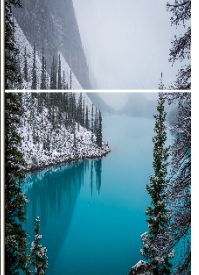


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A Monthly Insight into The Happenings at NDI

ndiinsider

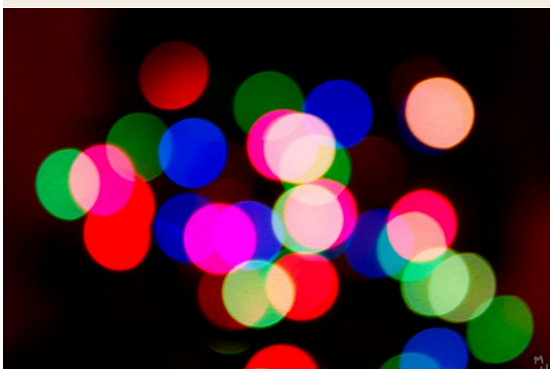


current topics >>>

General Orientation

2021 GO Dates

- 1/11-1/15
- 2/8-2/12
- 3/8-3/12
- 4/5-4/9
- 5/3-5/7
- 6/14-6/18
- 7/12-7/16
- 8/9-8/13
- 9/20-9/24
- 10/4-10/8
- 11/1-11/5
- 11/29-12/3



The Executive Desk

What a year 2020 has been; COVID-19, Black Lives Matter, the campaigns and elections, California wildfires, Hurricanes, even Murder Hornets. No one could be blamed for thinking the world is coming apart. But despite these understandable feelings, there were bright spots.

First is that our world is more at peace than at any time in recorded human history. There are many conflicts, but they tend to be small in scale and less deadly than past conflicts. I realize that this seems untrue, but the data does not lie. For more detail see, <https://ourworldindata.org/war-and-peace>

154 million Americans voted this year in the presidential election which I read is the highest percentage participation in over a hundred years. Discussions about race equity continue to occur in multiple venues more openly than ever before. Charitable giving in the US was up by about 7.5% during the first half of 2020. People are caring for people. Multiple effective COVID-19 vaccines were developed, tested, approved, and distribution begun in less than a year. The US healthcare system has been badly dented overall and faced being overwhelmed in a few areas but to date has not broken completely.

Despite the above challenges, you have done a great job here at NDI this past year. You have “rolled with the punches” and many patients have been evaluated, treated, stabilized, and restored. Next month our DAMAR partnership will finally begin, and in the next few weeks Eli Lilly will expand their antibody treatment capacity and add 4E to their current 4W operation doubling the number of patients they serve per day.

There will be changes in 2021, hopefully for the better on multiple fronts and issues, but 12/31/2020 is only an artificial time marker and a milestone that we should use to take stock of where we are and an opportunity to re-dedicate ourselves to being all we can be and should be in 2021.

Jerry Sheward, MD

NDI Dashboard

Upcoming Refresher Classes

Bridge Building

1/6
1/20
1/27
2/3
2/17
2/24*
3/3
3/17
3/24*
3/31*
4/14
4/21
4/28*

*= Date is tentative based on need



CPR

1/15
1/19
2/2
2/16
3/2

NDI Census December 2020

Census
Adults - 32
Youth - 13
Total - 51

Admissions

Adults - 7
Youth - 2

Discharges

Adults - 11
Youth - 4

IF YOU ARE INTERESTED IN RECEIVING AN ELECTRONIC DAILY DEVOTIONAL FROM THE CHAPLAIN, PLEASE EMAIL CHAPLAIN MADREN. ONLY THOSE WHO RESPOND WILL BE ADDED TO THE DISTRIBUTION LIST.

fred.madren@fssa.in.gov



Reboot: IT Information and Updates

Having Technology Issues?

If you are having issues with your SuccessFactors eLearning you can email StaffDevNDI@fssa.in.gov with questions

If you are having issues that are not SuccessFactors eLearning related you can submit a ticket to NDIHelpdesk@fssa.in.gov

CYBERSECURITY DO'S AND DONT'S

- DO watch for updates about security maintenance, upgrades and training;
- DO use unique and strong passwords with upper- and lower-case letters, special characters (. ! * % &) and numbers;
- DO change passwords every 30/90 days as directed;
- DO lock computers if you need to step away briefly;
- DO log off from shared computers when you are going to be away for awhile;
- DO restart assigned computers nightly and shared computers at least weekly;
- DO protect and respect our patient's data as if it were your own.
- When in doubt, DO reach out to the IT Department. We would rather spend 5 minutes answering a "silly" question than spend hours fixing a "silly" mistake.
- Do NOT shut off your computer, unless directed by the IT Department or IOT;
- Do NOT plug anything into the USB ports of State-owned computers;
 - Cell phones and media devices charge faster and safer when plugged into power strips;
- Do NOT install software without prior authorization from the IT Department
- Do NOT bring in computer equipment that does not belong to the State without authorization from the IT Department
- Do NOT use someone else's account or give someone else access to your account – every action performed with your account is recorded on our servers as you doing the action;
- Do NOT store files on the hard drive or desktop of a computer. Only use the L Drive or your OneDrive;

Safety and Security Spotlight

This month's spotlight on safety and security is directed at keeping a clear path to items or evacuation routes we may use in the event of an emergency:

- Make sure the AED on the unit has nothing stacked on it or around it.
- Make sure we don't place items in front of the fire extinguisher boxes.
- Keep a clear path to the pull stations.
- Always put away chairs that you are using in the hallways when not in use.

*PATIENTS AND STAFF ARE
CORDIALLY INVITED TO
ATTEND CHAPEL*

SUNDAYS

ADULT SERVICE IS AT 1:00 P.M.

YOUTH SERVICE IS AT 2:00 P.M.

CONTACT CHAPLAIN MADREN

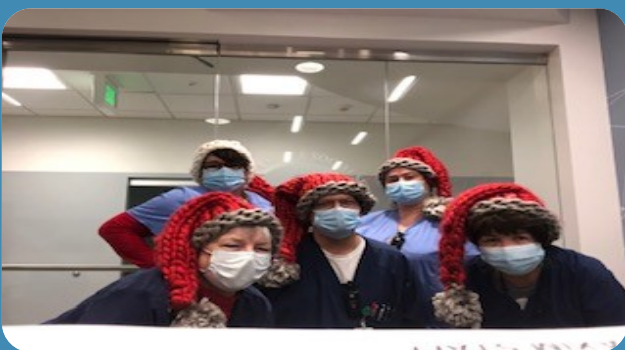
Shout out to BHRA,
Kelvin Graham for
graduating with his
Masters in Digital
Marketing!



Night Shift Supervisor Santa's!

Above: Left to right Lisa Smith, Steve Dykstra,
Nicole Hendrick

Left: From left to right Pam
Conover, Cheryl Moore, Steve
Dykstra, Nicole Hendrick, Lisa Smith



The Wellspring

The wellspring is our health and wellness section of the NDInsider. Here you will find mindfulness tips, recipes, our Strange Science section, and much more! If you have tips, recipes, or strange science facts, send them to staffdevndi@fssa.in.gov



New Year, New Me? Maybe.

At its core, a New Year's resolution is an attempt to change your behavior by either creating a new habit, like reading more books, or to change an old one, like biting your nails.

As you've probably guessed, it takes more than just good intentions to alter our daily behaviors. New Year's resolutions, after all, are well known for their failure rate.

The first step in selecting a New Year's resolution is picking something you are motivated to do because you actually want to.

This may seem counter-intuitive, especially if you have always thought of resolutions as changes to force upon yourself just because you "should," or as something you make because everyone else is making one, too.

We have this great tendency to do what psychologists call 'self-enhance' — we think of ourselves in very positive ways, we think we can do anything we want to do. This tendency can prompt you to make an unrealistic goal.

That kind of dramatic change is not likely to work. One overarching takeaway is that lasting behavior changes — whether you make them in January or any time of year — require some forethought and planning.

Strange Science

Did you know that the human stomach can dissolve razor blades? On the rare occasion that you swallow a razor blade, don't fret. The human body is more capable than you think. Acids are ranked on a scale from 0 to 14—the lower the pH level, the stronger the acid. Human stomach acid is typically 1.0 to 2.0, meaning that it has an impeccably strong pH. In a study, scientists found that the "thickened back of a single-edged blade" dissolved after two hours of immersion in stomach acid.

Kinetic Connection

Start small. Depending on your fitness level, which may mean driving less or parking farther from the door, taking the stairs more often, doing yard work, or walking the dog.

Take it slow—you are still beating everyone on the couch!

Mindfulness Improves Memory, Concentration, And Performance

Paying attention and concentrating on the task at hand may be one of the most important cognitive abilities people have. Mindfulness is one of a very few methods that works as an antidote for mind-wandering and the negative effects that losing concentration may have on you. In fact, research on students has shown that there is a connection between mindfulness and paying attention both in and out of the classroom.

Studies have shown that meditating on a regular basis causes the brain's cerebral cortex (which oversees memory, concentration, and learning) to thicken.

Exceeding Everest

Our jobs can seem like it's all up hill somedays, but the people below have been recognized for excellence in their work, and we call that Exceeding Everest. Highlighted names received multiple recognitions in the same time frame.



Lynda Korenstra
Susan Phillips
Doris Delph
Melissa Murphree
Diondrae Rice
Taijona Lenoir
Sierra Burns
Marty Bennett
Adefisayo Adehinmoye (Simeon)
Brian Larimer
Skylar Mannis
Kirsten Yamasaki
Ann Kuhn
Mobolanle Adegunle (Bola)
Crystal Reid
Dan Knapp

Lacey Walden
Samuel Rubek
Donna Westell
Lauren Butler
Doreen Brunner
Emily Gaskins
Jillian Merrill
Scott Donaldson
Tracey Smith
Barbara Haase
Kyle Jackson
Lena Allison
Gerald Garrett
Pamela Conover
Samuel Rubek
Ansumana Jeigula (AJ)
Tori Selznick
Raven Vaughn

Galinda Ervin
Ruby Davis
Cathy Holdt
Jalea Chadd
Monica Williams
6E Staffing Team
Opeyemi Adeyonu

Submission Date for February Newsletter

If you have something you would like to submit to the newsletter, please have all submissions written and submitted by 1/27/21 to staffdevndi@fssa.in.gov with the subject line: **Newsletter Submission.**

Januararay Birthdays

1/1
Lisa Jacobs
Adefisayo Adehinmoye Sr

1/3
Lindsay Ecklund

1/5
Marc Gordon

1/10
Cynthia Williams

1/12
LaVasia Jones

1/13
Toheeb Aderemi
Terrie Inman

1/14
Michele Wood

1/15
Emily Davis

1/16
Sabrina DeVol

1/17
Jillian Boudreau

1/20
Kayode Oladimeji
Debra Raughter

1/21
Julie Miller

1/22
Cordea Newson

1/23
Kristin McCarrick
Sharnitta Norfolk

1/24
Cassandra Strong

1/25
Matthew Thompson

1/27
Jasmine Downey

1/29
Angela Bennett

