer.

You may have heard about the Employee Assistance Program (EAP) but aren't sure what it is and how it can help you. The EAP is a service provided by the State for you and your dependents — **at NO COST to you**. Completely confidential, this program is designed to help you deal with a variety of issues that impact your well-being.

In 2019, we are enhancing your EAP benefits by increasing the number of counseling sessions that are covered under our plan, and providing a new online resource that offers 24/7 support.

8 FREE face-to-face counseling sessions with a licensed therapist per issue, per year. Sessions are available to employees, their dependents, and individuals living in their household.

24/7 access to an online program called [myStrength](#) to support emotional well-being. Provided by Anthem EAP, myStrength is available from the comfort of your own home. From stress management tools, inspirational videos and articles to eLearning modules, myStrength helps you feel better and stay better.



Call 24/7 to speak with a licensed mental health professional to discuss:

Anxiety and depression
Drug or alcohol abuse
Stress, life changes and relationships



Have a phone call with a financial professional to discuss:

Managing debt
Improving your credit score
Saving for college



Ask for a free 30-minute, in-person or call with an attorney to learn about:

Divorce, child support and custody
Living wills and power of attorney
Real estate issues

Ready to Make An Appointment?

The Employee Assistance Program is completely confidential and accessing the free face-to-face counseling sessions couldn't be simpler:

- Dial **1-800-223-7723** and select option 1. **Please note: This is a corrected number from the material you received previously.**
- Once you are connected with an EAP representative, ask them about therapy visits.
- The representative can help you find a therapist who fits your needs and will guide you through the process of scheduling your first appointment.
- For your convenience, virtual appointments can even be scheduled through LiveHealth Online.

Not Ready to Speak to Someone Directly?

You can access a number of resources online through the Employee Assistance Program's web site. **Use company code:** State of Indiana.



Indiana State
Personnel Department

Access 24/7 Online Resources

Pet Health Network®

Brought to you by IDEXX

Posts by:

Dr. Justine A. Lee, DVM, DACVECC

Dog Checkups & Preventive Care

As winter approaches, we want to make sure our four-legged friends are safe from the elements. After all, people can bundle up, but our pets can't add extra layers on a whim. As I'm based out of Minnesota (where it's winter 6 months out of the year), I know how severe cold injuries can be to pets. Here are some cold weather tips that I hope you will utilize to protect dogs and cats this winter:



1. Bundle up your dog

If your dog doesn't have a thick, plush hair coat consider a winter jacket when temperatures drop below 20°F. Make sure the jacket is snug and that your male dog doesn't urinate **on the bottom belly strap (which can then worsen frostbite or cold injury)**.

2. Watch where you salt

While ice salt is only mildly poisonous to dogs, it can cause irritation to the skin, paws, and gastrointestinal tract when directly ingested. Make sure to use pet-friendly ice melts (which don't contain salt). More importantly, since you don't know what your neighbors have put down, make sure to use a damp cloth to wipe off your pet's paws after coming into the house.



3. Check under the hood

There are a myriad of reasons why it's advisable to keep your cat indoors at all times. Still, even if you know your cat is in the house, make sure to bang on your car hood before starting the car (this is particularly important if you see paw prints on your hood). Stray cats often hide under a vehicle's hood when it's warm and can develop severe fan belt injuries (including broken jaw bones, severe lacerations, etc.) when the car is started.

4. Avoid space heaters

Avoid the use of space heaters, and other sources of external heat, due to the potential for carbon monoxide poisoning, accidental fire, or thermal injury to your pet.





5. Keep an eye out for frostbite

20 minute walks outside are unlikely to result in a problem, but if you take your dog skijoring (skiing behind your dog) or running for prolonged hours at a time when it's less than 20 degrees Fahrenheit or with a significant wind chill, ice crystals can develop in peripheral tissues (like the ears, prepuce, vulva, tail tip, and toes). Keep a careful eye out for the following signs:

- Redness
- Coolness to touch
- Swelling
- Eventual sloughing of the tissue

If you do notice any signs of frost-nip (the stage immediately before frostbite) or frostbite, make sure to bring your pet into a sheltered, warm area immediately. Most importantly, avoid touching or actively heating the area aggressively; rather, slow re-warming of the tissue with lukewarm water is best. This will prevent further injury with rapid thawing of the ice crystals in the tissue. Do not rewarm the area until it can be kept warm. Warming and then re-exposing the frostbitten area to cold air can cause worse damage. If no water is nearby, breathe on the area through cupped hands and hold it next to your body. Seek immediate attention from your veterinarian to make sure pain medication, salves, or antibiotics aren't necessary. Keep in mind that once tissue has undergone frostbite, that tissue is more susceptible in the future.

If you have any questions or concerns, you should always visit or call your veterinarian – they are your best resource to ensure the health and well-being of your pets.

5 Ways Walkers Can Use Ice and Snow to Your Advantage

by Marc Lindsay
January 25, 2019

In winter, it can be hard to stick with a regular walking routine since it gets dark out earlier and icy sidewalks pose a challenge. However, there are plenty of fun, safe activities you can do that have similar health benefits to walking. Get ready to lace up your boots and try some new gear to take advantage of these five excellent exercises:

1 SNOWSHOEING

One of the easiest winter-walking alternatives to learn, snowshoeing is similar to walking or hiking. You only need snowshoes, snow and a good trail to walk on. The activity is low-impact and you'll use mostly the same muscles you do when walking.

In terms of technique, avoid pointing your toes outward and instead widen your stance slightly to avoid stepping on the frames as you walk. Trekking poles are optional, but a good idea for additional balance and stability.

2 CROSS-COUNTRY SKIING

Cross-country skiing is a great way to get in a challenging cardio workout while spending time in nature. You'll need to learn how to herringbone, snowplow and make step turns but if you've never done it before, don't be intimidated. Just practice on a small hill with a gentle gradient until you feel comfortable enough to tackle bigger climbs and longer descents. Signing up for lessons is another option if you find yourself lacking confidence.

As for gear, the basics include cross-country skis with bindings, boots, poles and goggles. While costs can be high initially, it's worth the investment especially if you live in an area where it snows. Cross-country skiing is a fun, total-body exercise that can pay huge dividends to your fitness.

3 ICE SKATING

Ice skating is a great way to strengthen your legs and core during the winter. It can also be a good way to socialize with friends and families and get new workout partners to join you for a fun activity.

Keep in mind there are different types of skates depending on what activity you try such as hockey, figure skating or speed skating. If you only plan to go to a skating rink occasionally, then rent skates. For anyone thinking of making it a permanent winter hobby, buying your own pair that fits you correctly is a good idea.

4 NORDIC WALKING

Nordic walking can be done any time of year, but winter provides an extra-challenging full-body workout thanks to the additional stability required for tougher terrain. The poles you use will be similar to cross-country ski poles, but most will have a variety of tips that can be swapped out for use in the snow, trail, multi-use paths.

A good pair Nordic walking poles can usually be purchased for around \$100. These poles are different from traditional trekking poles and feature straps on the handle that allow you to release the pole on the backswing. The technique takes a little bit of time to get used to, but the extra calories you'll burn when compared to regular walking, and the strength gains you'll receive, are worth the extra effort it takes to learn.

5 TOBOGGANING

Sledding might not sound like a workout until you remember you have to walk uphill for the fun to begin. While walking up hills in the snow should help you build plenty of lower-body strength, if you're looking for even more resistance, pull the sled back up the hill with a kid or two still in it. You won't have to do this too many times before you begin to feel the burn.



The Wellness Committee consists of:

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



Sneaky



Snaps!



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Mark Belanger (L) and Patrick Beaudin (R) get caught checking pipes and ceiling tiles in the Quality Management and Staff Development hallway!

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



Dear State Employee,

Everyone would agree that the best things in life are free, so why does filing your taxes have to be different?

The Indiana Department of Revenue (DOR) is teaming up with the Indiana State Personnel Department to make you aware of how you may qualify for a free online tax filing service called Indiana free file (INfreefile) to file both federal and state income taxes called.

[INfreefile](#) allows taxpayers with an adjusted gross income of \$66,000 or less in 2018 to use simple, question-and-answer style software from trusted vendors to file their taxes online for free.

Participating vendors include:

- FreeTaxUSA
- H&R Block
- OLT Online Taxes
- TaxAct
- Turbo Tax

Visit the [INfreefile](#) website at freefile.dor.in.gov for more information and to see if you qualify.

DOR reminds you that, whether or not you qualify for INfreefile, the fastest way to get your refund is to file electronically.

The graphic is a promotional poster for INfreefile. It features a blue header with the text "Did you know you may qualify for a **NO COST FILING** for state and federal taxes?". To the right, it says "Indiana Department of Revenue" and "We're on social media!" with icons for Instagram, Facebook, and Twitter. The center of the graphic has a large yellow circle with the word "FREE" in bold red letters, surrounded by the text "The best things in life are" and "www.freefile.dor.in.gov". Below this, there's a silhouette of a person jumping and a hand holding a smartphone. At the bottom, it says "INfreefile Find out if you qualify at www.freefile.dor.in.gov" with a cursor icon pointing to the URL. A small DOR logo is in the bottom right corner.

Here are some other benefits of filing electronically:

- Get more or pay less - E-filing software may suggest credits and deductions about which you might not have known.
- Better accuracy - Electronically-filed returns have a 2 percent error rate versus 20 percent for paper returns.

If you have any questions about your tax filing, you may contact DOR at 317-232-2240 or via email at IndividualTaxAssistance@dor.in.gov.

Sincerely,

The Indiana Department of Revenue

Culinary Corner

Red Beans-and-Rice Veggie Burgers

Ingredients

- 1/2 cup uncooked long-grain white rice
- 2 (16-oz.) cans red kidney beans, drained and rinsed
- 1/3 cup minced green bell pepper
- 1/3 cup minced sweet onion
- 2 tablespoons minced celery
- 1 tablespoon Creole seasoning
- 2 garlic cloves, minced
- 1 large egg, lightly beaten
- 3 tablespoons olive oil
- 3 tablespoons mayonnaise
- 3 tablespoons Creole mustard
- 2 tablespoons minced green onions
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 6 butter lettuce leaves
- 6 (1/2-inch-thick) crusty bread slices, toasted



How to Make It

Step 1

Bring 1 1/2 cups water to a boil in a small saucepan over medium heat; stir in rice. Reduce heat to low. Cook, stirring constantly, 15 minutes or until water is absorbed and rice is tender.

Step 2

Mash red kidney beans in a large bowl with a fork or pastry blender. Stir in bell pepper, next 5 ingredients, and cooked rice until well blended. Shape mixture into 6 (1/2-inch-thick) patties.

Step 3

Cook 3 patties in 1 1/2 Tbsp. hot oil in a large nonstick skillet over medium heat 5 minutes on each side or until golden. Repeat procedure with remaining oil and patties.

Step 4

Stir together mayonnaise, Creole mustard, green onions, and parsley. Place 1 lettuce leaf on each bread slice; top each with 1 patty and desired amount of mayonnaise mixture.

VANESSA MCNEIL ROCCHIO

August 2014

RECIPE BY SOUTHERN LIVING

Who Am I?

Can you guess who's in the hoodie pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by March 18, 2019.

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.*



Lorna Mollencupp fixes the tree during picture time.



Congratulations to Ashley Armstrong for guessing Lorna Mollencupp pictured in 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.