



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

NEW SUPERINTENDENT!

THE SPECTRUM

LOGANSPORT STATE HOSPITAL

Vol. 31, No. 6
June 2021

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LSH
WELCOMES
BETHANY
SCHOENRADT

Superintendent Schoenradt

I am so happy to serve as Superintendent here at LSH! Thank you for the warm welcome I have already received! LSH has such a rich and unique history. The specialized care provided by all of you is commendable and I am proud to join such a phenomenal team! Thank you for all that you do!

A little about myself - my last name is pronounced (Shin-Rod); I was born and raised here in Logansport. My parents, siblings and extended family reside here. I spent a good portion of my career at the local Community Mental Health Center, serving the staff, the clients, and the community for 17 years. I was fortunate to have a variety of enriching experiences there. My last position held was Vice President, Operations. I am a Licensed Clinical Social Worker by trade and did much of my clinical and administrative work in partial hospitalization, inpatient psych, health services, community-based and residential services. I reside just outside Lafayette with my husband, our two daughters (ages 17 and 14) and our two cats. While I live in Lafayette, I remain very much invested in my hometown. I'm delighted to be working back here again!

Thanks again for all that each and every one of you do daily to serve our patients and our communities. Everyone plays a vital role and I very much appreciate you!

Bethany





From the Interim Superintendent's desk...

LSH Staff,

I am happy to announce that Bethany Schoenrad, MSW, LCSW, has been named the new superintendent of the Logansport State Hospital. This is an exciting and historical time for us as Ms. Schoenrad is the first female superintendent in the 133-year history of the Logansport State Hospital. She is originally from Logansport and currently resides in Lafayette, Indiana. She assumed her role on June 1, 2021.

Ms. Schoenrad has more than 20 years' experience working in behavioral health in multiple roles to include administrative and clinical oversight of inpatient psych, residential, community-based, outpatient therapy, and health services, among others. She has held multiple senior leadership and executive roles, including Vice President of Operations. She has solid agency and program leadership experience throughout the State.

Ms. Schoenrad received her bachelor's degree in youth,

adult and family services at Purdue, and her Master of Social Work degree from the Indiana University School of Social Work in Indianapolis.

We are so pleased to welcome Ms. Schoenrad to lead Logansport State Hospital.

Sincerely,

Dr. Meadows

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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POLICY UPDATES

The following LSH policies were reviewed/updated in May (All Staff are to read all changed Policies)

- **A-7 Flag Raising/Lowering** – No Changes
- **A-19 Cameras and/or Recording Devices** – No Changes
- **A-20 Anatomical Gifts Policy** – No Changes
- **A-24 Smoke Free & Tobacco Free Campus Guidelines** – No Changes
- **A-38 Video Tape/DVD/Film Selection and Utilization for Patients** – No Changes
- **A-45 Contraband Policy** – No Changes
- **A-60 Radio Use** – In the Radio Procedure section reference to the midnight shift radio check was removed. Radio checks still required every 24 hours.
- **A-63 LSH Acceptance of Patient Mail and Packages** – New Policy – Please note: Revision of this policy is in process.
- **C-3 Levels of Observation** – Level 1 documented in the EMR under the Safety and Attendance tab. Level II, Level III, Level IV, and Level F are now documented on the Q15-Minute Observation/Documentation Record and is to be scanned in by HIS.
- **C-14 Ground Privileges** – Section Header title changed to Types of Patient Privileges. IR Privileges documents referenced and attached.
- **C-39 Grieving/Trauma Response Team** – No Changes
- **C-47 Treatment Planning** – Reference to IPOC has been removed throughout policy.

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 outlined in green

- 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.



Keys to a Successful Learning Culture

So why is it essential for the State of Indiana to establish a learning culture?

- Finding employees with the right knowledge, skills, and abilities can be a long-term value to an organization. Keeping employees engaged through continuous learning and development is essential to sustaining a modernized workforce.

- Employees enter the state workforce with a variety of experiences. Building upon those experiences by providing new and relevant skills allows for the continued development of the state's workforce.

Key 1# - Providing the right learning tools and resources

The Right Tools for the Job!

Any job is easier if you have the right tools. Just like a plumber would not be expected to repair a pipe with duct tape, we can't expect our employees to develop professionally with limited or no access to learning tools.

What does it look like to have access to the right learning tools?

- Employees have easy access to learning resources when they need them through a learning access portal.
- Employee learning is not limited by

physical location or time; it can occur remotely via virtual classrooms. Learning can happen while connected to the internet or remotely using mobile applications on smart devices.

- Employees have access to large course libraries such as LinkedIn Learning to pursue their professional development goals.

- Employee learning tools are easy to use with minimal effort.

Having the right tools is the first step in creating a learning culture!

Intramural Sports

LSH and Community Intermural Sports! By Mason Sowards

I put together an intramural volleyball team this year in the Cass County Family Y league. As a new team, we are playing teams that have been together for a while, so we have had a huge learning curve. Most of us get together on Monday nights to practice at the YMCA with some of the other teams. Our team has a large roster because of our work schedules, and since word is getting around, more and more people are wanting to play! We will not exclude anyone, all are welcome.

The LSH Volleyball team this year was sponsored by LSH Community Fund and the Wellness Committee. We hope to have another volleyball team next year and to purchase shirts. We're also hoping to start up a softball team, so let me know if you're interested!

I know the idea of intramural sports sponsorship has been mentioned to the chairpersons of the volunteer committees in hopes of helping with a sponsorship. If you're interested in participating in an intermural sport, have ideas, or would like to help sponsor some teams, please contact one of the Committee Chairpersons (Darrin Monroe, Paula Green Scheffer, Maureen Guimont) or myself. Thank you,

Mason Sowards, IRTC Rehab.

So far, our volleyball has consisted of:

Bryer Fritz	Zayne Scott
Jade Johnson	Isiah Hardy
Lisa Johnson	Lee Olridge
Patrick Malone	Jayme Cassell
Mark Horn	Zach Rice

Mason Sowards

Our games are every Wednesday.

7:30 p.m. on 6/30/21

And

6:00 p.m. on 7/7/21



Community Calendar

Have a community event you'd like to add to the Spectrum's Community Calendar? Contact the Community Engagement Office at Michael.busch@fssa.in.gov or the Spectrum Editor at Darin.monroe@fssa.in.gov

Logansport Farmer's Market
Every Saturday 8 am-1 pm,
June-October
4th and Market Street, Logansport

Cass County 4-H Fair
July 11th-17th

Walton July 4th Festival
Sunday, July 4th
Town of Walton

Taste of Cass County
Saturday, August 15th, 5 pm - midnight
Downtown Logansport

Cass County Zero Suicide Task Force
"One Mile Walk and Lantern Release"
Saturday, September 11th, 6:30 pm—8:30 pm
Riverside Park, Logansport

*****Watch for more info on how LSH can support this very special event*****

Looking for more community events? Check out casscountycalendar.com.

Looking for some musical entertainment this summer?

The Cass County Arts Alliance Sept. 12th (except July 4th). Held has your ticket! The 2021 at various Logansport parks, Summer Sundown Music Series there is no charge for admission features regional talent each and is open to all. Sunday night at 7:00 p.m. through



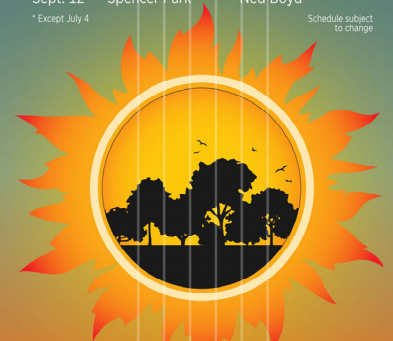
SUMMER SUNDOWN MUSIC SERIES

Every Sunday at 7 p.m.*
from Memorial Day weekend through Sept. 12

Date	Venue	Artist
May 30	Huston Park	Brandt Carmichael
June 6	Huston Park	Jimmy Wright
June 13	Huston Park	Steve Michaels
June 20	Huston Park	MuDippieS
June 27	Huston Park	An Isolated Incident, Brian Enders
July 11	Fairview Park	Three Old Guys
July 18	Fairview Park	Threeseed Mercury
July 25	Fairview Park	CounterPoint
Aug. 1	Muehlhausen Park	Horsetank
Aug. 8	Muehlhausen Park	Astoria Distilling Co., Sam Fawley
Aug. 15	Spencer Park	Boucher & Burkett
Aug. 22	Spencer Park	Grace Scott Band
Aug. 29	Spencer Park	Mike Almon
Sept. 5	Spencer Park	Adam Rogers
Sept. 12	Spencer Park	Ned Boyd

* Except July 4

Schedule subject to change



SPONSORED BY



VISIT FROM THE MAYOR

Mayor visits Logansport State Hospital

LSH welcomed Logansport Mayor Chris Martin on June 3 for a tour of our facilities. The visit, delayed for months by the pandemic, allowed us to discuss the critical role LSH plays in our state's judicial and healthcare systems, as well as our expert level of care provided to our patients. The Mayor also had the opportunity to reconnect with our new Superintendent! Mayor Martin talked about making mental health issues a priority during his administration and pledged his support for LSH.



L-R: LSH Superintendent Bethany Schoenradt with Logansport Mayor Chris Martin

Wellness Wellness



Wisdom Committee

LSH Blood Drive Conference Center

The need is constant.
The gratification is instant.
Give blood.



WEDNESDAY, June 30, 2021

9:00 A.M.—3:00 P.M.

To Schedule or for more info:

paula.scheffer@fssa.in.gov or michael.busch@fssa.in.gov

Questions about donating? www.redcrossblood.org

redcrossblood.org | 1-800-RED CROSS

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3 Deep Breathing Exercises to Ease Anxiety

Whether you live with an anxiety disorder or only experience feelings of anxiety occasionally, there are breathing exercises that may help you find relief.

Many of us have experienced the nervousness and uncomfortable feelings associated with anxiety. These feelings are common and can occur during a stressful time in a person's life or for no reason at all.

For some, these feelings are a fixture in daily life.

If you have anxiety and are looking for ways to manage your symptoms, deep breathing exercises may help. They are easy to do for most people and can be done virtually anywhere.

Let's take a closer look at the three best breathing exercises to help manage anxiety.

What is deep breathing?

Although breathing is automatic, deep breathing is the conscious act of taking long, deep breaths. This method of inhaling air into the lungs may help promote relaxation and [calm anxiety](#) and stress by modifying your body's response to stress.

But how does it work?

[Anxiety](#) affects the mind and the body much like a fearful event. When you feel anxious, your mind may fill with worry and fear. Your body may respond by increasing your breathing rate, heart rate, and blood pressure.

The reason for these symptoms lies in the sympathetic nervous system — a part of the autonomic nervous system that reacts to stressful events by initiating the fight, flight, or freeze response.

Luckily, the body has another system — the parasympathetic nervous system — to counteract this response and bring the body back down to a calm state.

[Research](#) suggests that deep breathing can help trigger the

parasympathetic nervous system and instill feelings of relaxation and calm. Other [studies Trusted Source](#) suggest that controlled breathing can improve mood and lower stress levels in both men and women.

Types of deep breathing

If you're looking for ways to manage stress, there are several controlled breathing [methods](#) to try, including breath focus technique and lion's breath.

During bouts of anxiety, there are three breathing techniques that may help reverse your symptoms. These include:

- abdominal breathing
- pursed-lip breathing
- resonant breathing

Besides being helpful at reducing anxiety, these three exercises are often used in [pulmonary rehabilitation programs Trusted Source](#) to help people with respiratory and heart conditions.

Abdominal (diaphragmatic) breathing

This breathing technique is done by inhaling through your nose and slowly exhaling from your mouth in a controlled way.

A study published in the journal [Frontiers in Psychology Trusted Source](#) found that an 8-week training course in diaphragmatic breathing improved attention and reduced negative responses to stress in healthy adults.

Here's how you do it:

1. Find a comfortable position, either sitting in a chair or lying on your back on a bed or other comfy flat surface.
2. Place one hand on your chest and the opposite hand on your belly, just under your rib cage.
3. Inhale slowly through your nose, focusing on drawing the breath in and downward toward your stomach area while keeping your chest still.
4. While pursing your lips together,

much like you would if you were drinking from a straw, press gently on your stomach or tighten your stomach muscles and exhale slowly through your mouth.

While doing this deep breathing exercise, try to keep your chest as still as possible, so your diaphragm draws air deeply into your lungs.

This technique works best when done at least 3 or 4 times a day for 5 to 10 minutes. But it can be tailored to meet your needs.

Pursed-lip breathing

Pursed-lip breathing is a simple method of controlled breathing that may help to relieve symptoms of anxiety.

[Research Trusted Source](#) suggests this technique is an excellent way to relax and can also help people with respiratory conditions improve their lung function.

Here are the steps:

1. Begin by inhaling slowly through your nose for about 2 seconds.
2. Then, purse or pucker your lips as if you're blowing out a candle.
3. Finally, exhale slowly through your pursed lips for approximately 4 seconds.

This technique can be done 4 or 5 times a day or whenever you feel anxious or stressed.

Resonant (coherent) breathing

Also known as "resonance frequency breathing," this [breathing method Trusted Source](#) has been shown to lower heart rate, breathing, and blood pressure, as well as improve mood.

Resonant breathing focuses on breathing in a rhythmic pattern, so you don't need to worry as much about whether you are inhaling and exhaling out of your nose or mouth.

This makes it an ideal technique if you are new to controlled breathing. It's also simple to do and can be used in

Continued on page...8

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most situations. Here's how:

1. While counting in your head to 5, slowly and mindfully inhale air to expand your lungs.
2. Exhale slowly and thoroughly as you count to 5 once again.

Repeat this pattern with a goal of breathing at a rate of about 3 to 7 breaths per minute. You can also modify this breathing rate to suit your needs and accommodate any health conditions you may have.

Tips on getting started

The best part about using controlled breathing methods to manage anxiety is they don't require a great deal of time. They also can be started as soon as you feel the uncomfortable feelings of anxiety creep in.

If you are considering any of these

techniques to control your anxiety, here are a few tips for getting started:

- **Pick a time.** Try to schedule a time during the day to practice these methods. Think about adding a reminder on your phone or other devices, so you don't have to worry about remembering.
- **Begin slowly.** Consider beginning these exercises slowly and experiment with them until you find the technique that works best for you.
- **Make it a routine.** Once you've found the method that controls your anxiety the best, aim to incorporate it into your daily routine to ward off nervousness before it starts.
- **Track your progress.** Keep a log of your symptoms before and during each breathing exercise. As with any exercise, stop if you experience any unpleasant symptoms. Consider talking with a healthcare professional if you have concerns.

Let's recap

If you feel anxious, consider trying some deep breathing exercises to help ease those feelings.

They are easy to do and may also relieve your anxiety and help you relax.

Remember, if you have anxiety, you're not alone.

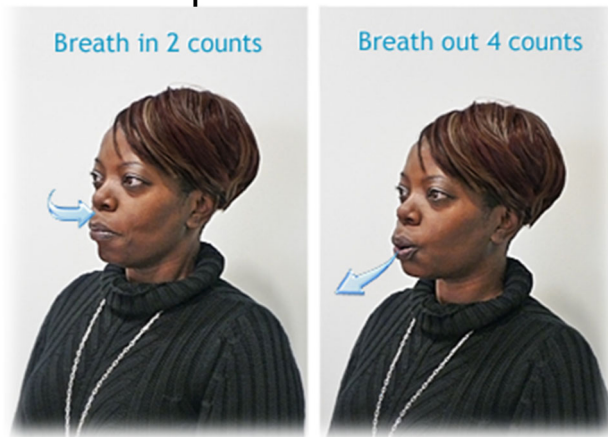
Many people have or have had anxious feelings, and sometimes there may be no obvious cause. If you're concerned about your anxiety, consider talking with a healthcare professional for more information.

<https://psychcentral.com/anxiety/reduce-your-anxiety-this-minute-3-different-types-of-deep-breathing#recap>

Abdominal Breath



Pursed Lip



The Wellness Committee consists of:

Diana Anderson, Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCrosse, Darrin Monroe, Julie Stapleton, Lucia Ward and Kenneth Zawadzki.

June Changes at LSH!

New Hires

Bethany Schoenrad	Diane Chmielewski
Danielle Faye	Krag Johnson
Shinea'd Montgomery	Dylan Vandergriff
Mamie LeeAnn Williams	

Farewells

Jamie Rodriguez	Tyler Dexter
Mike Beckner	Marcy LaCrosse
Justin Blankenship	Goldie Mace
Tanya Austin	Billie Jo Reidenbach
Brian Baer	Steven Ray
Lavona Howerton	Christina Nunn
Theresa Dexter	Patrick Malone

LONGCLIFF MUSEUM: Art-n-Facts

Art-n-Facts

Did you Know?

- Our hospital was established in the period following the era of Dorothea Lynde Dix with her tremendous humanitarian influence on the nation.

- We opened on July 1, 1888, as The Northern Indiana Hospital for the Insane

- By an act of the Indiana State Legislature of 1927, our name was officially changed to Logansport State Hospital.

- Our hospital was originally designed and arranged for the care of 366 patients but our population grew to a peak census of 2,557 on June 30, 1955.

- In the early days, a wagonette, with three seats arranged on either side, went into the city twice a day. The superintendent's carriage, with three leather-covered seats, was a little more luxurious. A handsome sorrel team, perfectly matched, pulled the carriages.



LONGCLIFF MUSEUM: Art-n-Facts

Art-n-Facts Longcliff School (1963-1989)



GIFT FOR LONGCLIFF—Mrs. James Heimlich, (standing left) president of Perception Zeta of Beta Sigma Phi, presents a record player to Longcliff on behalf of the sorority for use in rhythmic music for physical fitness and coordination with children ages 5 to 12. Picture next to Mrs. Heimlich are Mrs. Jean Watts, teacher, and Longcliff school administrator John R. Racop. In front is Mrs. Mary Ellen Miller, teacher. (Staff Photo) Logansport Pharos Tribune

The Longcliff School at the Logansport State Hospital got started in February, 1963, when a school administrator was hired. Within a few weeks two teachers and two teacher aides were hired. Later other teachers were hired. At that time there were classes being taught for the school-age patients at the hospital. The academic classes were being taught by an attendant from the Nursing Department who had previously been a teacher, and several classes including art, music, crafts, cooking, industrial therapy and recreation were being taught by staff from the Activity Therapy Department. All of these classes continued for many years after the Longcliff School was formed. The program at that time was called "the Teenage

Program: "and was coordinated by two members of the Nursing Service Department. The new school administrator worked closely with this program integrating and supervising all classes and therapies for the school-age patients. Staff from many departments worked together for the benefit of the patients. In addition to staff from the school, activity therapy departments, and the Nursing Service Department, there were psychiatrists, physicians, psychologists, and social workers who also worked very closely with the above-mentioned staff to provide a well-balanced program for the school-age patients.

The age of the patients at that time ranged from about ten to nineteen. The number ranged from thirty to eighty with ten to twenty on either a short term or long term leave of absence. There were both boys and girls with about two-thirds boys and one-third girls.

The Longcliff School was also known as the Educational Therapy Department for a period of time. A third teacher position was added and when the hospital reorganized its activity therapy program and no longer provided the industrial therapy and food services classes, the school was able to get a federal grant to hire three vocational teachers—two in industrial arts and one in food services. This grant was renewed and lasted about ten years from 1974 to 1984.

In 1972, the school expanded and established the Adult Education Program for the adult population of the hospital. As part of the Adult Education Program, the G.E.D. test was provided for both patients and non-patients from the community. Those who passed the G.E.D. test received a high school G.E.D. diploma.



The Longcliff School became accredited for grades K-12 by the Indiana Department of Education, January 10, 1964. Many students received high school diplomas from the Longcliff School and credits were transferred to receiving schools of discharged students.

In the early 1970's Longcliff began accepting qualified students who were non-patients from surrounding school districts. This number continued to expand and after the unit for teenagers closed in the 1980's, the number of non-patients out-numbered the patient population.

During this time both patient students and non-patients students who were ready were mainstreamed in

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downtown schools in Logansport. Students who were mainstreamed went mainly to Fairview Elementary, Columbia Middle School, and the Logansport High School. One of the Longcliff teachers transferred to Fairview Elementary during the 1970's.

In 1974, the staff at the Longcliff School changed employers and switched from the employ of the Logansport State Hospital to that of the Logansport Community School Corporation. The program continued to broaden and was also known as the Emotionally Handicapped Program. The school corporation hired the school staff and the hospital furnished the facilities.

During this time the school also provided classes for the Jayne English Unit—both academic and vocational classes in the basement of the Jayne English Unit.

Several different buildings were used for classes, but for the last fifteen to twenty years, the basement of the Personnel Building was used for many of the classes. During this time the names of the buildings and services changed several times. The Unit System came into existence and the buildings went from alphabetic coded names



Personnel Building, a.k.a Green Unit,
a.k.a. Men's Treatment Unit

to color coded names (e.g. Violet Unit).

In December 1989, the Longcliff School as it was known officially closed and was transferred to the Longfellow School in downtown Logansport. At that time the Longfellow School had been closed for a few years and was re-opened to accommodate the transfer from Longcliff. At that time there were about three times as many non-patient students as there were patient students. The hospital changed its admission policy and stopped admitting most patients under the age of eighteen. When the Longcliff School relocated to Longfellow, the Adult Education Program continued at the hospital. It came under the administration of the El-Tip-Wa Vocational Program during the 1980's.

The school staff and some hospital staff who organized a Boy Scout Program for the school-age patients at the Geneva hospital in the mid 1960's. The Boy Scout troop number was 218 and many benefitted from the Scout program. Boy Scout

Dunn, secretary; and Evelyn Roller, secretary. Some of the hospital staff who worked very closely with the school were: Viola Ada Stuart, teacher from the Nursing Department; Geneva Gilsinger, Supervisor from the Nursing Department; Ralph Norris, supervisor from the Nursing Department; and Ronald "Buzz" Davis, Jane Lucas, Ed Smith, and Greg Knowles, all from the Activity Therapy Departments. There were many others who contributed in teaching classes for the school and all were greatly appreciated.

meetings were held after school hours and many camping outings were conducted. Most of these were held at Camp Buffalo, in Buffalo, Indiana. Many good times and benefits were experienced with the Boy Scout Program.

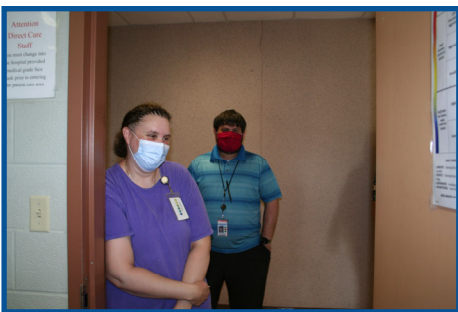
When the Longcliff School first was started in 1963, Dr. Ernest J. Fogel was the hospital superintendent. John R. Racop was the first and only administrator (principal) hired by the school, as he was there the entire time of the school's existence. Some of the other long-term staff of the school were: Mary Ellen Miller, teacher; Donel Everham, teacher; Charles Handschu, teacher; Mary Emery, teacher; Rayola Brandt, teacher; Mark Schornstein, teacher; Donald Miller, vocational teacher; Ed Smith, vocational teacher; Connie

During the time the Longcliff School was in existence, it was known state-wide as an outstanding program and on several occasions staff from other programs visited our school to see how the school operated and to learn from the school's programs. There was great cooperation between the school and the hospital programs and many benefitted from these services.

A big thank you to all who helped in making the Longcliff School a huge success.

Sincerely,
John R. Racop

Sneaky Snaps!



Walking Tacos Fundraiser...

During a sponsored Walking Taco fundraiser for LSH Housekeeper Jackie Cain, who was in a serious vehicle accident; LSH staff came together to donate, work, and purchase Walking Tacos to support their coworker during this difficult time.

...Get Well Soon Jackie!

Strawberry-Pretzel Tart

<https://www.delish.com/cooking/recipe-ideas/recipes/a48005/strawberry-pretzel-tart-recipe/>

Course: Dessert | Cuisine: American

INGREDIENTS

FOR THE PRETZEL CRUST

- 🕒 2 c. crushed pretzels
- 🕒 3/4 c. (1 1/2 stick) melted butter
- 🕒 1/4 c. granulated sugar

FOR THE CHEESECAKE LAYER

- 🕒 1 (8-oz.) block cream cheese, softened
- 🕒 3/4 c. granulated sugar
- 🕒 1 tsp. pure vanilla extract
- 🕒 1 c. heavy cream

FOR THE STRAWBERRY TOPPING

- 🕒 1/2 c. sugar
- 🕒 1/2 c. water
- 🕒 1 tbsp. cornstarch
- 🕒 1 1/2 tbsp. Strawberry Jell-O mix
- 🕒 1 pt. fresh strawberries, sliced



DIRECTIONS

1. Make the Pretzel Crust: Preheat oven to 350°. In a large mixing bowl, stir together pretzels, butter and sugar until combined. Transfer to a 10" tart pan and press firmly into pan using the bottom of a measuring cup. Bake 8 minutes and let cool completely.
2. Make the Cheesecake Layer: Beat cream cheese until smooth. Add sugar and vanilla and beat until combined, then add cream and beat until medium peaks form.
3. Spread over cooled pretzel crust.
4. Make the Strawberry Topping: In a small saucepan, combine sugar, water and cornstarch and bring to a boil. Boil 2 minutes, whisking constantly (mixture will thicken), then remove from heat. Add Jell-o and whisk until combined. Let cool 5 minutes.
5. Arrange strawberries in a single layer all over cream cheese layer, then pour Jell-o mixture over, covering each berry. Refrigerate until Jell-o is firm, 2 hours.

- **YIELDS:10 SERVINGS**
- **PREP TIME:0 HOURS 20 MINS**
- **TOTAL TIME:2 HOURS 30 MINS**

WHO AM I?

Can you guess who's behind the Smiley face pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by July 19, 2021.

Employees with correct answers will have their name put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free five-dollar gift certificate.



Christopher Wert

There were no correct guesses of Christopher Wert that was pictured as 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 or email Darrin at darrin.monroe@fssa.in.gov