

Division of Mental Health and Addictions.

"People helping people help themselves."

Logansport State Hospital

The Spectrum

In this issue:

Policy Updates

Superintendent3

Farewell3

Y. O. S. Awards 4 & 5

New Att. Sup.

Nat. Nurs. Ass. Day 6 & 7

Longcliff Museum.....8

Wellness Wisdom.....9 <u>- 13</u>

Culinary Corner.....14

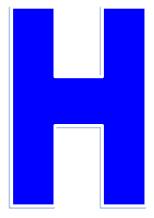
Sneaky Snaps15

Winners 16

Who Am I?.....17

Vol. 29, No. 6 June 2019





POLICY UPDATES!

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

- LSH Policy A-20 Anatomical Gifts Policy Indiana Donor Network works through the Organ Procurement Organization (OPO). References to Indiana Donor Network were removed and changed to OPO throughout the policy. Requirements related to Indiana Code 29-2-16-02 were clarified. Other minor language was clarified throughout the policy. Reference to the use of an Electronic Medical Record (EMR) was included. The "Preparing for the Donation" Procedure section was rewritten. A Reference section was added.
- LSH Policy A-24 Smoke Free & Tobacco Free Campus Guidelines Minor language corrections
- > LSH Policy A-45 Contraband Policy References to other relevant Policies were added.
- LSH Policy A-52 Patient Rights and Responsibilities The SEB Representative was changed from the Superintendent to the Quality Management Director. Reference to the use of the EMR was included. References to obsolete forms was removed in the Procedure and Reference sections
- > LSH Policy F-3 Medical Services There were not changes.
- LSH Policy F-8 Fiscal Management, Patients' Recreation Fund The title was changed to F-8 Fiscal Management, Patients' Recreation Fund. The Review dates were changed. The Assistant Superintendent was added as a committee meeting participant. The Rehabilitation Secretary was identified as the Recorder. The Indiana Code in the Reference section was updated with the title.
- LSH Policy F-9 Segregation of Duties New policy being implemented to ensure "no single individual may initiate, approve, and review the same fiscal action."
- LSH Policy H-31 Code of Conduct Item #12 was updated with relevant information (deleted Walkman's, Palm Pilots, other music playing devices; added personal stereos/music players).

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.



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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Gregory Grostefon	. Interim Superintendent .	ext. 3631

Superintendent

LSH Staff,

Daryl Hall would like me to extend his profound gratitude to all who have stopped by the house, called or emailed, sent cards or food, prayed, or simply directed positive energy his way over the past several weeks. He continues to rest comfortably at home.

Sincerely,

Greg Greg Grostefon Interim Superintendent Logansport State Hospital

Farewell

Dear Friends and Colleagues,

As I approach my final days as a state employee I want to thank each of you for the good work we have accomplished together for the citizens of Indiana who depend on us for care and services. My time at the Logansport State Hospital, Indiana Veterans' Home, Larue Carter Hospital, and Indiana NeuroDiagnostic Institute has been truly rewarding and helped me grow professionally and as a person.

Having worked in buildings which range from over 130 years old to new it is not the buildings as much as it is you that makes a difference in the lives of others. I will miss you and I wish you all the best. Keep up the good work!

Rob Robert E. Clover Superintendent, NeuroDiagnostic Institute Indiana Family and Social Services Administration

Employee Recognition - Years of Service Awards

Every year we have the opportunity to recognize all of our staff for their outstanding service and dedication to our Hospital and the patients we serve. I would like to thank each of you for your continued passion and commitment in providing the highest quality care.

Ours is a business that is often misunderstood and undervalued because of the misconceptions about the treatment of psychiatric illnesses. Despite that, I see each of you show up every day with the determination to make today a little better than yesterday for someone else.

I thank you for your continued devotion in meeting our mission and continuing to provide hope and compassion to our patients and their families. Regardless of your position, you all create a great environment to work in and your daily contributions contribute to our ongoing success.

I would like to extend a special thank you to our Employee Recognition Committee. Their tireless work throughout the year is greatly appreciated and culminates in our ability to recognize our staff on this special day. – Daryl Hall

Nolte, Peggy S	Housekeeper 4	35 Years
Edgerly, Gayle A	Qly Asr Dir E7	35 Years
Bowles, Mary C	Spec Atnd-IRU-N	35 Years
Knapp, Patricia B	Rhab Thrpy A 3-IRU	30 Years
Stout, Sonja K	Spec Atnd-IRU-D	30 Years
Schrock, Terry L	Psyc Svcs Director	30 Years
Johnson, Paula	Sp Atnd Spvr-D	30 Years
Yerk, Debra L	Stores Clerk 5-Clothing Store	25 Years
Zimdahl, Paul J	Mant Repair 2	25 Years
Downhour, Mary L	Acct Clk 4-Pat Accts	25 Years
Smith, Marcia M	Nurse S6-QA-D	25 Years
Tharp, Terry L	Spec Atnd-IRU-D	25 Years
Donnelly, Michelle R	Sp Atnd Spvr-E	25 Years
Appleton, Connie J	Spec Atnd-IRU-N	20 Years
Lewis, Bonnie L	Charge Nurse 3-IRU-N	20 Years
Klinefelter III, Verlin E	Mant Repair 2	15 Years
Adams, Jennifer	Spec Atnd-IRU-D	15 Years
Zimmerman, Jesse K	Laborer 3	15 Years
Layer, K Amanda	Charge Nurse 3-IRU-E	15 Years
Hiers, Donna M	Spec Atnd-IRU-N	15 Years
Williams, Nancy J	LPN-IRU-E	15 Years
Anderson, Diana L	Driver 4-NSO	15 Years
Delp, Sandra M	Adm Ast 6	15 Years

Jones, Sandra K	Spec Atnd-IRU-D	15 Years
Layer, Susan D	Commun Oper 4	15 Years
Summers, Virginia M	LPN-LTC-E	10 Years
Smith Jr., Richard W	Laborer 4	10 Years
Davis, Linda I	LPN-LTC	10 Years
Shanks, Carmen E	Spec Atnd-LTC-N	10 Years
Johansen-Schrum, Paige J	Nurse 4-LTC-D	10 Years
Amidei, Jodi L	Behav Clncn 3-IRU	10 Years
Morris, Douglas R	Psychiatrist E1	10 Years
Shaver, Vanessa L	Spec Atnd-IRU-D	10 Years
Smith, Betty J	Housekeeper 4	10 Years
Trimble, Gary E	Charge Nurse 3-IRU-N	10 Years
Bir, Clarence S	Exec Housekeeper S4	10 Years
Pattengale Jr, Robert E	Mant Repair 2	5 Years
Armstrong, Ashley S	Nurse 4-IRU-D	5 Years
Belanger, Mark P	Mant Repair 2	5 Years
Sterrett, Shelly M	Rhab Therapist 4-IRU	5 Years
Deason, Dorine J	Acct Clk 4-Pat Accts	5 Years
Call, Bryce N	Pharmacist	5 Years
Beckner, Timothy "Mike"	Spec Atnd-IRU-N	5 Years
Fewell, Courtny J	Charge Nurse 3-LTC-N	5 Years
Sharp, Susan M	Charge Nurse 3-IRU-E	5 Years
Sherman, Derrik A	Spec Atnd-IRU-E	5 Years
Kasch, Joseph K	Spec Atnd-IRU-E	5 Years
Holmes, Alexander B	Nurse 4-IRU-D	5 Years
Shaver, Joshua D	Spec Atnd-LTC-E	5 Years
Bapp, Ashley L	Secretary 4-IRU	5 Years
Smith, Brett W	Spec Atnd-IRU-D	5 Years
Grube, Rena L	Spec Atnd-LTC-E	5 Years



New Attendant Supervisor

I am pleased to announce that Derrick Sherman accepted the Larson evening shift Special Attendant Supervisor position. He begins orientation June 16, 2019. Please join me in welcoming Derrick to his new position on Larson.

Kathy Pattee, RN, MSN Director of Nursing Logansport State Hospital

National Nursing Assistants' Day

National Nursing Assistants' Day falls this year on June 13, kicking off Nursing Assistants' Week, which runs through June19th. At LSH, our Special Attendants represent the front line of patient care and are vital to our operation. These are indeed special people, and the service they provide is exemplary. Please join me in recognizing and honoring our Special Attendant staff for their commitment and dedication to our patients.

Sincerely,

Greg Grostefon,

Interim Superintendent

Special Attendant	Gochenour, Tammy	Werich, Cathie	Graham, Katrina
Supervisors	Gould, Karla	Taylor, Cynthia	DeFord Jerral
Blanton, Jaime	Grube, Rena	White, Danielle	Hathaway, Jack
Deniston, Stephen	Henry, George	Timmons, Aundre	Hayes, Lacrisha
Donnelly, Michelle	Henry, Loretta	Tovar, Gabriella	Hiers, Donna
Hood, Jodi	Horn, Jennifer	Wilken, Tamí	Hinderlider, Stephanie
lles, Rachel	Howard, Corey	Williams, Carolyn	Dirrim, Jared
Johnson, Paula	Huddleston, Kathy	Williams, Mike	Donnelly, Mike
Linback, Clint	Huff, Haven	Winegardner, Marie	lles, Olivia
Mills, Mason Price	James, Connie	Young, Sheryl	Jeffrey, Barry
Kyle	Johnson, Pam	Zawadski, Kenny	Jester Margaret
Sherman, Derrick	Jones, Katelin		Johnson, Lisa
	Keal, Nicholas	Special Attendants	Jones, Sandra K
Special Attendants	Kesser, Veronica	Isaac Ray	Kasch, Joseph
Larson	Knox, Kelsey	Adams, Warren	Klinefelter, Allison
Alioto, Jessica	Kochell, Lily	Aguirre, Maria	Lease, Tara

Allen, Dan Arellano, Maria Arvin, Misty Bell, Bonnie Bell Felicia Bishop (Horn). Shirley Blankenship, Justin Blevins Ricky Bolyard. Christopher Brindle, Jon Brown, Barb Cahill, Kevin Cambe Brianna Campbell, Edward Carden, Shannon Coe. Desiree Coleman, Bella Day, Jeffery Dominick Powers Duncan, Gina Dyer, Kim Elpers, Wilma Ervin Monica Estrada, Erick Fear, Nancy Fields, Jordan Fisher, Cody Frame, Jerry Fullove, Debra Ann Gano, Kayla Geier, Marilyn Gibbs, Rickey Gochenour, Tammy Gould, Karla Grube Rena Guerrero, Leticia Haas, Brittany

Kowalsky, Rebecca Lewellen, Stephanie Ling, Jessica Luckey, Alaine Maloney Kelsey Malone, Patrick Mangum, John Marocco, Tyler Martin, Rob McMinn, Gavin Murray, Ryan Murray, Susie Odom, Bethany Orozco, Dominique Pearson, Natasha Perkins, Blain Phillips, Patrick Powell Sheila Richardson, Rose Romero, Lexius Russell, Kim Ryan, Ryleigh Schnepp, Dean Shanks, Carmen Sherman, Mary Skiles, Olivia Smith, Jennifer Smith, Leigh Sowards, Danielle Stearns, Sheila Steffel, Travis Stover, Korrine Stringer, Julie Stuart, Theresa Wallace, Roger Waller, Donald

Alba, Marisol Almanza, Alondra Andrews, Sasha Appleton, Connie Austin, Alexandra Baer, Brian/QMA Baker, Randal Balderas, Holly Banter, William Barnes, Cherokee Barron, David Beckner, Mike Black, Nathan Bobis-Renberg. Andrew Bowles, Cathy Bowles, Chris Boxell Bob Braatz, Thomas Brindle, Michael Bubel Dee Burkhart, Cynthia Campbell, Bill Campbell, Sharon Carson, Brenda Cassell, Jayme Cerbone, Donovan Cerbone, Jake Clark, Shawnna Cogswell, Michael Cole, Robert Conley, Tommy Conrad. Joanna Cook, Kenneth Deeter, Tyler Gibbs, Bailey Gothard, Joe

Lincoln, Shaelyn McClain, Kayla McCroy, Gwendolen Mendez, Mary Mills, Brady Olridge, Leonardo Raderstorf, Falecia Ray, Steve Reidenbach, Billie Jo Rivard, Ron Rush, Angela Russell, John Sampson, Kindra Savini, Aneeda Scott, Zayne Sellers, Emily Seward, Alicia Shaver, Vanessa Sixbey, Dean Skinner, Anthony Smith Alex Smith. Brett Smith, Stephanie Smith Zach Stines, Brian Stout, Sonja Stratton, Jay Stratton, Kimberly Tharp, Terry Thomas, John Tucker, Alicia Wald, Shiana Weyand, Amanda Wilkinson, Anna Williams, Linda Williams, Roberta



Longcliff Museum - What's New?

Brass Light Fixture

Brass light fixtures used to adorn the Administration Building when the hospital opened in 1888. Electricity for lighting was supplied to the hospital by a steam generating, Ide engine. The following excerpts attest to the modern electric conveniences of our hospital in its earliest days.

The Hospital has been equipped throughout with a very excellent system of electric clocks, twenty-four in number, controlled by a central regulator in the Superintendent's office. There has also been installed, and in operation for many months, a very satisfactory system of service registration for the use of night attendants, having a central time register which they are required to mark every balf hour while on duty. This device has been thoroughly satisfactory to attendants as well as officers. Its removable paper dials are dated and preserved as matters of record of the character of the night service. For these two systems, the materials were purchased at a cost of \$447.87. The work of installation was done by the painter.

The system of telephone wiring has been recently overhauled and perfected.

The administration building has been very much improved by having its bare, white walls neatly but inexpensively papered in those interiors not having a brick finish, at a cost of \$152.

Light. The electric light plant installed previous to the opening of the Hospital has continued to be entirely satisfactory. The Ide engines furnished by the Harrisburg Foundry and Machine Works, after a run of four and one-half years, were somewhat worn, and this summer have been thoroughly overhauled, and are now practically as good as new. Their duty is being performed again most satisfactorily. No expense from wear and tear upon the dynamos, which are of the Weston type, has been incurred, with one insignificant exception, and this was made necessary by the malicious placing of iron filings in an oil cup by some unknown person. The consumption of lamps averages one and one-fourth a day.



Source: <u>Third Biennial Report of the Trustees and Medical Superintendent of the Northern Hospital for the Insane</u> at Longcliff, near Logansport, Biennial Period ending October 31, 1892, pp. 24, 26.



LSH BLOOD DRIVE

Wednesday, July 10, 2019

PLEASE CONTACT HR TO SET UP YOUR APPOINTMENT TIME

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

OUR GOAL IS 36 BLOOD DONORS!!!

On Wednesday, July 10, 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 36 donors give blood on Wednesday, July 10th. 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, Thursday, July 11, 2019.

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
- fish
- · spinach
- poultry
- · raisins
- beans
- · prunes
- iron-fortified

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

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: Before donating you should:

- . 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

- · 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

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | III facebook.com/redcrossblood

\$18ncin4y022 [v2 2010/01_v3 2011/01_v4 2012/01

FREE YOGA CLASS Held June 18th 12pm and 5pm LSH Employee fitness room

MARK YOUR CALENDARS

The Wellness Committee hosted a free yoga class for all LSH employees on <u>June 18th.</u>

The classes were held in the LSH fitness room at 12:00pm and at 5:30 pm.

LSH employees were able to attend for free on their own time, off the clock.

The yoga instructor was Ashley Scott. Ashley done a beginners class for 30 minutes and catered to all body types and levels.

~The Wellness Committee~







InvestInYourHealthIndiana.com

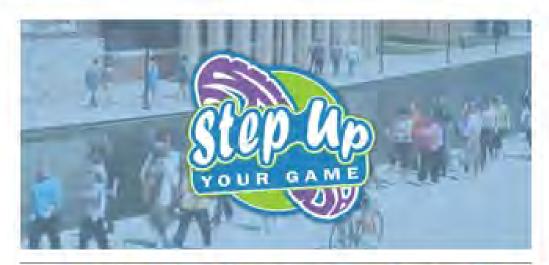
Benefits

Fitness

Financial

Nutrition

Wellbeing



Round 2 of the Step Up Your Game state employee steps challenge!

The first round ended May 28, so what happens next? Round 2, of course! Whether your team was victorious, or finished just behind some state of Indiana top-steppers, everyone still has a chance to claim victory – and bragging rights— in this fun wellness challenge.

Winners Bracket: Round 2 of the head-to-head agency steps challenge pits Round 1 winners against one another. Agencies with the highest average steps per person move on to the July head-to-head steps challenge. The agencies that don't win in June will all move into a leaderboard steps challenge and compete against each other in July.

Second Chance Bracket: The second chance bracket is just that – another chance to step your way to victory. The second chance bracket puts agencies who didn't win in Round 1 against one another. The winners continue on for the chance to get back into the winners bracket for the last challenge in August. The agencies that don't win in June will join the leaderboard challenge for July against other non-winning agencies.

Schedule

Round 2: June 15 to June 28 Round 3: July 15 to July 28 Round 4: August 15 to August 28

Rules

- 1. The steps challenge is open to state of Indiana employees only.
- Participants MUST use a fitness tracker or step-tracking app. No self-reported steps will count.

How to Participate

- Log in to the Quithealth and Limeade Corporate Wellness App (code stateofin).
- Find the Step Up Your Game challenge tile and click "Get Started."
- 3. Make sure to connect a fitness device or app to your account!
- You will have to repeat steps one and two for each round in which you wish to participate.

All updates will be posted on the lovest in Your Health website.

* DOC, FSSA and BMV will be competing by business unit

This information applies to all full and part-time State of Indiana employees and does not apply to conservation officers, excise officers, Indiana State Police pion participants, part-time, temporary employees or contractors.



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.

Culinary Corner

EASY HOMEMADE FALAFEL

A popular Middle-Eastern street food, falafel pack beans, fresh herbs, and spices into a flavorful patty. Enjoy as an appetizer, on a salad, or stuffed into a pita.

TOTAL COST: \$3.01 recipe / \$0.43 serving AUTHOR: Adapted from Living the Pie Life

PREP TIME: 1 hr. 30 mins COOK TIME: 10 mins TOTAL TIME: 1 hr. 40 mins SERVINGS: 2 falafel each



INGREDIENTS

- 2 15 oz. cans chickpeas (\$1.58)
- 1/4 red onion (\$0.25)
- 1 handful fresh parsley (about 1/4 bunch) (\$0.25)
- 1 handful fresh cilantro (about 1/4 bunch) (\$0.25)
- 4 cloves garlic (\$0.32)
- 1 tsp salt (\$0.05)
- 1/2 tsp cayenne (\$0.05)
- 1 tsp cumin (\$0.10)
- 1 tsp baking powder (\$0.03)
- 1/2 cup flour* (\$0.07)
- 1/4 cup neutral cooking oil for frying (\$0.16)

INSTRUCTIONS

- 1. Rinse and drain the chickpeas in a colander. Add the chickpeas to a food processor along with the red onion, parsley, cilantro, salt, cayenne, garlic and cumin (all ingredients except baking powder and flour). Process the mixture until it forms a chunky paste. A little texture to the mixture is usually desirable. You may need to scrape down the sides of the bowl occasionally to make sure the mixture is an even texture.
- 2. Place the mixture into a bowl and stir in the baking powder. Begin adding flour, 2 Tbsp. at a time, until the mixture becomes cohesive enough to form into patties. Chickpea or garbanzo bean flour gives the best flavor and texture, but all-purpose can be used in it's place. Refrigerate the mixture for at least 1 hour to allow the flavors to blend.
- 3. Using a small measuring cup or scoop (about 1/8th cup or 2 Tbsp.), form the falafel dough into small patties. If freezing the patties for later, place them on a parchment lined baking sheet so they can freeze without sticking together. The patties can be transferred to an air -tight container or freezer bag for long-term storage once they have frozen through.
- 4. To cook the fresh or frozen patties, heat oil in a skillet (or pot if deep frying) until very hot and shimmering, but not smoking. Cook the patties on each side until deep golden brown and crispy. Serve with tzatziki, tahini, hummus or stuffed into a pita.

NOTES

*chickpea flour will give the best flavor and texture, but all-purpose flour can be used in its place.



GOTCHA

Sneaky



Snaps!



G O T C H



Photo by: Cindy Bruce

Michael Brindle (Upper Right) cheerfully lights the way for Dental Hygienist, Shelly Schrock (Lower Right)..

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

Morale Booster Committee Summer - Double Your Chances - Chance Winners

Congratulations to the winners of the Morale Booster Committee Summer-Double Your Chances Chance. The winner of Prize #1was Kathy Strong, and winner of Prize #2 was Bobbi Jo Hershberger, Congratulations to both winners.

The winnings were:



Prize #2 a Two - Ozark Trail Mesh Back Large Chairs with built in cup holder; 1/2 gallon Igloo Beverage Jug; Igloo Island Breeze Cooler with snacks; and a \$20 Visa Gift Card.

The Morale Booster Committee Thanks everyone who participated in this fun event. You are all winners!

We exist because of you.













Morale Booster - Summer

Double Your

YOU COULD WIN BOTH PRIZES!
Only .50 ¢ per Ticket!

Chances - Chance

Who Am I?

Can you guess who this young lady circled in the picture below is? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by July 19, 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.

Winner Will Be Announced In





L- R: Shalana Seifert & Georgianna Nevers

Congratulations to Marcia Smith for guessing Shalana Seifert & Georgianna Nevers 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,