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Nov/Dec
2020

A Monthly Insight into The Happenings at NDI

ndiinsider



current topics >>>

New Employee Orientation

2021 NEO 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
- 10/18-10/22
- 11/1-11/5
- 11/29-12/3

*Dates may change based on staffing need.

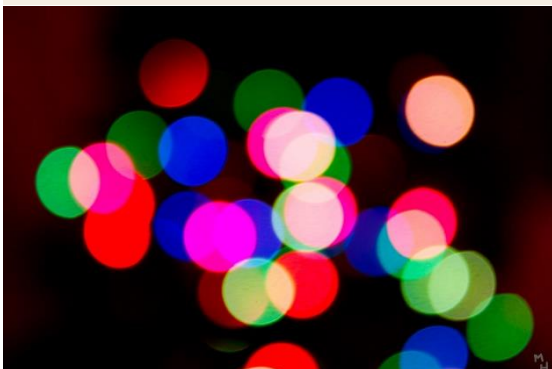
The Executive Desk

From the Desk of Dr. Sheward 11/24/20

Over the course of the summer, several drug companies have been working on artificially produced monoclonal antibodies that attach to viral particles, rendering them ineffective at producing disease. **WE ALSO HAVE A MUCH BETTER UNDERSTANDING OF WHO IS AT RISK OF SERIOUS SYMPTOMS.** Lilly and Regeneron have received emergency use authorization to produce and distribute these antibodies for treatment of patients with comorbid conditions, which may put them at higher risk for hospitalization and death.

As hospitals are nearing capacity once again, the need for acquisition of locations to implement antibody infusion has become imperative. This protocol is essential early in the disease course, to prevent worsening and/or severe symptoms from escalating toward the need for hospitalization. After scouting several alternative sites, NDI has been chosen as the most adequate facility to create a pop-up infusion center, serving Eskenazi, the Community Hospital Network and St. Francis hospitals. NDI was first approached regarding the infusion therapy collaboration on Thursday, November 19th. The logistics of the therapy regimen will be conducted on an outpatient basis. **OF COURSE, THIS RUNS COUNTER TO OUR FERVENT DESIRE TO KEEP THE VIRUS OUT OF OUR HOSPITAL, SO WE NEED TO MODIFY OUR USE OF THE BUILDING AND OUR PATHS OF TRAVEL.** Given the speed with which the collaboration is being ramped up, it has become necessary to relay this initial message with recurring updates as they become available.

This is an important role for NDI to play in managing the pandemic. We anticipate the initiation of treatment for patients to begin very early in December. I recognize this will require moving additional patients beyond what was originally planned, related to the Youth Unit's flooring replacement. I thank you in advance for working *with us*, toward the effort of saving lives within the coming months. **NDI HAS AN EXCELLENT REPUTATION WITHIN THE DMHA SYSTEM, THANKS TO YOUR HARD WORK. AS DR. SULLIVAN HAS BEEN KNOWN TO SAY, "WE TAKE THE HARD ONES".** Stay tuned for more specifics as they become available.



NDI Dashboard

Upcoming Refresher Classes



Bridge Building

There are no more Bridge Building refreshers for 2020. Watch your email for your class times in 2021!

CPR

There are no more CPR refreshers for 2020. Watch your email for your class times in 2021!

NDI Census November 2020

Census

Adults - 36
Youth - 15
Total - 51

Admissions

Adults - 9
Youth - 0

Discharges

Adults - 10
Youth - 2

December Is National Human Rights Month

The Year 2020 has seen its share of cruelty and hate. As a collective, we must do better. To this end, the world is observing Universal Human Rights Month during December. This month is a reminder that the United Nations General Assembly codified the *basic human rights of every person*. It is also a time to reflect on the way we treat one another, doing our utmost in the fight for equality. Check out some facts below related to this month-long celebration!

- The Universal Declaration of Human Rights emphasizes human rights — regardless of gender, age, race, political affiliation, or sexual preference.
- The Universal Declaration of Human Rights has been translated into more than 500 languages — more than any other document in the world.
- Cultural events and exhibitions take place — all surrounding human rights issues.
- Human Rights Month is a powerful holiday, as it allows us to look back on past treatment of our fellow “man.”
- The principles in the Declaration of Independence are ever-relevant today. This fact should empower each of us to advocate for ourselves, our rights, as well as the rights of others.
- The General Assembly of the United Nations outlined the basic rights and fundamental freedoms to which we are entitled, in 1948; this declaration is over 70 years old!
- In 2001, President George W. Bush declared the first Human Rights Week, and it has since become a month-long, worldwide holiday.
- A copy of The Universal Declaration of Human Rights may be found here:
<https://www.un.org/en/universal-declaration-human-rights/>



Reboot: IT Updates & News

CYBERSECURITY DO'S AND DON'TS

- 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 should you need to briefly step away;
- DO log off from shared computers for extended absence;
- DO restart assigned computers nightly and shared computers at least weekly;
- DO protect and respect our patients' data as if it were your own.
- When in doubt, DO reach out to the IT Department. We would rather spend five 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** individual account is recorded on our servers as having been initiated by **you**;
- Do NOT store files on the hard drive or desktop of a computer. Only use the (L:) drive or your OneDrive;

Having Technology Issues?

If you **are** having issues with your PeopleSoft Learning, you may email StaffDevNDI@fssa.in.gov with questions.

If you are having issues which **are not** PeopleSoft Learning related, please submit a ticket to: NDIHelpdesk@fssa.in.gov



The Mayor's Advisory Council on Disability recognized Nishida Services and Allie Kelly as the winner for the 2020 Employer Award, for access and inclusion. NDI has always supported and encouraged participation with organizations such as Easter Seals Crossroads and Project Search. We currently have two previous interns who are now full-time employees with Nishida Services, here at NDI. We are proud of their accomplishments and look forward to other chances to engage with Hoosiers who need training and the opportunity to build skillsets and work experience, all while earning income!

Cultural Corner

The day after Thanksgiving, or perhaps as early as Halloween, the nearest big-box store becomes transformed into a sea of reds and greens, saturated with Santa hats, snowflakes and inflatable reindeer, intended to deck the halls, or merely “dec your deck.” While a large number of people in the United States celebrate Christmas, unfortunately, many non-Christian faiths have historically been under-acknowledged at this time of year. Do you know which holidays you’re referring to when you wish your friends and loved ones “Happy Holidays?” Grab a steaming mug of cocoa, cozy up with a favorite blanket (or cardigan in a pinch), and let’s visit some of the various holidays in December--other than Christmas. The following are just a few:

Hanukkah

Hanukkah is a Jewish holiday celebrated for eight days and nights, beginning on the 25th day of the Jewish month of *Kislev*. The Jewish calendar is based on the lunar cycle, so Hanukkah may fall anywhere from November 28th to December 26th. “This holiday commemorates the re-dedication of the holy Temple in Jerusalem, following the Jewish victory over the Syrian-Greeks in 165 B.C.E.” People celebrate Hanukkah by lighting their menorahs, spinning small wooden toys called dreidels, and preparing/sharing delicious foods!

Kwanzaa

In the United States, roughly 5 million people celebrate Kwanzaa each year! Kwanzaa is a seven-day holiday that celebrates African culture; it begins on December 26th and ends on January 1st. On the sixth day of Kwanzaa, there is a Kwanzaa Karamu, which is a huge feast. Gifts of *Kuumba* (creativity) are gifted to loved ones. Kwanzaa is also celebrated through lighting of the *Kinara*, performing and listening to traditional music, and discussing African principles and history.

Winter Solstice

For Pagans, December brings the holiday of Yule! This celebration falls on December 21st, which marks the winter solstice—the shortest day and longest night of the year. The winter solstice celebrates the rebirth of the sun, as our daylight hours become greater in duration from that point forward.

Las Posadas

From December 16th through December 24th, Las Posadas is celebrated by some Hispanic families in the United States. This is a nine-day celebration before Christmas, beginning with a procession that includes candles, songs, and sometimes even reenactments of Mary and Joseph’s journey included in the experience. Every night of Las Posadas is celebrated with gifts, piñatas, songs, parties, tamales and prayer.

Diwali

While this holiday falls earlier in the holiday season, Diwali, or the *Festival of Lights*, is a five-day-long Hindu holiday celebrating life and the victory of good over evil. Taking place in October or November, each day of Diwali hosts a different legend it celebrates. The holiday is filled with fireworks, feasts and family. The date of Diwali is determined based on the Hindu lunisolar calendar.

Chinese New Year

The Chinese New Year is celebrated for 15 days, beginning on the first day of the Lunar New Year. The 15th day of the new year is the Lantern Festival, which is celebrated at night with a parade. The Chinese New Year marks the end of winter and the beginning of spring, and is a time spent with family and loved ones by enjoying time together.

This holiday season, think outside of the “Christmas box,” and appreciate all of the interesting and festive holidays celebrated during the most wonderful time of the year! Happy Holidays!

The Editor's Workshop

We made it! Well...almost.

We have less than 30 days of 2020 remaining. The holiday season has started, and we will all be working to adapt our lives and celebrations to the current state of the world as we know it. At a time when we are typically surrounded by friends and family, full of both holiday cheer and festivities, we will be socially distancing while attempting to capture some semblance of normalcy through altered connections.

It is times like these, which find us hard pressed to feel anything to celebrate; however, we still have so much to be grateful for and to reflect upon. Speaking for myself, this year has been more memorable than usual, both positively and not-so positively. While it is too early to compose a complete list, the following are a few items of note:

- As a healthcare facility, we have managed rapid changes in policy and procedure, as relates to the provision of excellence in patient care during a global pandemic. The adaptable and fluid nature of you all has been truly inspiring, and I am proud to be a contributor to this dynamic group.
- As a community we have borne witness to the collective call and necessity for equity. Long passed are the days when diversity, inclusion, and cultural competence were merely organizational “buzzwords.”
- As a planet, we have been put to the test, focusing our lens of empathy more sharply.
- As individuals, we have shared experiences which will continue to shape not only our lives, but the world in which we live, for generations to come.

When asked what term would best describe my personal experience throughout 2020, the word that keeps coming to mind, is *tenacity - the quality or fact of continuing to exist, persistence*. We have all been tenacious in 2020. The tenacity we must possess to show up every day for the patients, our loved ones, our team, and our facility as a whole, is a testament to what we're made of as people, and to the collective humanity of us all. Ubuntu! In the language of Zulu, this translates as “I am because we are.” This ideology is what has kept me going this past year, both in good times and otherwise. It is also what has motivated me to remain kind and remember the human condition of which I am a part.

As we modify our plans for the remainder of this year, and close out what will go down in the record books as the year of never-ending compromises, my wish for each and every one of you is this: Be safe, mask up, and find a reason to celebrate this year—in whatever holds the most meaning, for you.

Zakariah Rittenhouse
Staff Development Coordinator

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.



Yes, You Can Have the Treats!

It is that time of year... you may feel doomed to pack on holiday pounds with parties-a-plenty and holiday baking. Studies show that adults typically gain 1-2 lbs. between the end of November and mid-January, and many of us retain it, too. But—it doesn't have to be that way! Enjoy all the season has to offer, armed with a few tips for staving off over-indulgence and weight gain.

Check out the tips below to manage your health this holiday season:

Do not starve yourself! This usually backfires when we end up overindulging, then in turn, feeling awful afterward.

Keep moving. Increase your physical activity, then gradually add a bit more. This is not the time to stop moving!

Enjoy your holiday favorites. Yes, eat the shortbread cookies! Enjoy the foods that are special to you during the holiday time... the choices you resist all year round. Eat these goodies mindfully and savor small portions.

Drink responsibly. Calories from alcohol will really add up. One cup of rum and eggnog totals a whopping 400 calories, including 10 teaspoons of sugar!

Keep your counters clean. We may be proud of our holiday baking; however, displaying it on the kitchen counter typically leads to unintentional snacking.

Strange Science

If you have ever heard the unmistakable rumble of thunder in the middle of a snowstorm, your ears were not playing tricks on you. It was likely thundersnow, a rare winter weather phenomenon that is most common near bodies of water. During the winter, when relatively warm columns of air rise from the ground and form turbulent storm clouds in the sky, there is potential for thundersnow.

Kinetic Connection

Staying warm and dry when heading out to exercise in cold weather is all about layers. Resist your instinct to start layering with cotton. For your first layer, you want something that pulls moisture away from your skin, like the moisture wicking fabrics used in high-performance sportswear. Next, add a layer of fleece; finally, top with a thin waterproof layer.

The holiday season is upon us. For most of us, this brings up a multitude of contradictory feelings: excitement and dread, nostalgia and anger, connection, and loneliness. We carry so much more than packages wrapped with paper and bows into this season: we carry memories and associations, both painful and joyful; we carry heavy expectations of ourselves and our families that too often fail to be met; we carry our bodies, with our complicated relationship to food, which often becomes even more guilt-laden with holiday treats at every turn; we carry busy-ness, and sometimes even guilt, shame, or grief. Each of us has the capacity to be present, to show up within the moments of our lives—both big and small—in more meaningful ways. This is an invitation – to rest, to find meaning, to cherish connection. This may not result in your holiday having fewer events or less family drama but showing up for ourselves and “being” in our bodies with self-compassion and kindness, may just shift our inner experience of the holidays this year.

Mindful Minute

Safety Spotlight

Just a reminder of what NOT to do in a fire!

- **DO NOT GET ON THE ELEVATOR**
- **DO NOT ENTER THE BUILDING**
- **DO NOT CALL SECURITY TO FIND OUT WHY THE ALARM IS GOING OFF. YOU WILL RECEIVE FUTURE INSTRUCTIONS FROM THE OVERHEARD SPEAKERS.**
- **DO NOT WANDER AROUND THE HOSPITAL. GO TO YOUR FIRE ASSEMBLY POINT AND STAY.**
- **DO NOT LEAVE THE FIRE ASSEMBLY AREA UNTIL YOU HEAR “ALL CLEAR” ANNOUNCED OVER THE LOUDSPEAKER OR BY VOCERA.**



Nursing Education is excited to welcome a new member to the department! Our new training mannequin will assist us in teaching and doing competency check offs in wound care, IVs, colostomy care, tracheotomy care, and much more. The mannequin is gender fluid with interchangeable male and female parts to accommodate catheterization for both genders, has bendable joints and teeth, and is currently sporting a fashionable wig and pajamas that can be removed for a variety of training purposes.

We look forward to utilizing them in our ongoing nursing training for many years to come.

Pet Photo Contest

Most Popular Cutest



AAAnd it's OVER!!! The 2020 NDI SECC Pet Photo Contest concluded Thursday, November 19th. We could not be more proud at the level of enthusiasm and participation in raising money for non-profits in our community. One thing we all learned during this competition...

You all have some CUUUUTE Pets!

Did You Know...



Susan Phillips had the highest ranked cat photo; and in *this* writer's evaluation, makes her the, "Real Winner" raising \$99!

Thanks, Susan!
-A Cat Dad

Thank You to All Participants!

*Thank you all for your participation in this year's SECC Pet Contest!
Your pets helped raise over \$1,900 for charities and non-profits during such a difficult time in our world.*

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 within the same time frame.



Justin McAfee
Zakariah Rittenhouse
Diondrae Rice
Debo Adebota
Olatunji Akingbulire (TJ)
Tiara Crittenden
Krubo Gurley
Nyen-Nyen Volawuo
Charity Sample
Olatunji Akingbulire
Tiara Crittenden
Nyen-Nyen Volawuo
Charity Sample
Cheryl Moore
Pam Conover
Bridget Idahosa
Stella Ilemobayo
Ashley Murphy

Miriam Katema
Shante Harris
Christal Esposito
Melissa Brewster
Kellee Hawkins-Coleman
Tiara Crittenden
Afolake Akinyosoeye
Ann Ford
Zakia Self
Alana Holt
Lisa Jacobs
Bamidele Adejola
Ahmed Adedokun
Steve Dykstra
Nichol Snyder
Sarah Deskins
Cheryl Moore

Samson Bosede
Tiara Crittenden
Krubo Jallah
Charity Sample
Nyennyen Volawuo
Marketa Lewis
Nichol Snyder
Allie Kelly
Galinda Ervin
Ashley Murphy
Nichol Snyder
Sarah Deskins
Steve Dykstra
Todd Peters
Ahmed Adedokun
Marty Bennett

Lyndsey Goble
Ruby Davis
Michele Wood

Submission Date for January Newsletter

If you have something you would like to submit to the newsletter, please have all submissions written and submitted by 12/23/20 to staffdevndi@fssa.in.gov, with the subject line: Newsletter Submission.

December Birthdays

12/2
Steve Dykstra

12/6
Giovanna Gallagher
Evon Owens

12/9
Vanita Price
Donna Westell

12/11
Amanda Wright

12/12
Bamidele Adejola
Janeen Atkins

12/13
Demi Hathaway

12/14
Jeffery Clearwater

12/15
Lisa E Smith
Tracey Smith

12/16
Abiola Samuel Kolurejo
Jerry Edward Sheward

12/20
Abiodun Falodun,

12/21
Mackenzie Gray

12/23
Jo Ellen King

12/26
Gerald Robert Garrett

