Division of Mental Health and Addictions.

"People helping people help themselves."

In this issue:

Cover

Sweater Contest ........2

Chili Winner.3

Parking Spot Winner........4

Wellness Wisdom.. 5 - 9

Culinary Corner 10 - 12

Sneaky Snaps ....................12

Who Am I?.13

Vol. 27, No. 2 February 2017
Busy in 2016

The Employee Recognition Committee was very busy in 2016. We had a very successful Potato Bar, Laundry Soap Fundraiser, Pancake and Sausage Fundraiser, Employee Picnic Luau, and Chili Cook-off /Bake Sale. To end the year, we had an Ugly Sweater Contest. Congratulations to Barb Brown for winning the contest.

At this time we would like to thank all that have participated and donated. Without all of your support, we could not recognize and reward our employees. We are looking forward to many more activities for 2017.

Thanks again,
Employee Recognition Committee

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.
Chili Cook-off Winner

The Employee Recognition Committee would like to announce the Chili Cook-off winner of 2016. The winner is Dr. Maria Becker! She will have bragging rights for a year. Her name will be placed on our Golden Ladle Plaque.

Thank you to all that participated in this event.

Chili Cook-Off Winner Dr. Maria Becker (C), pictured with Employee Recognition Chairperson, Paige Johansen (L) and Employee Recognition Vice Chairperson, Rena Magers (R).
Parking Spot Raffle

Hosted by LIFT

Parking Spot Raffle Winners...

February: Terri Overpeck
March: Jamie Steiner
April: Michelle Britt

CONGRATULATIONS!!!

A special thanks for those who donated. It is greatly appreciated 😊
Do you want to save money by qualifying for the Wellness CDHP for 2018?

The Wellness Consumer Driven Health Plan (CDHP) offers the lowest premiums and highest HSA contributions compared to the other health plan options. If you are currently enrolled in state medical benefits, you can qualify for the 2018 Wellness CDHP by reaching an Earned Status of Silver in Go365 by August 31, 2017. This means all points must be processed and posted to your Go365 account by the August 31 deadline. This means all points must be processed and posted to your Go365 account by the August 31 deadline. Don’t wait until the last minute to submit information as processing activities can take up to 45 days to be reflected in your account.

Biometric screenings will be held here at the Logansport State Hospital on Thursday, May 11 at 5a – 9a and 3p - 6p. Make an appointment for your Biometric Screening today by contacting Becky Dowden, HR Director, at x3622. Screenings will be held in our New Conference Room located in the Food Services Building. (formerly the Old Patient Dining Room.)

A biometric screening is similar to a yearly wellness exam. The information gathered during this check includes: height, weight, waist circumference, blood pressure, total cholesterol, BMI, HDL, LDL, triglycerides and fasting blood glucose. You must follow certain restrictions before receiving a Biometric Screening. Read how to prepare for a Go365 Biometric Screening. Ensure a Biometric Screening is scheduled for you, your spouse and all dependents age 18 and over. The information collected from these screenings are reported directly to Go365 and kept confidential from your employer.

This is the fourth year Logansport State Hospital will host Biometric Screenings. We’re pleased to announce that although we are considered a CLOSED site, you WILL be able to have your spouse and/or dependents over age 18 come for their biometric screening. All Screenings will be held in the New Conference Room in the Food Services Building. (formerly the Old Patient Dining Room.)

The Biometric Screenings will be held on THURSDAY, MAY 11, 2017 FROM 5AM – 9AM AND FROM 3PM – 6PM. Appointments are available every 15 minutes. THIS IS THE ONLY DATE THE BIOMETRIC SCREENINGS WILL BE HELD AT LSH THIS YEAR.

REMEMBER: You must currently be on the state’s Health insurance to participate.

REMEMBER: You will need to show your HumanaVitality ID card at the time of screening.

REMEMBER: You must fast for 12 hours PRIOR to your scheduled time.
Use LiveHealth Online to get quick, convenient access to care

Sign up now

Using LiveHealth Online, you can have a video visit with a doctor or therapist on your smartphone, tablet or computer with a webcam. Online visits using LiveHealth Online are a covered benefit under your Anthem health plan. All you have to do is sign up to use it at livehealthonline.com or download the app, it is the best way to remember you have this option for care when the need arises.

Sign up for free today so you can:

- Get access to board-certified doctors 24/7. It’s a great option for care when your doctor isn’t available. Doctors using LiveHealth Online can provide medical care for common conditions, like the flu, colds, pink eye and more. And they’ll even send prescriptions to the pharmacy of your choice, if needed.¹ A visit typically costs $49, subject to your plan design.
- See a licensed therapist or psychologist. If you’re feeling stressed, worried or having a tough time, LiveHealth Online can help. In most cases, you can make an appointment and see a therapist or psychologist in four days or less.² Depending on your coverage, the cost is $95 for a Psychologist and $80 for a Therapist, subject to plan design.
It’s quick and easy to sign up and get started. Just go to livehealthonline.com or download the mobile app.

**SIGN UP AND WIN COOL PRIZES**

If you sign up for LiveHealth Online and include your Anthem Subscriber ID by March 1, 2017, you’ll be entered for a chance to win 1 of 70 $50 Gift Cards. Just sign up today at livehealthonline.com or download the free mobile app.

---

**LSH BLOOD DRIVE**

American Red Cross will be at LSH in the Multi-purpose room
Thursday, February 23rd, 10 am to 3 pm.
Contact HR to schedule a time to be a hero ;)
*You may remain ON THE CLOCK while you donate!!*
*Blood donations are worth 50 Go 365 points!*

---

**NOW IS THE TIME TO TAKE ACTION!!!**

Are you ready to Upgrade to the 2018 Wellness CDHP and save $$$$$$$$$$$$$$$$$$$$$$$
If you are currently enrolled in state medical benefits, you can qualify for the 2018 Wellness CDHP!

Those who attain Silver Status **by August 31, 2017** have the option of selecting the Wellness CDHP this fall during Open Enrollment. Go to the following link for additional information, FAQ & user guide for Go 365! www.investinyourhealthindiana.com/Upgrade.
Many people use 100-calorie snack packs to control calories and portion size. They do control calories, but they are not your best choice if you're trying to eat a heart healthy diet. Here are 20 heart healthy snack suggestions for you to try:

- Small handful of unsalted nuts, such as almonds, hazelnuts or Brazil nuts
- Rye crisp bread with cottage cheese, sliced cucumber and a pinch of garam masala
- Small serving of tuna mixed with yogurt and herbs, on celery sticks
- Multigrain crackers with cheddar cheese and sliced green grapes
- Small serving of yogurt with pumpkin, sesame, and sunflower seeds, and a pinch of cinnamon for extra flavor
- Apple slices with peanut butter and raisins
- Wholegrain crisp bread with mashed avocado and a squeeze of lemon juice
- Small cup of homemade vegetable soup
- Raw vegetables, such as carrots, broccoli, celery, cherry tomatoes served with low fat ranch dressing for dipping.
- Rice cakes with hummus and cherry tomatoes
- Unbuttered/unsweetened popcorn, seasoned with herbs
- Small bowl of frozen berries with yogurt, and topped with linseeds
- Half-cup pure orange juice, frozen and eaten as sorbet
- Fresh fruit smoothie made with silken tofu and seasonal berries
- Pretzels with cottage cheese for dipping
- Half a peanut butter sandwich on wholegrain bread
- Low calorie hot chocolate with slices of green apple
- Small bowl of wholegrain cereal with reduced fat milk
- Fresh fruit salad with a dollop of yogurt
- Raw veggie skewers, such as cherry tomatoes, cucumber and radishes with reduced fat hummus for dipping
Desk Exercise

Carol knew she should exercise, but her desk job kept her anchored – so her weight piled on like assignments and her flexibility went in the trash can. Do you know Carol? Does her story sound familiar?

Sit down and shape up
Working behind a desk provides more opportunity for exercise than you may think. Sure, you won't get to the Olympics or develop six-pack abs, but there's plenty you can do at work to improve – or maintain – your health.

Try these tips:
1. Roll your ankles regularly to help improve blood circulation. Just lift your feet off the floor and move them in circles a few times.
2. Sit with your back straight, your shoulders back, and the top of your monitor at eye level. Make sure your wrists don't lay on your keyboard or mouse pad – unless it has a wrist rest. This helps prevent carpal tunnel syndrome. Bend your legs at the knees so that your knees are slightly higher than your hips. Your feet should be flat on the floor or on a small stool.
3. Roll your wrists often to help prevent carpal tunnel syndrome if you type a lot.
4. Stretch your arms, legs, neck, and torso while sitting to prevent feeling stiff.
5. Stand up about every 30 minutes and stretch or walk around a bit. Stretch your calves. This can help prevent blood clots from developing in your legs. Believe it or not, middle-aged computer users frequently develop blood clots.
6. Contract your abdominal and gluteal muscles, hold them there for a few seconds, then release. Repeat this every 10 minutes while you're working at your desk.
7. Stretch your neck by flexing your head forward and backward, side to side, then look right and left. Don't roll your head around your neck because it could damage the joints in your neck.
8. Get a hand gripper. They don't cost much and they provide an excellent workout for your forearms. Use it when you have to read something – you probably don't use your hands too much then.

Resources
VideoJug – How To Do Basic Deskercise
WebMD – Exercise at Your Desk
Associated Content – 5 Quick Exercises You Can Do at Your Desk

The Wellness Committee consists of: Diana Anderson, Cindy Bruce, Courtney Carter, Mary Clem, Sabrina Click, Theresa Dexter, Becky Dowden, Colleen Ehase, Maureen Guimont, Mark Gordon, Kris Keeler, Bart Kraning, Marcy LaCosse, Mike Lawhead, Donna Little, Darrin Monroe, Kathy Pattee, Kelly Russell, Sarah Rutschmann, Julie Stapleton, Marcia Woolley, and Deb Yerk.
Culinary Corner
Healthy Meals

**Breakfast** - Yogurt Parfait

Ingredients:
- 12 oz low-fat vanilla yogurt
- 1/2 cup fresh or frozen strawberries, quartered
- 1/4 tsp ground cinnamon
- 1/3 cup granola

Directions:
Combine ingredients in a bowl and gently fold into yogurt. Or, layer yogurt, granola and fruit in a parfait glass for a special presentation.

Makes 1 serving

Amount Per Serving: Calories 325, Total Carbs 42 g, Dietary Fiber 3.7 g, Sugars 30 g, Total Fat 8 g, Saturated Fat 3 g, Unsaturated Fat 5 g, Potassium 113 mg, Protein 18.2 g, Sodium 255 mg

**Mid-Morning Snack** - 1 Slice Whole Grain or Whole Wheat Toast with Almond Butter & Honey

- Whole Wheat Toast: Calories 75
- 1 TBSP Unsalted Almond Butter: Calories 100
- 1 TBSP Honey: Calories 65

Total Calories = 240

**Lunch** - Fresh Spinach Salad with Shrimp & Lemon Dressing

Ingredients:
- 2 1/2 tsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1/2 tbsp fresh green onion, finely chopped
- 1/4 tsp red, hot pepper flakes
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/2 lb. large cooked shrimp
- 2 cups fresh spinach, shredded
- 1/2 medium cucumber, peeled, seeded, and diced
- 1/2 papaya, seeded and cut into 1/2-inch cubes (if in season; cantaloupe can also be substituted)
- 1/4 cup cherry tomatoes, halved
- 4 oz yellow bell pepper strips, about 1/2 pepper
- 1/2 tbsp fresh basil, chopped (or 1 tsp dried)
- 1/2 tbsp fresh cilantro, chopped
Directions:
1. To make the dressing, whisk together the olive oil, lemon juice, green onions, red pepper, 1/8 teaspoon of salt, and white pepper in a small bowl; set aside.
2. Mix the remaining ingredients in a large bowl and add the dressing; stir to coat well. Evenly divide the salad among 2 individual plates and top each evenly with the shrimp.

Makes 2 Servings

1 Serving: Calories 131, Protein 9 g, Carbs 10 g, Dietary Fiber 3 g, Sugar 4.6 g, Fat 7 g, Cholesterol 48 mg

Mid-Afternoon Snack - 1 Serving of Whole Wheat or Whole Grain Low Fat Crackers with 1 TBSP of Low Sodium Peanut Butter

Low Sodium Peanut Butter: Calories 101, Protein 3.8g, Carbs, 3.5g, Dietary Fiber 1 g, Sugar 1.5 g, Fat 8 g, Cholesterol 0 mg

Crackers: Serving Size: 6 crackers
Calories 60, Protein 2 g, Carbs 10 g, Dietary Fiber 2 g, Sugar 1 g, Fat 1.5 g, Cholesterol 0 mg

Please read Nutritional Analysis on your crackers as it may vary slightly from this one.

Total Calories = 161

Dinner - Salmon Pasta

Ingredients:
- 12 oz Macaroni Pasta, enriched, dry, (or small shell pasta)
- 1-1/2 cup fat-free milk
- 2 oz garlic & herb dry mix sauce (or lemon dill sauce)
- 1 tbsp unsalted butter
- 1 large shallot, finely chopped (or 1/4 cup minced onion)
- 4 oz canned mushroom slices, drained
- 1 tsp fresh lemon juice
- 6 oz canned salmon, drained and chunked

Directions:
1. Cook the pasta according to the package directions and drain.
2. Mix together the milk and sauce, and set aside.
3. In a large pan, melt the butter over medium heat and add shallot and mushrooms. Cook for 3 minutes.
4. Stir in milk/sauce mixture and cook (3-5 minutes) until sauce is thickened, stirring occasionally.
5. Mix in the pasta, salmon, and lemon juice, stirring until the pasta is heated.

Makes 6 servings

Per serving: Calories 171, Protein, 10 g, Carbs 19.5 g, Dietary Fiber 1 g, Sugars 4 g, Fat 4.4 g, Cholesterol 24 mg

Serving Suggestion: Serve with a fresh tossed green salad.
Who Am I?

Can you guess who’s the Staff in the restraint chair pictured below during Bridge Building Update Class? If you can, Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by March 10, 2017.

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

Winner Will Be Announced In The Next Spectrum.

Pat Murray and Chris Delp

Congratulations to Glen Vigar for guessing Pat Murray and Chris Delp, 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.