

Division of Mental Health and Addictions.

"People helping people help themselves."

Logansport State Hospital

The Spectrum

In this issue:

Farewell..... 2 & 3

Blood Drive ... 4 & 5

Master Calendar.....6

Wellness Wisdom7 & 8

Sneaky Snaps9

Culinary Corner 10

Who Am I?

Vol. 29, No. 12 December 2019



Farewell Logansport State Hospital

I want to take this moment to say farewell as I transition to the retirement phase of my life. I have worked in the Information Technology field going on 48 years. I have repaired computers, designed computers, manufactured computers, programmed computers, taught computers, and even authored a book on digital computer communications. However, very little of these past experiences prepared me for the amazing 20 year journey at Logansport State Hospital. Our Business Administrator, Lois Jean Hipskind, at that time also served as the Interim IT Director, and Interim Assistant Superintendent. She took it upon herself to unload her entire knowledge of the hospital in general and information



management in just my first day. I went home thinking that I was in way over my head with this new job.

When I was hired by Superintendent Dr. Jeffery Smith, he asked me to make him one promise. I can count on one hand how many promises I have made in my life because I firmly believe that a promise must always be kept no matter what it takes. He wanted me to promise that I would always keep Logansport State Hospital out front in the lead when it came to the management of information and the technology required to do so. I accepted his challenge.

At that time we had only a handful of computer workstations and only a couple of application servers. The data network was very primitive and communications in and out of the hospital crawled at a snail's pace. Advancing the timeline to today, we have just under 300 workstations and a dozen application servers and dual fiber based communications in and out of the hospital. We have wireless technology, timeclocks (boo!), computer based glucometers, iPads, computer based environmental control systems, medication dispensing systems and a new Enterprise Medical Record System. Soon we will have an IP (Internet) based telephone system, and some additional technologies are forthcoming that I can't announce just yet. Outside of IOT we have one of the largest structured networks of any single entity and one of the most complex security configurations in place.

When I compare Logansport State Hospital to the other state facilities, I believe that promise has been fulfilled. But this accomplishment required a good team to meet and overcome all the challenges presented over the last 20 years. In the beginning it was just me and my wife, Nancy, who constantly reminded me that I was not her boss. Then we added Angie Robertson after a summer of internship. When the new Isaac Ray was finished Cameron Farrell and Stuart Rose came on board.



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,

Darrin Monroe	. Editor & Photographer	ext. 3803
Chris Taylor	. Comm. Services	ext. 3709
Brian Newell	. Librarian	ext. 3712
Gregory Grostefon	. Interim Superintendent .	ext. 3631

Nancy retired and Angie and Cameron went on to further their careers in IT. Cheryl Nance joined the department providing clerical, dictation and tier 1 telephone support. Stuart is still hanging in here and we have added Stevon Williamson and Brian Shafer recently. The team today is much stronger than it has ever been and by the time you read this I will have passed the baton over to Matthew Potrawski as the new IT Director. I have every bit of confidence that the IT folks I leave behind will keep Logansport State Hospital at the forefront in regards to information technology and information management.

As for those of you, outside the IT Department, who I have come to know and work with directly over the years, I apologize that I cannot mention you by name. There is just not enough space. However, I do recognize how you excel in your jobs and the care you show to our patients and your coworkers. I see it when the other hospitals and DMHA call on you for guidance in addition to asking you to lead or participate in EMR workgroups.

In closing, I do believe Logansport State Hospital has been and remains the best and I will miss working here. And I will miss all of you. Good luck and smooth sailing in the future.

Joe McIntosh, Ex-IT Director, CIO/HISO

Happy Retirement Joe!





Roll up your sleeve!

PLEASE CONTACT HR TO SET UP YOUR APPOINTMENT TIME

LSH BLOOD DRIVE Wednesday, January 8, 2020

THIS EVENT IS BROUGHT TO YOU BY YOUR LSH WELLNESS COMMITTEE!

OUR GOAL IS 34 BLOOD DONORS!!!

On Wednesday, January 8, from 9am to 3pm we will have the American Red Cross here on the campus for a Blood Drive. They will be set up in the Conference Room. You can schedule a time to donate through HR, and please be sure and coordinate this time with your Supervisor. You can remain ON THE CLOCK while you donate!!! You should budget about 45 minutes to get through the entire process. Sometimes folks are turned away due to low iron levels. Check out the attachment for information on how to prepare for a successful blood donation.

Our goal is to have 34 donors give blood on Wednesday, January 8th. So step up, roll up your sleeve, and give!!! Your donation will help saves lives!

Those who are <u>successfully</u> able to donate will be given a pass to wear a logo t-shirt on the following day, <u>Thursday</u>, <u>January 9</u>, <u>2020</u>.

Blood Donors Must:

Be in good general health and feeling well * Note: Healthy means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes, healthy also means that you are being treated and the condition is under control. If you are not feeling well on the day of your donation, please contact HR to reschedule. Weigh at least 110 lbs.

How to Prepare for a Great Donation Experience





The American Red Cross wants your donation to be as safe and successful as possible. The following suggestions may help you prepare for your blood donation.

Between donations

Give your body plenty of Iron. When you donate whole blood or double red cells, your body loses some iron contained in red blood cells. Eat plenty of iron-rich food to replace these cells between donations. Foods rich in iron include:

- red meat
- broccoli
- poultry
- spinach
- poultrybeans
- raisinsprunes
- iron-fortified
- ٠,

Also, foods rich in Vitamin C (such as citrus fruit) help your body absorb the iron you eat. But avoid drinking tea, coffee and other caffeinated beverages with meals since caffeine can reduce iron absorption.

Before donation

Sleep well. Get a full night's sleep the night before you plan to donate.

Eat a good breakfast or lunch. This also will help your body be well prepared for giving blood.

Day of donation

Drink extra water and fluids before you donate to replace the volume of blood you will donate. You should continue drinking extra fluids after donation, too.

Eat the right foods. Having foods containing protein or complex carbohydrates, such as bread, cereal, fruit or lean meat may make you feel more comfortable during and after donating.

Avoid fatty foods, such as hamburgers or french fries, before donating. The tests that are part of our vigorous safety screening can be affected by fatty materials that appear in your blood for several hours. When this occurs, testing cannot be performed, and we may not be able to use your blood.

Relax! Spend 10 to 15 minutes relaxing in the refreshment area. Have a drink and snack to rejuvenate yourself.



To be eligible to donate blood you must:

- be at least 17 years old (16 with parental permission in some states)
- meet height and weight requirements (at least 110 pounds based on height)
- · be in generally good health

Before donating you should:

- · get a good night's sleep
- · drink plenty of fluids
- · eat within 2-3 hours

Be sure to bring your:

- donor card or a government issued photo I.D.
- parental consent form if you are a 16-year-old donor
- wear clothing with sleeves that can be raised above the elbow

\$78ALH46022 (v2 \$610/01_v8 2011 /01_s4 2012/01

© 9013 The American National Red Cross J 02/11AP012B

LSH MASTER CALENDAR

Just a reminder that all employees have access to the LSH MASTER CALENDAR included in the Microsoft Outlook program.

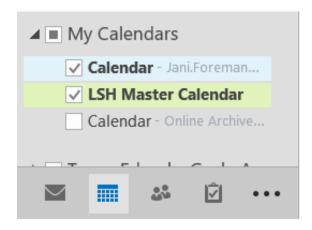
The calendar was developed to communicate, inform, and assist in scheduling events/ meetings/training. Committee chairs, staff development, and meeting recorders have added dates/time/locations and will update these as received.

Calendar Sharing.

When you use Outlook with an Exchange account, calendars can be shared between people. Calendar sharing is not limited to the default **Calendar** folder that is created in all Outlook profiles. The "**LSH MASTER**" calendar has been created for all LSH staff and will be granted view or read only all access.

Each employee has a default **Calendar** folder in Outlook is created in each Outlook profile. This folder cannot be renamed or deleted. The **TRAINING** calendar is an additional calendar created by the staff development secretary and modified with each new training session added by committee chairs, staff development, and meeting recorders.

1. In Calendar, in the Navigation Pane, click LSH MASTER CALENDAR.



The new calendar will now "pop up" beside your individual calendar for viewing.

If you have any questions, please contact Staff Development.

Wellness Wisdom from the Wellness Committee



Say hello to your onsite health coach

I'm Kevin, Onsite Health Coach
And I'm excited to help you make changes for a healthier you. I'll be onsite:

Date: 1/14, 2/18, 3/25, 4/28, 6/2, 7/7, 8/11 & 9/15 Time: 7:30am-12:30pm

Location: Near HR

It's easy to make an appointment.

Just Sign up in advance with HR





The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care members get from their doctor or other health care professional. If members have specific needs or would like more complete health information, they should see their doctor or other health care provider.

ActiveHealth, the ActiveHealth Management, logo, and MyActiveHealth are trademarks of ActiveHealth Management, Inc. © 2019 ActiveHealth Management, Inc. All Rights Reserved. 05/2019

A-24641

Tis the Season for Healthy Holiday Eating

The holiday season can seem like one giant smorgasbord. And, for anyone not interested in bulging waistlines, this holiday obstacle course of high-fat foods, alcohol, and calories can seem insurmountable.

Here are 10 tips from weight management experts that can help make your holiday season a healthy one.

- 1. Don't try to diet during the holidays. Set a goal of trying to maintain your present weight. That way, you have a realistic goal. You allow yourself to indulge here and there, but you don't go over the edge.
- 2. Pace, don't race. Pay attention to how quickly you eat and exactly what you eat and drink. Savor the flavor by eating slowly and choosing your food carefully.
- 3. Remember that alcohol is packed with calories, choose light beer and wine over mixed drinks. A holiday-sized mixed drink can have as many as 500 calories or more.
- 4. Offer to bring a favorite low-calorie dish to holiday parties, so you know there will be at least one "safe" item available. Stand far away from buffets so you're not tempted to nibble constantly.
- 5. Make the effort to continue a regular exercise program. Exercise will help keep extra calories away, but it also can reduce the stress of social events and family get-togethers.
- 6. Don't go to a party or event on an empty stomach. Before going out, snack on protein, like chicken or cottage cheese. Protein satisfies and helps you eat less. Some people have the idea that if they skip lunch, or don't eat all day, they can eat more later, but skipping meals means you're hungry, and your chances of overeating later are much higher.
- 7. Keep an eye on your portion sizes. In the heat of celebration, portion sizes can be excessive. Instead of eating a large amount of food, try to eat a large variety of foods.
- 8. Don't let a hectic holiday schedule force you to eat fast food. Prepare and freeze several quick, healthy meals. That way, you have an option other than high-fat, fast-food meals.
- 9. When the party is at your house, put low-calorie and fat-free salad dressings on the menu. Pack the table with flavorful vegetable dishes, and make reduced-fat versions of your family's favorite traditional dishes.
- 10...Make decisions about what you're going to eat. Weight management is all about moderation and making healthy decisions

http://www.wellnessctr.org/stayinghealthy/monthly-wellness-tip-december.cfm



The Wellness Committee consists of:

Diana Anderson, Vicki Campbell, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.



Sneaky



Snaps!



OTCHA



Morale Booster Hot Tub Drawing!

LSH new hires step up as one rolls the drum filled with tickets while the other one gets ready and draws the winning ticket belonging to Mindy Ray.

Congratulations Mindy you won the Morale Booster Christmas chance drawing for the Coleman Hot Tub and Beach Towels,

Lookout for Darrin and his camera, you could be next!

Culinary Corner

Instant Pot(R) Salisbury Steak with Onion and Mushroom Gravy

Recipe By:Bren

Ingredients

- 1/4 cup fresh bread crumbs
- 1/4 cup finely diced onion
- 1 egg
- 1 teaspoon dried parsley
- 1 teaspoon Worcestershire sauce
- 1 clove garlic, minced, or more to taste
- 1 pound ground beef
- 1/2 pound lean ground pork
- 2 tablespoons avocado oil
- 1 large onion, thinly sliced
- 1 (8 ounce) package sliced cremini mushrooms
- 1/4 cup dry red wine
- 2 cups beef broth
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 tablespoons beef broth
- 2 tablespoons cornstarch

Directions

- 1. Combine bread crumbs, onion, egg, parsley, Worcestershire sauce, and garlic in a large bowl. Stir well and add beef and pork. Mix gently and form 8 equal portions. Place patties on a plate, cover with plastic wrap, and refrigerate 1 hour. Remove from the refrigerator 30 minutes before cooking.
- 2. Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Sauté function. Add oil. Add patties in batches to avoid overcrowding the pot. Sauté 2 minutes per side. Transfer cooked patties to a plate. Add onions to the pot and cook until brown, about 2 minutes. Add mushrooms and cook 2 minutes more.
- 3. Pour wine into the pot and stir, scraping up all the brown bits from the bottom. Add broth, tomato paste, salt, and pepper; stir well. Return cooked patties and any accumulated liquid to the pot and turn to coat.
- 4. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.
- 5. Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove the lid.
- Combine 4 tablespoons broth and cornstarch in a bowl and stir until dissolved. Add mixture to the pot slowly, stirring constantly. Select Sauté function; cook until thickened, about 5 minutes.

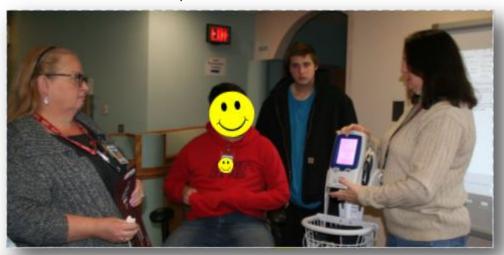
ALL RIGHTS RESERVED © 2020 Allrecipes.com Printed From Allrecipes.com 1/3/2020

Who Am I?

Can you guess who's behind the Smiley face in the picture below in Marcia Smith's Nursing Class? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by January 21, 2020.

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.

Winner Will Be Announced In The Next Spectrum.





Angela Edwards

Congratulations to Terri Overpeck for guessing Angela Edwards pictured as the Who Am I. Congratulations Angela!

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.