



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

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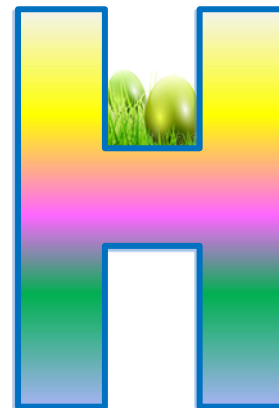
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National Doctors' Day

March 30th marks the annual observation of National Doctors' Day. This day is celebrated to recognize the contributions of doctors for the work they do for their patients, for the communities in which they work, and for society as a whole. At Logansport State Hospital, we take this day to offer a sincere 'thank you' to our outstanding medical staff. We are very fortunate to have these caring professionals as an integral part of the Logansport State Hospital team. I hope you will take a moment to join me in honoring the valuable work our doctors do each and every day.

The LSH Medical staff includes:

Dr. Danny Meadows, MD, Medical Director
Dr. Maria Becker, Ph.D., HSPP, Psychologist
Dr. Gregory Bell, DDS, Dentist
Dr. Robert Connell, Psy.D., Director of Psychology
Dr. Kristina Currier, DNP, Nurse Practitioner
Dr. Chad Davis, DNP, Nurse Practitioner
Dr. William Fawcett, O.D., Optometrist
Dr. Reinaldo Matias, Ph.D., HSPP, Psychologist
Dr. Douglas Morris, MD., Psychiatrist
Dr. Megan O'Grady, Psy.D., HSPP, Psychologist
Dr. Rebecca Santiago, MD., Psychiatrist
Dr. Megan Shaal, Psy.D., HSPP, Psychologist
Dr. John Stewart, MD, Psychiatrist
Dr. John Taglia, MD., Psychiatrist



Sincerely,

R. Daryl Hall, Superintendent



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.

Darrin Monroe	Editor & Photographer ..	ext. 3803
Chris Taylor	Comm. Services	ext. 3709
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Policy Updates

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

- **LSH Policy A-4 Reporting Alleged Abuse, Neglect, or Exploitation of Patients and the Responsibilities of All Persons Involved** – Clarification “ *When the patient alleges abuse or mistreatment, he/she* will be provided written notice of the outcome following an investigation..”
- **LSH Policy A-40 Student Internship/Practicum** – Approval is now to be obtained from the Programming Committee. Proof of Mantoux TB test completed in the last 90 days is acceptable. Students will agree to a drug screen and background check by LSH unless these have been completed by the student’s college/university.
- **LSH Policy A-42 Personal Property Responsibility** – Updated to be more generic, with specific procedures for each unit maintained in Service Line Operating manual.
- **LSH Policy C-24 Patient Education** – Updated to reflect current practices and the use of the EMR, removing reference to the Interdisciplinary Patient Education Record.
- **LSH Policy C-45 Comprehensive/Initial Assessment** – Updated to reflect current practices and use of the EMR.
- **LSH Policy C-46 Annual Assessment** – Updated to reflect current practices and use of the EMR. Removed references of Annual Assessments by Social Service, Rehabilitation, Psychology, and Nutritional.
- **LSH Policy C-47 Treatment Planning** – Updated to reflect current practices and use of the EMR.
- **LSH Policy C-48 Progress Notes Documentation** – Title changed. Updated to reflect current practices and use of the EMR.
- **LSH Policy IM-34 HIPAA Complaint Access and Indiana Disability Rights** – Several changes made to this policy to reflect what currently happens at LSH.
- **LSH Policy IM-36 Electronic Medical Record: Interruption of Electronic Medical Record Systems** – References to obsolete systems were removed. *Pre-Disaster Response/ Recovery Operations* section and *The Clinical Disciplines Will* section were added along with operational steps. A reference section was added.
- **LSH Policy IM-37 Electronic Medical Record: Certification/Accreditation Survey Team Access** – Rescinded as access to whatever surveyors need will be provided.

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.

Health Information Professionals Week

The week of March 24th through 30th is Health Information Professionals Week. I would like to take this opportunity to thank the staff in the Health Information Services (HIS) department for their hard work. The LSH HIS staff are dedicated to the timely and accurate collection of health information and its maintenance, storage, retention and disclosure. They ensure such information is kept private, secure, and in accordance with federal and state laws. Join me in acknowledging the crucial role the LSH HIS department plays in maintaining the health information of our patients.

The HIS department staff includes:

Jacquie Villarreal – HIS Director

Sonya Ulery – Clerical Assistant

Sandra Barrett – Clerical Assistant

Adam Newnes – Clerical Assistant

Veronica Kesser – Temporary Data Entry

|

Sincerely,



R. Daryl Hall, Superintendent

Longcliff Museum Open House

May is Mental Health Awareness Month. In celebration of the focus on mental health, the Logansport State Hospital's Longcliff Museum will again be open to the public on May 15 and May 22nd. Guided tours, led by museum committee members, are available from 5:00 PM. to 8:00 PM. each evening. We will be accepting donations of men's deodorant and men's body wash for our patients. A HUGE THANK YOU to all of our volunteers on the Museum Committee for again hosting this event. Last year, over 100 people visited the Museum during Mental Health Awareness Month.

Caring and Sharing Award



Shawna Strickland (L) and Belinda Grawcock (R)

Congratulations Shawna Strickland, RTA, from Larson Treatment Center for being awarded the Caring and Sharing Award. Shawna the fourth recipient to receive this award since its reinstatement by the Employee Recognition Committee, however, it's the patients throughout the facility that nominate staff 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.

The nominations are collected for six months and tallied. For our patients throughout the hospital there are staff that receive nominations as well; honorable mention to those nominated are as follows (in no certain order): Erik Estrada; Mike Williams; Kim Vigar; Dottie Hill; Rose Richardson; Kathy Huddleston; Jonah Martin; Dr. Maria Becker; Natasha Stratton; Jackie Dillman; Liz Lantz; Mary Mostellar; Joy Scott; Amy Penz; Rose Newton; Angie King; Sable Johnson; Rob Martin; Luke Knutson; Dave Macri; Shaun Fewell; Dana Thompson; Barb Brown; Ludwig Russell; Jessica Alioto; Georganna King; Kelsey Maloney; Jeff Day; Carol Parsley; Jennifer Grandstaff; George Henry; Shirley Horn; Billie Jo Reidenbach; Bryan Pletka; Vanessa Shaver; Sean Moore; Shaelyn Lincoln; Tracy Kaufman; Alexis Ramero; Kevin Cahill; Dave Wilson; Korrine Stover; Kim Dyer; Dr. Taglia; Jasmine Penny; Peg Nolte; Jody Amidei; Chris Fiscel; Tammy Gochenour; Morgana Thomas; Linda Davis; Willie Elpers; Katelin Jones; Beth Odom; Amanda Layer; Gwen McCroy; Ashley Mendez; Chelsea Norem; Jack Hathaway; Kayla McClain; Michelle Britt; Julie Stapleton; Sarah Layer; Ivey Wethlen; Bill Banter; Sonja Stout; Pam McVay; Stephanie Smith; and Alex Austin.

Administrative Professionals Day

This year, Administrative Professionals Day falls on Wednesday, April 24th. At LSH, the role of Administrative Professional is incredibly important and deserving of special recognition. While it is unfortunate that there is only one day each year when we formally acknowledge their contributions, any successful organization is aware that these folks keep things running like a well-oiled machine. Please join me in extending our sincere thanks to this vital part of our staff.

Sincerely,



Greg Grostefon, Assistant Superintendent

Ashley Bapp, Isaac Ray Secretary	Sandra Barrett, HIS Clerical Assistant
Ellen Blevins, Admin Costing Account Clerk	Duane Brubaker, Materiel Management Store Clerk
Janita Burkhardt, Admin Payroll Account Clerk	Brett Camp, Communications Operator
Tim Collier, Communications Operator	Deana Daugherty, Psychology Secretary
Sandy Delp, Allied Health Administrative Assistant	Dorine Deason, Admin Patient Account Clerk
Mary Downhour, Admin Patient Account Clerk	Mitch Eldridge, Materiel Management Store Clerk
Jani Foremen, Staff Development Secretary	Kim Fowler, Materiel Management Store Clerk
Judy Gaby, Quality Management Secretary	Paula Green Scheffer, Administrative Secretary
Amber Grimaud, Communications Operator	Maria Hardy, Communications Operator
Lovona Howerton, Communications Operator	Lucas Howerton, Communication Operator
Dianna Iles, Communications Operator	Janet Kite, Nursing Secretary
Marcy LaCosse, Admin Banking Account Clerk	Susan Layer, Communications Operator
Debb Middleton, Admin Purchasing Account Clerk	Stacia Miller, Communications Operator
Melissa Moore, Communications Operator	Cheryl Nance, Information Management Secretary
Adam Newness, HIS Clerical Assistant	Terri Overpeck, Larson 1 Secretary
Dena Packard, Communications Operator	Barb Schroder, Admin Purchasing Account Clerk
Chris Taylor, Rehab / Social Services Secretary	Sonya Ulery, HIS Medical Records Clerk
Julie Utter, Medical Director Secretary	Nancy Vernon, Larson 2 Secretary
Jen Walker, Isaac Ray Admissions Secretary	Stephine Walker, Maintenance Stores Clerk
Christie Williams, Admin Purchasing Account Clerk	Stephen Whaley, Communication Operator
Deb Yerk, Admin Clothing Store Account Clerk	Veronica Kesser, Light Duty Assignment
Teresa Wescott, Light Duty Assignment	

Joint Commission Brings Opportunity to Learn

by Greg Grostefon, Assistant Superintendent

It's old news by now, but the triennial survey conducted by The Joint Commission has come and gone. While this exercise tends to fray our nerves, it does keep us performing at the top of our game as we strive to provide the best care for our patients in the safest possible environment. We can learn a great deal from the survey results, and the fact that the Commission is tenacious in assuring that we quickly remediate any problems provides the accountability necessary to get things done.

Not surprisingly, this survey pointed up several areas in which we can do better, but there is no need to feel any guilt, shame, or sense of failure. In speaking with other hospitals, I hear people talk as if they are keeping score, as in, "How many citations did we get?" Instead, we should focus on the fact that this survey has presented an opportunity for us to learn. The survey team alluded to this in our opening meeting and I applaud them for setting a collaborative tone right up front.

Now that we know what needs to be improved, we have set to the task of making sure that it is done. Even before the team had left campus, several Environment of Care items had already been remediated. As for those larger, more involved pieces, folks are at work on plans of action even as we speak, and we hope to have everything that is under our direct control taken care of within sixty days.

At our exit meeting, the lead surveyor showed us a video entitled, *Zero Harm: An Achievable Goal*. In it, we were re-introduced to the concept of High Reliability Organizations. HRO's are entities that simply must be near-perfect in their execution. Hospitals, airlines, the military - all strive toward this goal. The LSH Vision Statement very simply states that our desire is "to be a hospital of excellence through the use of evidence-based practices." Additionally, one of our shared values is a "commitment to improving organizational performance." Perhaps the best way we can do so is by aspiring to become an organization that practices the tenets of high reliability as well as one that strives for zero harm when it comes to patient safety.

Please take a moment to watch the short video I mentioned above. It is posted at the top of our Intranet page. And stay tuned for more on HRO's. As always, thank you for what you do every day to care for our patients.



Carol Pasquale Retires!

*I want to thank everyone for helping
to celebrate my retirement yesterday*

It was a wonderful party !!

*As a person of few words I was speechless when
asked to say something.*

So I would like to repeat what Bob Hope sang long ago.

THANKS
FOR THE
MEMORIES





Wellness Wisdom from the Wellness Committee

New Year Weight Loss Challenge Results

The New Year New You weight loss challenge in January winner was Loretta Henry. Loretta lost 13% of her weight, so she was the biggest loser. Congrats to her!

Loretta lost weight by intermediate fasting. She said she was feeling so much better and energized because of her weight loss.

The 2nd place winner lost 6% of her weight by reducing sugar and calories, and the 3rd place winner also lost 6% of her weight by using the keto diet! Both of these losers are still maintaining and losing their weight while staying on the same diets. Both report feeling a lot better with their weight losses and both were happy to report that their heartburn has gone away.

Free Yoga Classes Given Away!

In honor of April being Stress free month, The Wellness Committee gave out 2 free yoga classes for Logansport's or Monticello's Body Works Studio to five lucky winners.

CONGRATULATIONS!

Winners of the free yoga classes go to.....

Chelsea Norem

Carol Parsley

Donna Scruggs

Courtney Meadows

Sheryl Young

Winners will receive their gift certificates by mail.

Biometric Screening At LSH One Day Only!

WE ARE 84% BOOKED – DON'T DELAY IN MAKING YOUR APPOINTMENT! ONLY 24 spots left!

WEDNESDAY MAY 1ST - BIOMETRIC SCREENINGS AT LSH!

ActiveHealth, a new voluntary wellness program for employees covered by a State of Indiana health plan, is a comprehensive tool that encourages lifestyle habits that reduce the risk of disease and promote good health. The ActiveHealth rewards program is one way it does that. It offers employees and covered spouses \$100 e-gift cards for completing a biometric screening (they can also earn \$50 e-gift cards for completing the ActiveHealth health assessment, see www.investinyourhealthindiana.com/activehealth for more on that).

A biometric screening is similar to a yearly wellness exam. The information gathered during this check includes: height, weight, BMI, waist circumference, blood pressure, blood glucose, and a full lipid panel (total cholesterol, HDL, LDL, and Triglycerides). You must follow certain restrictions before receiving a biometric screening.

Make an appointment for your Biometric Screening today by contacting Becky Dowden, HR Director, at x3622. Screenings will be held in our Conference Room located in the Food Services Building.

The Biometric Screenings will be held on WEDNESDAY, MAY 1ST, 2019 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 a State Health Insurance Plan to participate.

REMEMBER: Please remember to **fast for 8 hours** before coming through your screening appointment (no food or drink except water). **DO** take all medications as directed by your physicians.

REMEMBER: Plan on **arriving 5 minutes prior** to your appointment time. Should we need help to identify your account, please remember to **bring some form of official identification.**

You can also complete your screening at your doctor's office or a participating Quest Diagnostics Patient Service Center. More information about how to schedule a biometric screening can be found at myactivehealth.com/stateofindiana.

31 Tips to Boost Your Mental Health

1. **Track gratitude and achievement with a journal.** Include three things you were grateful for and three things you were able to accomplish each day.
2. **Start your day with a cup of coffee.** Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
3. **Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to eight weeks!
4. **Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
5. **Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60° and 67° Fahrenheit.
6. ***"You don't have to see the whole staircase, just take the first step."*** -Martin Luther King Jr. Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
7. **Experiment** with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
8. **Show some love to someone in your life.** Close, quality relationships are key for a happy, healthy life.
9. **Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days.** The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
10. ***"There is no greater agony than bearing an untold story inside of you."*** -Maya Angelou. If you have personal experience with mental illness or recovery, share on Twitter, Instagram and Tumblr with #mentalillnessfeelslike. Check out what other people are saying at www.mentalhealthamerica.net/feelslike
11. **Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
12. **Feeling anxious? Take a trip down memory lane and do some coloring** for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
13. **Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

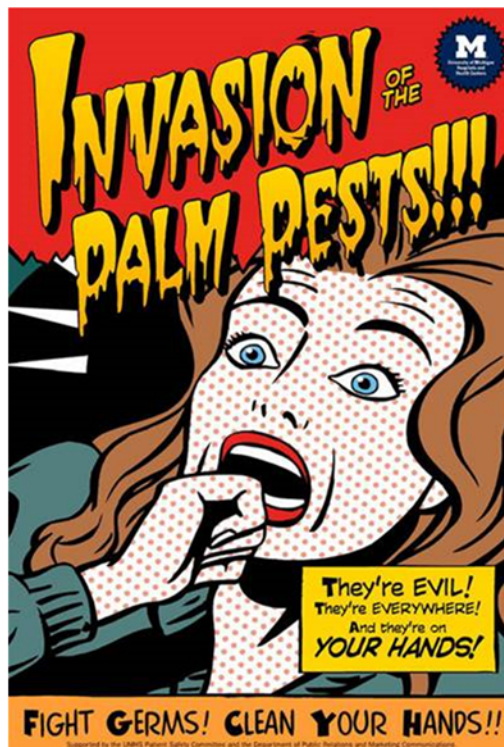
14. **Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
15. **Dance around while you do your housework.** Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).
16. **Go ahead and yawn.** Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
17. **Relax in a warm bath once a week.** Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
18. **Has something been bothering you? Let it all out...on paper.** Writing about upsetting experiences can reduce symptoms of depression.
19. **Spend some time with a furry friend.** Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
20. ***"What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen."*** - Henry David Thoreau. Practice mindfulness by staying "in the present." Try [these tips](#).
21. **Be a tourist in your own town.** Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.
22. **Try prepping your lunches or picking out your clothes for the work week.** You'll save some time in the mornings and have a sense of control about the week ahead.
23. **Work some omega-3 fatty acids into your diet**—they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.
24. **Practice forgiveness** - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.
25. ***"What appear to be calamities are often the sources of fortune."*** - Disraeli Try to find the silver lining in something kind of cruddy that happened recently.
26. **Feeling stressed? Smile.** It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
27. **Send a thank you note** - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.

28. **Do something with friends and family** - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.
29. **Take 30 minutes to go for a walk in nature** - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.
30. **Do your best to enjoy 15 minutes of sunshine**, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
31. **"Anyone who has never made a mistake has never tried anything new."** -Albert Einstein. Try something outside of your comfort zone to make room for adventure and excitement in your life.



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.





LOGANSFORT
Re-Imagined

2019 CITY-WIDE SPRING CLEAN-UP

Let's all work together to help Logansport look its best!

SWEEP YOUR SIDEWALKS.

Sand and dirt from your sidewalks and crosswalks can be swept into the street to be picked up by the street sweeper.

PICK UP TRASH.

For trash that won't fit in your trash tote, stickers can be purchased for \$1 each at McCord's or Martin's. Place a sticker on each item that will not fit in the trash tote. Visit recyclecasscounty.org for info on electronics, etc.

RAKE YOUR LEAVES.

During the spring and summer, leaves and yard waste should be placed in biodegradable brown paper lawn bags and placed near your trash can. They will be picked up on the same day as your trash.

PICK UP STICKS.

The Logansport Street Department picks up brush piles every other week beginning April 1. Limbs should be stacked neatly with the cut end facing out and placed curbside or along the alley.

CHECK YOUR STORM DRAIN.

If you live near a storm drain, make sure it is not clogged with debris. During mowing season, DO NOT blow grass into the street.

Find more info at
cityoflogansport.org/departments/street-department/



Culinary Corner

Chocolate Cream Puff Swans



Recipe By: Chef John

"These chocolate ganache-filled cream puff swans would be a great way to say thanks to your mother for that whole giving-you-life thing. I think once she tastes them, she'll agree that it was all worth it after all. Make more swan 'heads' so that you have extra in case one breaks."

Ingredients

Pâte à Choux (Cream Puff Dough):

- 🍲 1/2 cup water
- 🍲 1/4 cup unsalted butter
- 🍲 1 teaspoon white sugar
- 🍲 1 pinch salt
- 🍲 1/2 cup all-purpose flour
- 🍲 2 eggs

Ganache:

- 🍲 4 ounces dark chocolate, chopped
- 🍲 4 ounces heavy whipping cream
- 🍲 Cream:
- 🍲 1 cup cold heavy whipping cream
- 🍲 1 tablespoon white sugar
- 🍲 1 teaspoon vanilla extract
- 🍲 1 teaspoon confectioners' sugar, or as needed

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Line 2 baking sheets with silicone baking mats.
2. Stir water, butter, 1 teaspoon white sugar, and salt together in a pot; bring to a simmer. Add flour and stir with a wooden spoon until mixture pulls away from the sides of the pot and forms a thick, paste-like dough. Remove from heat and let cool for 10 to 15 minutes.
3. Stir eggs into dough one at a time, mixing until egg is completely incorporated after each addition. Transfer 2/3 the dough to a large resealable plastic bag. Cut corner of the bag away, about 1/2-inch wide, to form an opening through which to pipe the dough.
4. Pipe 8 tapered ovals of dough onto the prepared baking sheet to form the 'swan bodies', pulling up at the tapered end to form the 'tail/wingtips'.

5. Bake in preheated oven until golden brown, 20 to 25 minutes.
6. While the 'swan bodies' are baking, fill a smaller bag with the remaining 1/3 the dough; cut a small tip from the corner. Pipe out S-shapes to form the swan 'necks'. At the top of each S, pipe out more dough to form the swan 'heads'.
7. When the 'bodies' are halfway cooked, bake the 'necks' in the oven together with the swan 'bodies' oven until golden brown, 10 to 12 minutes.
8. Turn off the oven, open the oven door slightly, and let pastries cool completely.
9. Cut the top 1/3 off of each swan body horizontally, from fatter end to tapered end. Cut each top in half to form the 'wings'.
10. Place chocolate in a heat-proof bowl. Bring 4 ounces heavy cream to a boil in a small saucepan. Pour hot cream over chocolate and whisk until chocolate is completely melted and ganache is shiny and smooth. Spoon or pipe chocolate ganache into the base of each swan 'body'.
11. Beat 1 cup cold cream in a chilled glass or metal bowl with an electric mixer until soft peaks form. Add 1 tablespoon sugar and vanilla extract, continuing to beat until stiff peaks form. Transfer whipped cream into a piping bag with a star tip.
12. Pipe cream to fill each swan 'body', piping up and out the top to resemble swan 'feathers'. Place 'wings' on each side of the 'body' sticking up out of the cream, and place 'neck' in the base of each swan. Refrigerate until chilled. Dust with confectioners' sugar.

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Sneaky



Snaps!



**G
O
T
C
H
A**



Housekeepers L - R:
 Betty Smith, Summer
 Thomas, and Brittany
 Davis take time out of
 their busy schedule for a
 smile.

**G
O
T
C
H
A**

Lookout for Darrin and his
 camera,

Who Am I?

Can you guess who's behind the Happy Retirement sign in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by May 17, 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.



Kim Vigar receives a rose from her husband as she leaves LSH to begin her retirement.

*Winner Will
Be
Announced
In
The Next
Spectrum.*



Congratulations to Karla Gould for guessing Kim Vigar 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.